



RIPPLE

A **KHUSHII** NEWSLETTER

April - June, 2019

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SHIKSHAANTRA PLUS

Complete School
Transformation Programme

#BeTheChange
#BeTheKhushii



WORLD HEALTH DAY

Health is the relationship between you and your body. 24th April'19 was observed as World Health Day where 100 students of SDMC Primary School, K-II, Sangam Vihar in South Delhi participated in an event. The motive of this event was to propagate **"Eat Healthy and Stay Healthy"** habits and discussing preventive measures like the importance of exercise in ones day-to-day lifestyle.



"GLOBAL DAY OF GIVING" CELEBRATED WITH XL INDIA

Global day of Giving was observed at the **Swatantra Shikshaantra School** in Sangam Vihar where **XL India** celebrated its 10 years of support. Many innovative engagement activities were planned with the children such as Fun with plaster of Paris, Popsicle Art, Paper mache art etc. The Volunteers participated in these activities with enthusiasm and rigour. They have been very grateful to team KHUSHII for the efforts and hardwork put in the planning and execution of the event. Most importantly, XL volunteers were happy with the arrangements and the creative art made by the children.



COUNSELLORS' DESK

The aim of counseling is to listen to an individual's personal and emotional problems in order to provide support. KHUSHII's Counselors held workshops on counselling at different locations of our project in the Month of April. This was done in order to create awareness about the concept of counselling which is present in schools where parents and students can freely approach our counsellors.

Following Points were discussed with parents in great detail:

- Importance of education
- Importance of parental engagement
- Attending parent teacher meetings regularly
- Importance of completing homework
- Regularity in school
- Follow up on the homework (keeping an eye on worksheets)
- Health and Hygiene
- Proper uniform
- Handling academic pressure
- Problems around concentration
- Family and relationship difficulties
- Depression and bullying



AUTISM AWARENESS DAY

Behaviour is communication. Change the environment and behaviours will change.

On 25th April, team KHUSHII celebrated **Autism Awareness Day** in all intervention schools pan India to educate, aware and engage the students with this cause. Students were asked if they have identified people who are a bit different from them. Videos on Autism were shown to students to educate them on this important issue.

Students' feedback on the video were seen as positive where they were asked to share takeaways from the video. KHUSHII counsellors took psycho-educative sessions on Autism. The main motive of these sessions was to treat autistic kids with utmost care and respect.



WORLD ENVIRONMENT DAY

World Environment Day was celebrated in all intervention schools on 5th June '19. The aim of the event was to spread awareness about the environmental concerns and global challenges effecting lives. The sessions were designed specifically to create aptitude of children around environmental change and going green. Environmental issues are big issues now-a-days to which students must be aware and give their positive efforts to solve such issues. Students of KHUSHII are a big hope to bring some positive changes in the environment full of pollution and global warming.



INTERNATIONAL YOGA DAY

It is said that Yoga is a journey of self discovery, through the self and to the self. **5th International Yoga Day** was observed on 21st June'19 in all intervention schools pan India. The concept of physical and mental flexibility through Yoga was discussed with the students. The teachers and instructors of the respective schools also focused on Yoga helping in increasing the sharpness of the brain and concentration as well as it helps in relaxing the mind.



SHIKSHA AUR VIKAS

An Integrated Community Development Programme



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AWARENESS GENERATION WORKSHOP ON BREAST FEEDING

An awareness generation workshop was conducted in Mukandpur to mark the Safe Motherhood day on 10th April'19. The workshop was attended by approximately 100 participants including community women, frontline healthcare workers and KHUSHII employees. The objective of the workshop was to create awareness on the importance of breast feeding. The workshop was interactive in nature where participants were encouraged to share their doubts and inhibitions about the practice. During the workshop other topics such as colostrum, need of weaning the infants, expression of breast milk were highlighted. Practical problems such as positioning, feeding etc were also discussed.



LINKING COMMUNITY WITH STATE GOVERNMENT SCHEMES

Pradhan Mantri Matru Vandana Yojana (PMMVY) is a Maternity Benefit Programme Providing partial compensation for the wage loss in terms of cash incentive to pregnant Women and Lactating Mothers (PW& LM) so that the woman can take adequate rest before and after delivery of the first living child.

A community sensitization programme was conducted on 15th April 2019 in Transit Camp Bandra covering community of Rajiv Nagar and Lal Basti. 70 beneficiaries primarily women were sensitized on the benefits and procedures of availing the scheme.

Session was taken by the Ms. Nisha Mesharam, CDO, Health Department, Mumbai. 5 beneficiaries linked with the scheme and started availing benefits.



PROMOTING FAMILY PLANNING SERVICES

In Mumbai, community of Rajiv Nagar and Transit camp is primarily dominated minority group and gave us a sorry picture in terms of reproductive and sexual health and family planning. Participants acknowledged the importance and need of family planning and shared that birth control in the community is mainly left to man's prerogative and the woman played relatively an insignificant role. 3% of the participants shared that they are using any birth control mechanism. Surgeries of tubectomy and vasectomy are negligible.

A group session to create awareness on the importance of family planning, its benefits and methods were conducted with the 60 community women on 15th April 2019 by Mr. Kamlesh Singal, Health Coordinator - Department of Family Planning, Bhabha Hospital. Group work was conducted to discuss the current practices in family planning. Best practices were shared with the participants to motivate them to make a more informed choice.

In future, similar sessions with the male counterparts to understand their knowledge, attitude and practice towards the family planning.



WORKSHOP ON DOMESTIC VIOLENCE

A workshop on domestic violence was conducted in Mukundpur Community, Delhi by a lawyer from DLSA on 7th May'19. The workshop was attended by 85 women from the community.

The workshop highlighted the following:

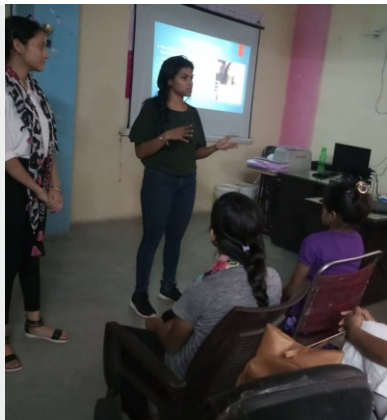
- Dynamics and complexity of relationship violence
- Warning signs of an unhealthy relationship
- How to support a friend or family member who is in an abusive relationship.
- Resources for victims of domestic violence and their families.
- Solutions and recommendations to stop the violence



MENSTRUAL HYGIENE DAY

On the occasion of **Menstrual Hygiene Day** on 28th May'19, the project teams at different locations organised workshops to spread awareness and combat taboos associated with menstrual hygiene.

- A workshop organised in Mukundpur by the students of Delhi University aimed at removing the taboos associated with menstrual hygiene and making participants aware of the ways to maintain personal hygiene to avoid diseases. Total of 87 women and girls participated in the workshop.
- A similar workshop was held in Rajpura village of Rewari where the Aanganwadi center Supervisor addressed 65 local women on awareness about issues related with Menstrual Hygiene. During this session, beneficiaries took keen interest in interacting with the trainer, by the end of the session, all of them were convinced to use sanitary napkins.



Through videos and pictorial presentation, the concept of the reproductive system of women, menstrual cycle, menstrual hygiene, PCOD and importance of sanitary napkins was made clear to the participants. At the end of the workshop, was distributed to all the attendees.

DIABETES DETECTION HEALTH CAMP

Free Diabetes detection camp was organized for the community members of Transit Camp in Bandra on 7th June 2019 in association with the K.D Bhabha Hospital, Mumbai. Team of 9 medical staff screened 100 beneficiaries through the camp. Along with a complementary diagnostic check up, patients were advised on the preventive measures, imbalanced diets and high cardiovascular risk due to modern life style. 35 identified with diabetes and referred for further diagnostic assessment in the hospital. Meanwhile, group sessions on the healthy living and nutrition with these patients are planned and initiated in the coming months.



CANCER AWARENESS

In association with Cancer Awareness Society, KHUSHII regularly organises cancer awareness camps for its beneficiaries in the community of Thanisandra, Bangalore. This time the camp was organised on 12th June'19. It consisted of the following areas of focus:

- Cancer screening
- Causes for Cancer
- Stages of Cancer that a patient undergoes
- Symptoms
- How early detection can help cure cancer
- Diagnostic facilities available after detection

As an outcome, these camps were benefiting our beneficiaries as they started speaking up about certain symptoms they were undergoing.





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For any queries or suggestions,
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