



# *Brave Hearts of KHUSHII*



## #HelpIndiaHeal



## **RIPPLE** Quarterly **Newsletter**

April – June 2021



- [www.khushii.org](http://www.khushii.org) -



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# In Memorium

The KHUSHII family remembers with deep sadness and honours the memory of our brightest shining stars - **Sheetal Tyagi & Matta Ji** – whom we lost to the 2nd wave of Covid19.



Sheetal's positivity and enthusiasm was contagious. She was passionate about photography and photo-edits, relished junk food and collected trinkets generously. Her dedication earned her laurels in the organisation and she understood the need to motivate her juniors and peers alike.



Mr Matta, was truly a timeless personality. He was young at heart, and always cheerful. He was a hugely learned man, extremely honest and immensely disciplined. He was an inspiration to us all and a mentor to many.

**Your KHUSHII family was lucky to have had you both, and you are sorely missed.**



# Corporate Partnerships

Enabling Change together

## Employee Engagement Activity:

Corporate: KPMG

Activity: International Yoga Day

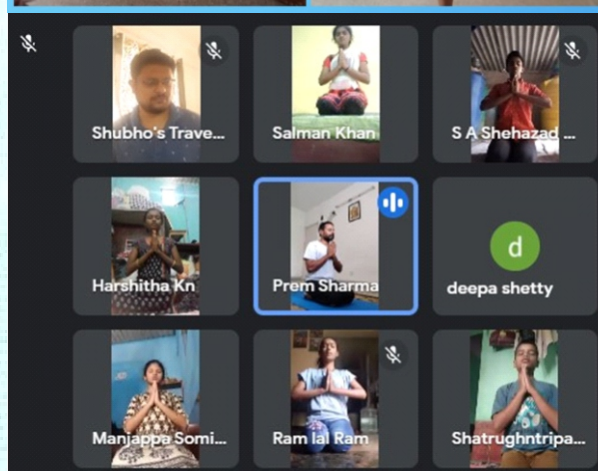
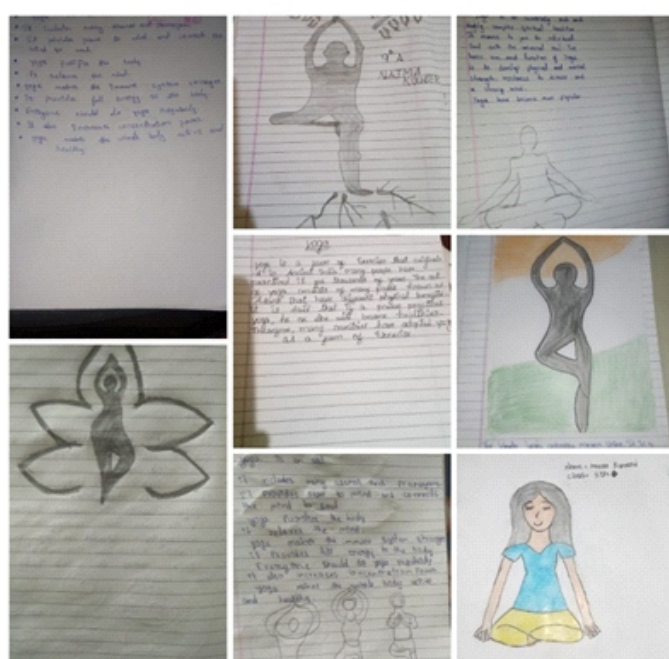
Topic: YOGA

Date: Saturday, 26th June 2021

Mode of Virtual session: Google Meet

School: Govt. Schools in Thanisandra & Hebbagodi

Participants attended: 86 students from grades 6 to 9



## TESTIMONIALS

### INDOSTAR Capital Finance

INDOSTAR

"We are grateful to be associated with KHUSHII Foundation through the Adapt Impact Programme. Although the pandemic brought about a digital divide in lesser-privileged children, KHUSHII with its innovative programme and safe learning centers, were able to bridge the gap safely and provide for the quality education to these children. A solid team effort coupled with result orientation has helped them navigate through the project efficiently eventually leading to its successful implementation. Theirs efforts are commendable and I wish they bring many more smiles to lives of the educationally deprived children across India"

— Ms Benaifer Palsetia (CHRO – IndoStar Capital Finance Ltd)



## Partnerships Forged:

1. KHUSHII signed an MoU with OSRAM Lighting Pvt. Ltd. under the programme 'Shikshaantra Plus' to support 300 students studying in Government Model School, Sector – 4/7, Gurgaon.
2. Tech Mahindra Foundation and KHUSHII joined hands to provide Dry Ration to 500 less privileged families living in the slums of Delhi under the 'COVID Relief & Support' program.
3. Kurlon - Assistance of mattress & other goods for fight against Covid-19 second wave donated to KHUSHII for running COVID care Centre at Govindpuri.

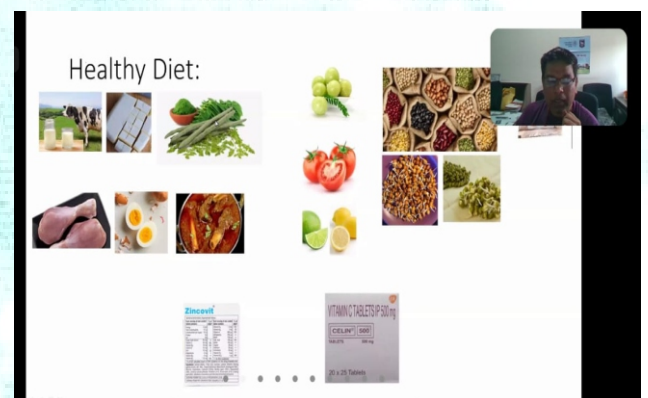
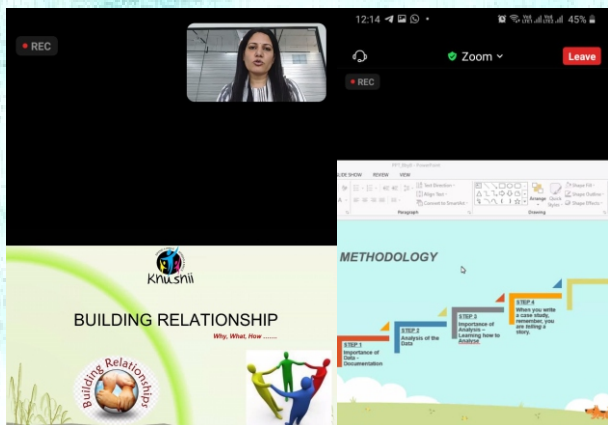




## Double the Duty during 2nd wave of COVID-19

Under **Manoshakti - The mental well-being program**, KHUSHII has organized a series of Capacity Building program for in-house faculty/staff:

1. Capacity Building Programme on '**Dealing with Stress**' was conducted with the objective of sharing strategies for dealing with mental stress. It was conducted on 9th June, 2021, for 100 participants.
2. Capacity Building Programme on '**Building Relations**' to stress on the importance of good relationship. This not only enhances our work performance but is also very important for mental well-being. The programme was conducted on 16th June, 2021.



3. Summer fun activities on topics such as Gratitude, hope, self-discipline, etc. were done by counsellors for students to engage them productively and for their mental well-being
4. Students of NIT 1 and NIT 3 FARIDABAD, performing activity of positive character traits. It is very important for a student to have a positive mindset which will in turn make the students gain self-confidence and motivation





5. **Menstrual Hygiene Day 2021:** Theme of the year 'Menstruation Bracelet Action'
6. A poem recited by a student of NIT 3 on account of **Menstrual hygiene awareness day.**
7. **World No Tobacco Day May 31st 2021** - To get rid of this tobacco pandemic and claim their right to health and healthy living and to protect ourselves and the future generations, students received awareness from school counselor. They participated in activities such as Poster-making, essay writing and slogan-making.



8. **Global Parents Day June 1st 2021:** This day provides an opportunity to appreciate all parents for their **"selfless commitment to children and their lifelong sacrifice towards nurturing this relationship."** Students were encouraged to celebrate it on June 1st, 2021.

9. **World Milk Day, celebrated on June 1st** of every year. To create awareness on health benefits of consuming milk daily among the school children. Around 86 Students from both academic and counseling groups participated the activity. The Students enjoyed the activity with fun of colouring and thanked Counselor Madhu for sharing the facts on how essential it is to drink milk everyday.







10. As a part of Manoshakti Mental health awareness sessions counsellors of KHUSHII regularly conducted Virtual Parents Counselor Meetings, and **Career Counseling Awareness Sessions** with students of north zone schools.

## 11. WORLD DAY AGAINST CHILD LABOR

Child labour still exists and children, mostly from poor families, are forced to work in hazardous conditions despite facing physical, mental and social exploitation from employers.

Such children are deprived of living their childhood while many also miss the opportunity of attending schools. To create awareness on importance of child education, to say no to forced works, to educate them that during COVID it is very much important to continue studying in either way, students were invited to participate in drawings and speech-making on Anti-child labor day 2021.





We launched our digital campaign **JEETEGA INDIA** with the anthem, as a rallying cry to evoke hope and inspiration (as an online movement), for people to come together to **Help India Heal** – such that together we can fill the various gap left behind by **COVID**.



**KHUSHII** is working in these areas to be well-prepared for the 3rd wave:

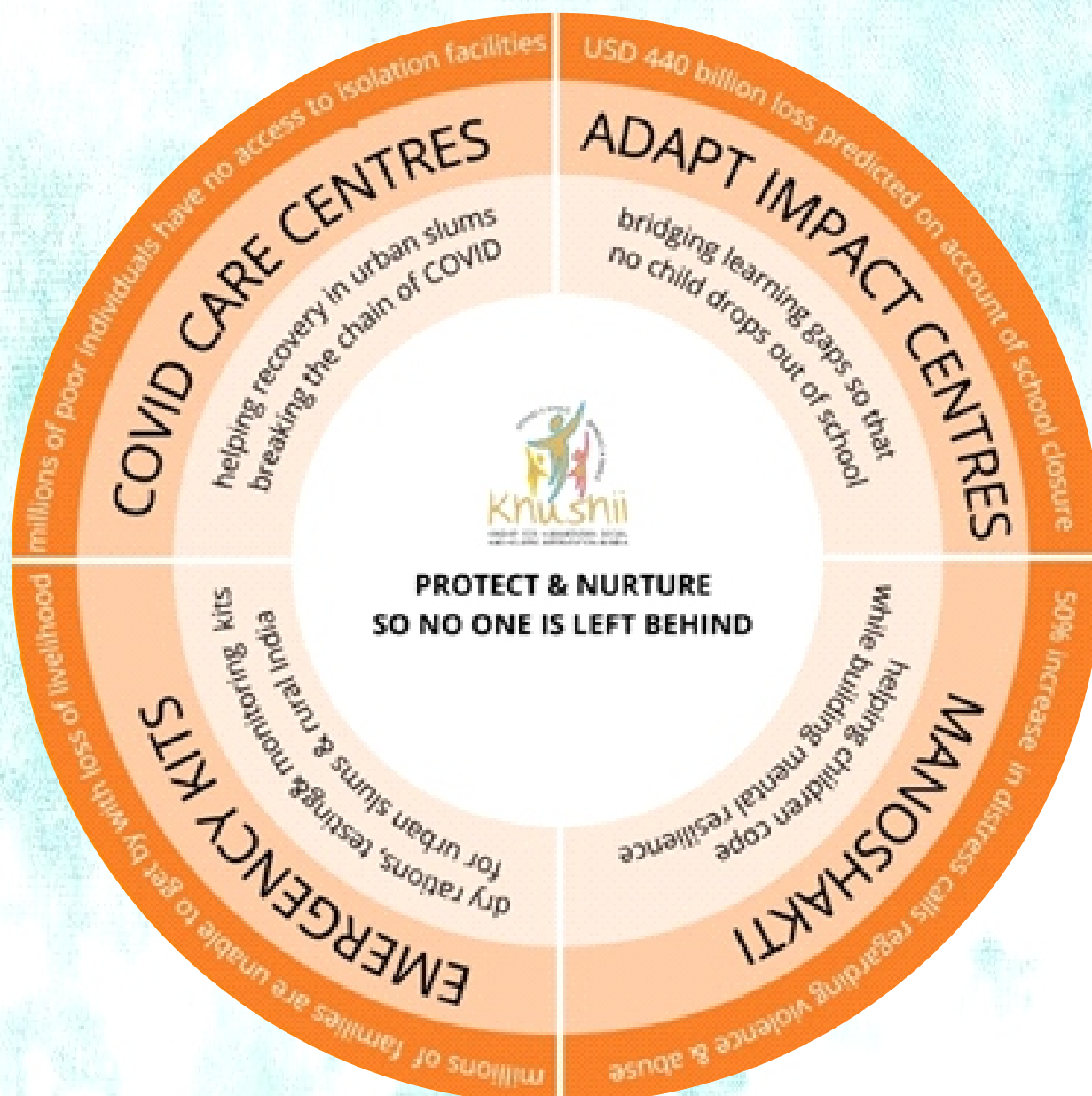
- 1) **Manoshakti** – tying in mental health / wellbeing
- 2) **Covid Care Centre** – preparing for the third wave
- 3) **Covid Relief for Rural India** – no Indian should be left behind
- 4) **Education** – don't let a child drop out of school, help fill the gap





# JEETEGA INDIA

Finally, our campaign has found momentum from the art fraternity, industrialists and influencers alike who have joined KHUSHII cause



KHUSHII is committed to protecting and nurturing the future of our country, our children & community with holistic & effective COVID response. Help us do more.

## #HELPINDIAHEAL



# *Thank You.*

**Donate Now, [Click Here](#)**

Feedback: [contact@khushii.org](mailto:contact@khushii.org)

For any queries or suggestions,

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