

## Report from the month of April-2021 to December-2021

<b>Partner's name</b>	BRO.SIGA ANIMATION CENTRE
<b>Country &amp; zone</b>	INDIA
<b>Project Title</b>	Integrated Youth & Child Empowerment Project
<b>Area and programme</b>	Protection, Promotion & Participation

<b>Beginning and ending project's dates</b>	April 2021 March 2022
<b>Beginning and ending support's dates</b>	April 2021 March 2022

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## Covid-19 Emergency Response

**Objective:** Ensure “Zero” risk in community by maintaining a protocol of social distancing, hygiene

### Covid-19 awareness program in the community:

- AarVam community health workers had been visiting the community to raise awareness on benefits of vaccination and self hygiene. Health survey and data base of every individual was taken at the targeted community in Vyasarpadi.
- To raise awareness on self hygiene 7000 mask, 2000 soap and hand sanitizers were distributed to the community people
- Kabasura kudineer have been distributed to the community people regularly to boost their immune
- Covid-19 awareness campaign were conducted at the targeted areas of the Vyasarpadi community
- Sugar and BP monitoring camp was organized in the targeted community





### **Nutrition snack and food distribution to the children and old age people of Vyasarpadi**

- 13500 Nutrition snack packet was distributed to the children in the Vyasarpadi community.
- 1800 food packets were distributed to the old age people and road side people of Vyasarpadi.



### **Covid vaccination camp**

In collaboration with Chennai Corporation more than 23 vaccinations camp had been organized in Vyasarpadi. More than 2000 people had been vaccinated during the camp.



### **Dry ration kit distribution to covid affected families :**

All the people forced to stay at their homes due to the lockdown levied by the government. Their living has become difficult as there is no income in the family. The daily essentials such as vegetables, pulses, etc...are finishing every day. People are worried as to how will they be able to run their homes. Another insecurity of people is that of losing their jobs too. The lives of common people have been affected a lot. In such a time of crisis, distributing ration kits to them is like providing water to the thirsty.

To support covid affected families, 25 dry ration kits were distributed to the needy people in Vyasarpadi.



### **Dry Ration and Hygiene Kit Distribution to aarvam beneficiaries:**

BSAC with the support of OXFAM and TECHNICOLOR distributed 200 dry ration kits to the aarvam supplementary beneficiaries whose livelihood was affected during the pandemic. BSAC has organized the distribution of groceries for a month for the families. Each kit consists of 25 Kg of rice, and groceries including Toor Dhal, Wheat flour, chili powder, turmeric powder and other sanitary materials. BSAC has been engaged in relief activities during this monsoon and pandemic time.



### **Dry Ration and Hygiene Kit Distribution to folk artist in the community:**

BSAC with the support of OXFAM and TECHNICOLOR distributed 50 dry ration kits to the aarvam staffs and folk artists in the community. The COVID-19 pandemic has proved to be a double whammy for the already-struggling folk musicians, who say it has wreaked havoc on their livelihood by forcing them to sit idle in their homes and the future looks gloomy too. BSAC has organized the distribution of groceries for a month for the families. Each kit consists of 25 Kg of rice, and groceries including Toor Dhal, Wheat flour, chili powder, turmeric powder and other sanitary materials. BSAC has been engaged in relief activities during this monsoon and pandemic time.



### **Monsoon relief support to the elderly people**

#### **Blanket Distribution to the Elderly People:**

The temperature in Chennai dropped to as low during the monsoon season. As many people in the slums struggled with the cold and water logging in their houses due to rain, BSAC distributed blankets to help them keep warm. Most blankets were given to elderly people living alone or people from the poorest families in the slums. 193 Blankets were distributed to the elders (70 plus) in the community.



## **Adolescent Life Skill Psychology and Empowerment Project (ALPEP)**

### **Life skill trainings**

Adolescent life skill psychology and empowerment project aims at protecting adolescent from anti- social activities and gives them awareness on moral issues. Adolescent from vyasarpadi community are benefited through this project.

As part of this project workshops are scheduled on topics like know your rights, SRHR, Resolving conflicts, Resilience, Focus and self-control, Refusal skill to say No to the things you don't want , Relationship management with family and friends are thought to the children every week. To execute this effectively various methodologies like role play group discussion, Interactive games, lectures and case history are carried out.

### **Life Skill Training Special Workshops:**

An introductory session was given to the adolescents on LST. Children from different areas in Vyasarpadi were gathered and divided into 4 groups each group consist of 25 children. During the session children were briefed about the essentials of life. The session detailed about the 10 most important life skills namely:

- Self esteem
- Interpersonal relationship
- Goal setting
- Self control
- SRHR
- Creative thinking
- Refusal Skills to say No to the things you don't want
- Resilience
- Resolving conflicts
- Know your rights



**Highlighting some above mentioned activities that are conducted to the children during the**

**workshop:**

### **Sexual and Reproductive Health Rights (SRHR)**

Sexual and Reproductive Health Rights (SRHR) is the concept of human rights applied to sexuality and reproduction. It is a combination of four fields that in some contexts are more or less distinct from each other, but less so or not at all in other contexts. These four fields are sexual health, sexual rights, reproductive health and reproductive rights. In the concept of SRHR, these four fields are treated as separate but inherently intertwined.

A workshop was conducted on 17-08-2021 at our organization. Awareness about SRHR was given to the adolescent girls. Also, they were taught how to break taboos about periods and how to maintain self hygiene.

### **Goal Setting:**

A workshop on goal setting was organized for the adolescent girls and boys at aarvam organization, children were divided into 4 groups, each group consist of 25 children. The session focused on the topic of how to set a goal and what to do in order for it to be clueless about what they actually want. The session opened vistas to how to chart out a goal. Planning is an important aspect of reaching the goal. This point was taken across to the children. Various activities were conducted to engage the children.

### **Interpersonal Relationship**

Relationships in any form have an effect on both mental and physical health as the major force that drives emotions. Especially during adolescent stage, children go through a lot of psychological changes which triggers their every action. To make their vision clear, we conducted interpersonal relationship sessions to adolescent boys and girls in the Vyasarpadi community. Children were encouraged in various activities like circle activities through which a child will understand the difference between good and bad relationship. Also, children were taught how to break negative opinions among friends and relatives. Various other small activities also taught to make positive opinions.

### **Self esteem**

Considered an important component of emotional health, self-esteem encompasses both self-confidence and self-acceptance. It is the was individual perceive themselves and their self-value. In children, self-esteem is shaped by what they think and feel about themselves. Children who have high self-esteem have an easier time handling conflicts, resisting negative pressures, and making friends.

They laugh and smile more and children with low self-esteem have a difficult time dealing with problems. They may hesitate to try new things, may speak negatively about themselves are easily frustrated, and often see temporary problems as permanent conditions. To handle this dilemma effectively sessions were conducted to adolescent boys and girls. They were thought lots of activities which helped in knowing them better.



## Resource Centre and Library

### Resource Centre Activity:

Learning takes place not only at workshops or on training courses, but also through discussions with colleagues, practical experience, and consulting newsletters, books and audio visual materials. Resource centers activate can support a wide range of learning activities for the children and boost their mind and ability. These activities are conducted for the seven supplementary canters in rotational basis. 153 students from supplementary centre participate actively regularly.



### Community Library Activity:

At aarvam community library activity we often operate small. We do not primarily target the mostly literate, urban populations, but rather develop diverse ways to provide various learning opportunities to marginalized populations. Aarvam has covered 6 reading circles so far, more than 100 people had become member of aarVam reading circle. This is done not only by providing access to reading materials, but also by offering literacy training and linking literacy activities to practical livelihood concerns



### **Book Display at Sathyamoorthy Nagar Park:**

In order to promote reading activity among the community books were displayed at Sathyamoorthy Nagar Park by the facilitator. Reading promotes brain development and imagination, develops language and emotions, and strengthens relationships. It has a greater impact on the society. More than 15 public responded positively and the facilitator lends books to them and invited them to the library at Aarvam office. More such activities were planned on the alternative days to promote book reading among the public.



### **Reading Class Program at ADW school**

The Reading class Program embodies the overarching mission of the aarvam to provide quality education to everyone. The program took place in AWD government school- (Girls school & Primary School) Kannigapuram, Vyasarpadi. The facilitator and the volunteer conducted various activities starting with the ice breaking session, song, storytelling and story reading sessions. 20 to 30 students were present during every session.



## **Kathai Aadal:**

Kathai Aadal is both a unique art form and a valuable tool for promoting understanding and communication. Its uses range from healthcare and social work to working with disadvantaged communities, and can be instrumental in enhancing inclusion and social justice at individual, local, national and international levels. Resource person was invited and it was arranged in the evening with full energy. Mr. Milton was the story teller. 25 men and women were gathered from the community. The event went for about 1hr 30 minutes. It was more of like recreational and motivational event



## **Cultural training**

Weekly twice 40 children have been trained on Parai, Oyil, Street play, Mime, satai kuchi, Stage play and etc. All these training will groom the children and it allows them to express themselves in their own unique way, by this the freedom of participation is always open.

These activities influence on development can be seen as it stimulates life skills and challenges the attention of the participants and audience.

Children uses all of these modes as a communication tool to make the people understand the problem and help them come out of it.



## Special Days celebration

### August 15: Independence Day

On the occasion of Independence Day, children from the community were invited to the organization for the celebration following covid protocols. History of independence was discussed with the children. As part of celebration flags and chocolates were distributed to the children



### October 1: International Day of the Older Persons

Aarvam from BSAC on this special day for elderly of the world celebrated International Day of Older Person October 1. The idea is to bring awareness about the inclusion of older persons, while tackling stereotypes, prejudice and discrimination associated within, taking into account sociocultural norms were reinforced. Certain programs were planned in prior by



the peer group leader and the staff team. The aarvam children reached out to the community (Gandhipuram, Vyasarpadi) and conducted awareness drive through mime and other cultural performance by following strict COVID 19 guidelines. After the performance cake cutting was done along with the elders and around 50 saplings were given as a token of love and respect to the elder of the community.

### October 11: International Girl Child Day

Celebration On the account of International Girl Child Day various activities were planned to recognize girl's rights and the unique challenges they face around the world. Girls from all the supplementary centres were invited, 30 girls were present following the COVID guideline. A group discussion session was conducted with the girls in order to increase awareness on the importance of girl education, and their health and nutrition. As a part of celebration cake cutting took place. And goodies were distributed to the participants.

### November 21- CRC Celebration at 'Bharatha Matha Sevai Illam':

This anniversary creates a momentum for the organization to step up its efforts to make children thrive, and to renew their commitment to protect and promote all their human rights. While notable progress has been achieved in the past years, significant challenges remain. Due to the pandemic and bad monsoon celebration couldn't happen at full fledge rather the organization decided any celebration it should not only benefit our beneficiaries but also others. In order to promote social responsibility among the children, the organization planned a visit to BHARATHA MATHA SEVAI ILLAM- a home for orphans and single mother children and presented a cultural treat to those children of the home.

The objective was to **impart knowledge on Child rights by a child to another child**. 30 children along with 4 volunteer and 3 staff visited the home in Nandiambakkam, Minjur on Sunday. At the end of the program goodies and stationery kits were distributed to 40 children at the home. Feedbacks were collected before and after the program to analyze the Knowledge on Child rights.



## Awareness program

### October 5: Mental Health Awareness Program

Aarvam from BSAC in collaboration with MAATRAM Student forum of Dr. Ambedkar College. Conducted street play in B-Kalyanapuram on Mental Health (around 50 people participated). The Star Project of the organization ALPEP mainly emphasis on Physiological wellbeing of the Children and the community, the organization strives to spread awareness, educate and reduce the Stigma associated with mental health in society.



### October 15: Global Hand washing day

One of the most effective ways to stop the spread of germs and stay healthy is also one of the simplest hands washing with soap and water. Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infections, such as cold or the flu.

To make the people aware of the importance of hand washing children of aarVam cruated an informative hand washing dance to the supplementary children which also created awareness on self hygiene.



### Child Line- Awareness Program:

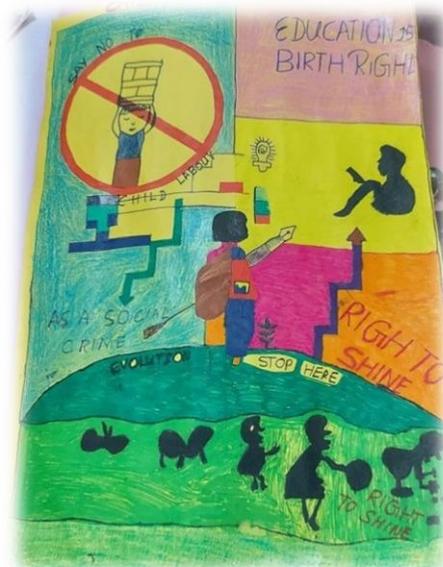
The primary focus of **CHILDLINE awareness** to make the 1098 number known to children, **show** them how to call and built their confidence in the **CHILDLINE** service. Their particular focus is on all children in need of care and protection, especially the more vulnerable sections, including: Victims of child sexual abuse. Ms. Nasima from Childline visited aarvam and conducted the session. 32 students participated in the session at aarvam main office.



### CRC Competition on raising awareness on child rights :

The United Nations Convention on the Rights of the Child is an international human rights treaty which sets out the civil, political, economic, social, health and cultural rights of children. On this 32<sup>nd</sup> CRC day the organization adhered to objectives like awareness on Child rights, safer environment for children to express their feelings and agency to voice out their opinions. Every competition was conducted on the above themes.

Adolescent Students participated in competitions like poster making, street art, slogan writing, mono act and group song. The competition happened in the centres and at aarVam main office. Street art was a portal to impart knowledge to the general public. Out of 80 participants three winners were selected from each competition. A sum of 21 students was selected for prize distribution.



## Medical camp

Free medical camp was set up with a sacred aim to bring awareness amongst the deprived population of the community who have no access to basic healthcare knowledge about the diseases they are suffering from. Briga Nature cure home in collaboration with aarvam was set up on December 19 Sunday. More than 70 community member were screened during the camp. Doctors went a step ahead and gave awareness on the raising health issues and precautions during pandemic.



## Story telling workshop

### October 18 – October 30: Story Telling workshop

Whether it is books, jokes or moral tales, children respond to stories read aloud. Storytelling sessions gently force kids to be mindful; they have to sit and listen. Stories told have a significant impact on their thinking skills, memory and imagination – all of which helps with a child's mental development. Hence, storytelling sessions are essential in the upbringing of a child.

Aarvam believes in equal and quality education. On that account in collaboration with Omega School Chennai- Student to Student Virtual Story telling session was conducted for the beneficiaries. Students were divided into group of five and 25 students daily attended the 5 days session for two weeks. On the 30th of October a talent show was conducted for the students and the aarvam students created their own tale using puppet, paper craft and presented it to the student story tellers, the principle and teacher of Omega as a small gesture of gratitude for spending their valuable time in conducting the sessions.



## Impact story

Meenakshi mother of two lives with her husband and sons in Kalyanapuram, Vyasarpadi. Right after her 8th standard she couldn't continue her schooling. Being a mother of two she couldn't even have self/alone time. She was fully occupied with household work and her professional work. She distant herself from reading, she wasn't even able to spend times with her kids homework. It was after the COVID, Bro.Siga started its reading skill program.

The community librarian visited the area regularly and created awareness on the importance of reading among the community to take up reading at least as a hobby. However, Meenakshi didn't bulge in. Meenakshi left her job in the month of October and her television got repaired. It was during that time the community librarian convinced her to read one book. After that there was no turning back. She was drawn to books.

Meenakshi's eagerness to complete the book on one day became a habit and within one month she covered almost 27 books. It was breathtaking for someone who doesn't like books to become a passionate book reader. Meenakshi went a step ahead and became a peer group leader; she recommended her neighbors and friends to take up book reading as an activity. The organization aims to create more like minded people and to create a healthy and knowledgeable community.



