



RISE Update | April 2017 | Healthcare Special

RISE

Remedial Innovation in School Education

Children represent the future, and ensuring their healthy growth and development ought to be a prime concern of all societies. Government of India has been making many moves to ensure that we built a healthy and competent future by investing in the health of our children. Yet communities vary considerably in their commitment to the collective health of children and in the resources that they make available to meet children's needs. This is reflected in the ways in which communities address their collective commitment to children, specifically to their health.

Slums with their dense population and lack of civic amenities become the high transmission areas for communicable disease. Partial immunity to the disease is acquired during childhood. In such settings, the majority of such diseases, like malaria affects young children without acquired immunity. Children also become particularly vulnerable to infectious diseases, like chickenpox, mumps, measles, conjunctivitis, cough and cold, etc.

Through our RISE centers, we ensure healthier and more hygienic lifestyle for 500 enrolled children. Month April was devoted as "Health Month" and several healthcare activities were taken up at the centres which included awareness building, hygiene workshops, safe water workshops, diagnostic sessions at Mohalla Clinics, etc. Parents were also involved in various activities to help them understand the significance of healthcare and hygiene for their children and to create awareness on building a health conscious lifestyle.

RISE Team



Healthy Children Learn Better



World Health Day provides an opportunity for the world community to come together for one day to focus on actions that can improve the health of all our people. The World Health Day is a global health awareness day celebrated every year on 7 April. It was first initiated in the year 1948 by WHO having different themes every year.

World Health Day is acknowledged by various governments and non-governmental organizations with interests in public health issues, who also organize activities and highlight their support in media reports, such as the Global Health Council.

All RISE educators got together and RISE kids were introduced to the importance of Health and Hygiene on occasion of World Health Day.

A rally on the theme of health awareness was held in the community. It was students of all the centers who participated in the rally and made an effort to aware community of South Delhi about health hazards. Children living in slums suffer from adverse health condition. The motive was to spread awareness that how can we prevent from those diseases and what are the effects.

Water related health problems in

Delhi are a threat to the well-being of the city and the nearby areas inhabitants. Delhi is, the first most populated metropolis in the world, is one of the most heavily polluted city in India, having for instance one of the country's highest volumes of particulate matter pollution. Lakhs of people are denied the basic need for a toilet, breeding indignity and infections 90 percent of slums affected and suffer from malaria, dengue, and from typhoid diseases and these are the main concern of Delhi metropolitan cities. Poor sanitation, health and hygiene poses the perennial risk of exposing the residents to infection and disease. Only 16% Delhi slums have own toilets, 7% have share toilet, and 55% percent use community toilet and 22% percent slums people used open defecation. And fact is that an MCD public toilet in the slums of Tigre camp in Deoli are rarely clean and residents, especially women, fear going in.

Understanding the importance of main concerns of health issues in the health awareness campaign, AICL – AROH's RISE program children conducted talks, games, skits etc awareness moves towards community development for Health and Hygiene. Furthermore, an

awareness rally on "World Health Day" was organized on 7th of April, 2017 in Deoli and Sangam Vihar area. AROH Team had coordinated with the RISE educators and school authorities for creating the necessary awareness through engaging the school students. A total of 250 students participated in the rally at Deoli area while 150 students participated at the sangam vihar area 100 students participate, covering a distance of around 1.5 Kms.

These campaigns were conducted in all possible lanes of sangam vihar and deoli to ensure maximum reach and impact. Students of all centers did the rally and made an effort to make community aware about health Hazards. Children living in slums suffer from adverse health condition. The motive was to spread awareness that how can we prevent from those diseases and what are the effects.

The second activity was a medical health camp which was organized with tied up from the local doctors of Sangram Vihar for basic checkup for the children studying in the RISE center. With the support of local MLA, health checkups of children in Mohalla Clinics are being done and creating a positive impact on children, parents and educators too.

RISE Children Observe Malaria Day



World Malaria Day (WMD) is commemorated every year on 25 April and recognizes global efforts to control malaria. Globally, 3.3 billion people in 106 countries are at risk of malaria. In 2012, malaria caused an estimated 627,000 deaths, mostly among African children. Asia, Latin America, and to a lesser extent the Middle East and parts of Europe are also affected.

According to the World Malaria Report 2014, 22% (275.5m) of India's population live in high transmission (> 1 case per 1000 population) areas, 67% (838.9m) live in low transmission (0–1 cases per 1000 population) areas and 11% (137.7m) live in malaria-free (0 cases) areas. In 2013, 0.88 million cases have been recorded, with 128 million tests being conducted on the suspected cases 958. By 1961 the incidence dropped further to a mere 49151 cases, with no deaths.



Community Awareness Program

AROH Foundation organized a community campaign and awareness programme on malaria in South Delhi with children of RISE. Approximately 200 children attended the campaign. Children from RISE went out in the community and explained various community members about the causes and symptoms of malaria, preventive measures to be taken and how they can avail treatment. They were also informed that free anti-malarial drugs are available in all health institutions as well as with the Multi – Purpose Health Worker's (MPWs) and the ASHA workers. Further, the community members were sensitized about the importance of maintaining hand hygiene especially among children. Maintaining a clean environment and adopting hygienic practices will not only prevent the spread of malaria but other diseases as well. The doctor's advised the pregnant women to regularly visit hospitals for routine health check-ups. The community was also informed about the harmful effect of certain drugs and was encouraged to avoid these for minor illnesses like

cold, joint pain etc. They were informed that over consumption of such strong drugs could be harmful and may cause serious health problems in the future.

Besides, spreading awareness on malaria prevention, the campaign also catered to patients with other common ailments, such as stomach pain, headache, fever, cough and skin diseases etc. The rally marched in a location of Sangam Vihar. It was well supported by the local leader. Many slogans related to malaria was been written on the flashboards .Awareness about the treatment and symptoms of malaria was created through banners. Treatment of malaria continues for 14 days and is done free of cost by the health department. People should not allow water to get accumulate near their houses. These were the things taken into consideration. Apart from these, the students also designed flashcards, banners and other materials educating about Malaria, its symptoms and measures to eradicate it. Children came up with beautiful and informative banners, which were also later used in the rally conducted by them.

Engaging Parents for Holistic Impact



At RISE, we are trying to deal not only with the barrier a child faces in the class as a scholar, but also try to curb down the barrier he or she faces as being one of the underprivileged class of the country. This we cannot sort only counseling the child, but also we try to up boost the morale of parents, educating them towards their rights and duties. Making them sound about living a respectable life etc. and also to address the most important aspect of interacting with the parents is for updating them and educators about the growth of the child. Every month PTM are being held for these interactions. While teachers are experts in teaching, parents are the expert on their child. You know what stimulates, bores and interests them, what they're good at and what they struggle with. We train parents also about their child's learning style. So ongoing communication with r child's teacher & parents is essential to make sure we can tailor an approach to the child while in class and in society.

Parent-teacher interctions are a great opportunity to communicate with child's educator and hear how your child is tracking academically and socially relative to their classmates. However, we also train the educator to discuss any troubles or questions they may have regarding the child.



Clothes Distribution

AROH-RISE team collaborated with leading MNCs of Delhi NCR like TCS and Birlasoft and conducted a clothes donation drive. People came up and generously donated clothes for the needy ones. We made sure that old and used but not distorted clothes are being collected and distributed amongst the slum dwellers of Sangam Vihar. The Clothes Bank is all about an idea of a systematic and professional way of doing Cloth Charity. It aims at providing clothing



to people living in extreme poverty, making no distinction of age, gender, caste, color or religion, and thereby bringing smiles on thousand disadvantaged faces, which in turn may give immense pleasure to the hearts of the privileged lot. The urge behind the Clothes Bank is a simple goal of meeting the clothing needs of under-privileged people by utilizing clothes donated by those more privileged. It is based on the widely known philosophy: **'one person's rags can indeed be someone else's riches'**. Cloth is one of the basic human needs after food and shelter. But out of the three basic needs of mankind, Food, Cloth and Shelter, it is easy to believe that just by re-using the old clothes the problem of clothing can be solved to a great extent. It does not involve any major policy decisions, huge investments and endless efforts as in case of addressing the problem of Food & Shelter. Within this drive huge carton and thousands of clothes were distributed at all RISE centers during various PTM meets enhancing the level of social justice to all needy RISE indirect members.

AICL Officials meet RISE Children

Agriculture Insurance Company limited (AICL) has been our philanthropy partner in RISE. The guidance and motivation has always been there through virtual means in supporting and execution of the RISE mission in the right track, but this time RISE team, beneficiaries got even more encouragement when the senior officials from AICL Mr. M K Poddar - General Manager AICL, Mr. P I Narayanappa - Chief Manager AICL, Mr. Vinod Sharma – AICL decided to be present during one of the sessions in RISE and exchanged their wisdom on various aspects.

The session started with the RISE AROH team elucidating AICL team about approach it takes while designing training modules, Training of teachers and students. Team demonstrated how the success impact through 4 different aspects- Student, Trainers, parents and Community is monitored and delivered. AICL discussed about the Modus operandi of RISE program and AROH Team explained PBL, Reporting formats, Monitoring, Mobilization etc.

RISE team explained how various aspects like Health , Hygiene, sustainability etc is taught to children through small modules like sun, air, water etc. also how sustainability is ensured within classrooms through usage of LED Bulbs, Earthen Pots for waters storage and purification etc.

The officials, interacted with the kids, appreciated the ones who were performing better and up boosted the morale of those who are somewhere lacking. Towards the end, AICL team also appreciated the RISE-AROH team for putting up continuous efforts in keeping the morale of students high and suggested to address the critical issue of Hygiene in the community and work towards the Swachh Bharat in alliance with the existing module.

The visit also brought to light , not only various unknown aspects of life in urban slums, but also provided insights into the ways of dealing with difficult situations.



Rythm and Rhyme at RISE

"If children know eight nursery rhymes by heart by the time they're four years old, they're usually among the best readers by the time they're eight".

RISE conducts regular poetry reciting activity at its various centers. Reading rhyming poetry out loud makes it easier for younger children to learn new vocabulary words. Experts in literacy and child development have discovered that Poetry Help to Develop Phonemic Awareness- Children reciting poetry learn and understand pitch, voice



inflection, and volume. Poetry and Rhymes Help Develop Memorization Skills- Children also learn to pick up patterns and sequences in poetry recitations. As they practice memorizing the poetry to recite, it links memory with audio and visual events, helping them develop memorization skills. The benefits do not end here. Being proficient in memorization, patterns, and sequences in turns give students an advantage in learning new languages, reading comprehension and mathematics. Poetry Help to Develop Memorization Skills- Children also learn to pick up patterns and sequences in poetry recitations. As they practice memorizing the poetry to recite, it links memory with audio and visual events, helping them develop memorization skills. The benefits do not end here. Being proficient in memorization, patterns, and sequences in turns give students an advantage in learning new languages, reading comprehension and mathematics.

Educators - the leading lights of RISE

Educators are the backbone of RISE programme. Without their tireless efforts, the success of RISE is not possible.

They are constantly working with the children, motivating them, caring for them, loving them and above all imparting education so that they can cope up at school and become productive citizens of the country.

The educators are drawn from the slum community itself so that they understand the child's background and are able to deal with his situation more effectively.

Regular monthly workshops are held for educators' capacity building. They are exposed to various teaching methodologies and pedagogy. They are also trained on how to deliver the learning modules for better outcomes. The workshops are also a platform to discuss their difficulties and challenges faced during their work at the Centres.

The educators are expected to keep records of all children and work towards promoting better learning outcomes.

"I just believe I have to give my best in teaching these children because otherwise they will become part of a generation lost due to poverty. I also encourage them to go to the school regularly and learn well."

Farheen, RISE Educator



Improving Learning Outcomes

RISE is all set to combat the issue of under competent student of government schools through its multi dimensional approach, targeting holistic development of the child physically, mentally and socially. Children of RISE are supposed to go through a monthly examination at the end of the month in order to keep a tab on their learning outcomes.

Often educators indulge in comparing marks with school report card or previous month exam to understand the measurement of success of the child. These comparative studies between the marks make it easier for the educator to pick underperforming child or its area on focus and plan his training accordingly. Educators also remain in direct touch with the parents, and from time to time they counsel them on all aspect from education, and through monthly PTM demonstrate parents on the area of focus for the student.



Engaging with Mohalla Clinics for better child health

In April, there was an increased focus on issues that affect children and on improving their health. World Health Day was recognized by organizing rallies through communities on 7th April and World Malaria Day was focused by spreading awareness against dengue and malaria on 25th April by RISE children.

The reality that some children do not have the opportunity to grow up healthy and become productive members of their communities and the nation has enormous ramifications for all. Failure to optimize the health and development of children will result in future burdens of dependence that come from an unhealthy and unskilled workforce and dysfunctional families. Furthermore, growing scientific evidence demonstrates that disparities in health have their origins in early childhood and, if not addressed, are compounded over the life course.

At RISE, we are constantly addressing all barriers to healthier lifestyle. We address this barrier through a holistic approach by giving children nutritional support by whichever means possible, imparting education towards health & hygiene, educating the parents and community involved. Timely health checkups of children in Mohalla Clinics ensure the mission is meeting its goal.



Engaging with Government Schools

Even though most of the RISE children are enrolled in schools owing to enforcement of RTE, a large percentage does not attend school regularly.

This is a challenge which the RISE educators have been trying to overcome. Regular visits are made to schools where the RISE kids are enrolled. Feedback from school teacher helps the educator to understand the child's behaviour at school.

The educators not only work on the school attendance, but also see if there has been an improvement in grades obtained by the child. Better grades are an indicator that child is also performing well in the formal school system.

The formal school teachers are happy to engage with an intervention like RISE which supplements their teaching and further improves a child's overall performance.



The formal school teachers report that children enrolled in RISE centre are showing better learning outcomes than others. All children who learn at RISE centres have shown improved performance in schools as reported by school teachers.

Children are the wealth of a nation. It is in the best interest of a nation and all its citizens that the children should be given the best upbringing to make the best nation.

When Saroj saw her daughters 'RISE' in life ...

Kanchan, 14 years, is in class IV. She has a sister Deepika, 13 years (IV standard) and a brother Yash, 10 years, (III standard). She lost her father at an early age of 7. Her mother Ms Saroj, washes clothes in the nearby households of the locality. She barely earns enough to live on. In such a difficult situation, education for 3 children itself is a challenge and so for her mother, tuition is a matter of just dream.

Saroj got to know about RISE centre during one of the community visits by RISE team members. It didn't take much of time that Saroj decided to send all three children to RISE as she has always felt the price she paid for being illiterate throughout her life.

Now, after around 10 months, when RISE team asked Saroj about feedback, she could not stop appreciating the benefit children had been transacting through RISE. Not just over school report cards, she also did mention the benefits children and their families are getting through other activities in center like Health checkups, Wash drive etc.



I wanted to study...

Aradhana is in Class IV. She has a sister and two brothers. Her father is an unskilled labourer. Her mother washes clothes in the nearby households of the locality. They barely earn enough to live on. In such a difficult situation, her parents are unable to afford a private tuition for their children. One day, while playing, she came and stood near RISE centre. The educator did not notice when suddenly, a student spoke up and told her that there's a girl outside. She asked Aradhana to come inside. Aradhana left her spellbound when she told her that she also wanted to study and that her father does not have money to pay her tuition fee. The educator then told her that we do not take fee and provide free tuition. She started crying when she heard this and said that she'll also come here and study. She was so happy to get this opportunity. Her parents are thankful to the organization. They believe that RISE will support their daughter in fulfilling her dreams.



Agriculture Insurance Company of India Limited (AIC) was incorporated under the Indian Companies Act 1956 on 20th December, 2002 with an authorized share capital of INR 15 billion and paid up capital of INR 2 billion. AIC commenced business from 1st April, 2003. AIC has taken over the implementation of National Agricultural Insurance Scheme (NAIS) which, until FY 2002-03 was implemented by General Insurance Corporation of India. In addition, AIC also transacts other insurance businesses directly or indirectly concerning agriculture and its allied activities. AIC also works towards upliftment of marginalized sections of the society. Project RISE is CSR initiative of AIC which aims to provide better educational opportunities to underprivileged children.



AROH Foundation is a leading national-level NGO, strengthening government programmes and CSR initiatives of several corporates and PSEs by providing total integrated solutions - consulting, planning and implementing - for sustainable, inclusive development and growth of the needy and marginalised communities in several states of India for the past 12 years. AROH is an ISO 9001:2008 Certified organization, registered under Societies Registration Act, 1860.

RISE is a pioneering initiative designed by AROH Foundation, which recognizes the nation's concern of improvement of learning outcomes and universalisation of elementary education as of paramount importance, and strives to bring the deprived and marginalized or educationally backward children in backward villages and slums under the safety net of education through an innovative approach and Project-Based Learning Methodology.

