

RISE Update | April 2018 | Health Care Special

RISE

Remedial Innovation in School Education

Health and hygiene plays an important part in lives of children who are in the growing phase. Health is the normal and sound state of the body. This is a great source of peace and happiness also refers to a state of sound mind and physically fit body free from any disorder, sickness or ailment. In simple words, health refers to the physical, emotional and psychological well-being of a person. Hygiene refers to the good practices that prevent diseases and leads to good health, especially through cleanliness, proper sewage disposal, and supply of safe drinking water. It refers to all those activities that are done for improving and preserving, maintaining sound health. In slums like that of Sangam Viah, East Delhi, People can't change the environment they can only be made cautious and prevented from the diseases. In RISE, along with scholastic development, a mental and physical framework of developed life is also built. Various exposure visits, workshops, demonstration and other interactive means are put in systems to make children and eventually the community know about hazards of unhealthy environment and lifestyle and are pulled towards systematic, healthy and disciplined life.



"Hygiene teaches us to be watch dogs of our own health."

Wasily Klyuchevsky



Worshipping Ultimate “GOD”, WORLD HEALTH DAY



World Health Day, celebrated on 7 April every year to mark the anniversary of the founding of WHO, provides us with a unique opportunity to mobilize action around a specific health topic of concern to people all over the world. The theme for World Health Day 2018 is “Health for All”. This means ensuring that everyone, everywhere can access essential quality health services without facing financial hardships. It calls for steps to be taken so that people are not forced to choose between good health and other life necessities. RISE programs not only helps in providing education to the children of the underprivileged family, but also works in addressing the issues faced by the community like health, social well-being, inequality etc. In the program the children are provided food like biscuit, juice etc. so as many families can't even afford proper full

day meals. Moreover medicines are also provided to children and their families for common ailments like cold, joint pain, headache etc.

Celebration of World Health Day began with speech by the educators on importance of health and how to maintain basic hygiene like washing hands, drinking clean water etc. The educators emphasized on the saying that “Health is Wealth”. Students were then taught the importance of daily exercise and how yoga could help them in

increasing their concentration power, attention span and inner strength. Students were taught the positions of various yoga asanas first by a



demonstration by the trainer followed by group exercise rounds. Students moved through the progression of poses from surya namaskar to naukasana thus engaging all muscles in their body. Children had also put up banner, posters, and cards throughout the community explaining various community members about the basic hygiene checks that everyone should follow for general well-being.

The community members were really happy with the initiatives taken by the AROH Foundation. The RISE program provides social well-being and source of livelihood to educators and mental well-being to parents and children.

Celebrating BAISAKHI



Vaisakhi, also known as Baisakhi, Vaishakhi, or Vasakhi is a historical and religious festival in Sikhism and Hinduism. It is usually celebrated on April 13 or 14 every year. Vaisakhi marks birth of the Khalsa way of living in the Sikh religion and commemorates the formation of Khalsa path of warriors under Guru Govind Singh in 1699. It is additionally a spring harvest festival for the Sikhs. Vaisakhi is also an ancient festival of Hindus, marking the Solar New Year and also celebrating the spring harvest. It marks the sacredness of rivers in Hindu culture, it is regionally known by many names, but celebrated in broadly similar ways.

Vaisakhi observes major events in the history of Sikhism and the Indian subcontinent that happened in the Punjab region. The significance of Vaisakhi as a major Sikh festival marking the birth of Sikh order started after the persecution and execution of Guru Tegh Bahadur for refusing to convert to Islam under the orders of the Mughal Emperor Aurangzeb. This triggered the coronation of the tenth Guru of Sikhism and the historic formation of Khalsa, both on the Vaisakhi day. Vaisakhi was also the day when colonial British empire officials committed the Jallianwala Bagh massacre on a gathering, an event influential to the Indian movement against colonial rule. For

many Hindus, the festival is their traditional solar new year, a harvest festival, visit temples, meet friends and party over festive foods. This festival in Hinduism is known by various regional names.

RISE centers enthusiastically celebrated the festival of Baisakhi with great vigor, to justify the importance the festival holds in two major religious groups, Hindus and Sikhs. All the RISE centers were decorated such that none look no less than a Gurdwaras or a temple. The celebrations started of with the educators showing the students the history of Baisakhi. They recited the story of Guru Govind Singh, of Guru Tegh Bahadur, of the Jallianwala Bagh massacre. Educators also told students about how the Hindu's consider this day as the first day of the Solar New Year, and how they worship the rivers to mark their sacredness.

Following this, the educators engaged the students' in a session of Bhangra and Gidda, which is the cultural

dance of Sikhs, and is performed in full vigor on the day of Baisakhi. Educators first taught the students a few basic steps of performing bhangra and gidda, following which the students in a group collectively performed the dancing rituals of Baisakhi. The dance session was followed by kirtan singing, where the educators taught the students some of the songs and bhajans, people sing on the day of Baisakhi. Students were then provided with a small treat from AROH foundation, which had juice, sweets, chikki, as a part of the Baisakhi celebrations for the students

The student got themselves engaged in a drawing competition, in which they were asked to draw anything they had learned about Baisakhi, how it is celebrated, its importance, and its joy. The best drawing was awarded with a prize. Students also engaged themselves in making best of out of waste, and making cards on the occasion. The cards and the art students made, were showcased proudly by the educators, their parents and the students.



Introducing to their Best Friend... Books !



Books play a significant role in our life. They say that “When you open a book, you open a new world”. Books are packed with knowledge, insights into a happy life, life lessons, love, fear, prayer and helpful advice. One can read about anything under the sun. A continuous habit of reading helps in increasing imagination, reducing stress, improving memory and most of all, one of the cheapest modes of entertainment.

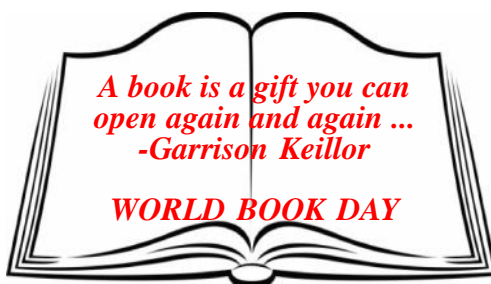
World Book Day is a celebration! It's a celebration of authors, illustrators, books and (most importantly) it's a celebration of reading. In fact, it's the biggest celebration of its kind, designated by UNESCO as a worldwide celebration of books and reading, and marked in over 100 countries all over the world. Celebrated on the 23rd of April, the main aim of World Book Day is to encourage children to explore the pleasures of books and reading by providing them with the opportunity to have a book of their own. The

23rd of April is a symbolic date for world literature because it is the date of death for many great authors and poets such as William Shakespeare, Miguel de Cervantes, William Wordsworth and many others, which makes this day even special.

AROH Foundation, in its attempt to help and contribute towards the society, considers educating the needy as something which cannot be measured. With the concept of helping poor strata develop, by aiding them in their education, AROH foundation's run RISE centres acts as epicentres of learning's in the dwellings in and around Delhi. With its main objective of learning's, celebrations like World Book Day are something which could not be skipped. All RISE centres in and around Delhi; celebrate this day, with enthusiasm, pride and vigour. The celebrations for this day, starts weeks prior to 23rd April, with AROH Foundation

reaching out to their network of schools, colleges and corporates, for their contribution in terms of books. On the day, RISE educators, emphasize and educate the students about the importance of reading books, and

recite inspirational stories, like that of John Corcoran, to motivate students to read regularly. Educators also teach the students about most popular poets, writers and authors, their stories and the type of contribution they had in world literature. Books are then distributed among students, who are filled with enthusiasm and happiness, post realizing the benefits, daily reading of book can have in their lives.



Distributing Smiles ... Clothes Donation



Rise conducts the parent teacher meeting every month with full zeal and the best part was the huge number of participation in the parent teacher meeting. Rise has made a small school for the children and not only that they provide all kinds of help and study that schools will give them then how we can forget the concept of parent teacher meeting. A small parents-meeting was also organised in the Rise Centre at Sangam Vihar, As Aroh believes in the proper education and so the proper way to learn the rules of the school. Everyone was so curious and excited to know the condition of their respective children and every child eagerly waiting for their turn. The idea of doing parent teacher meeting in Rise Centre was to make the slum people aware about the positive impact of the education and why education should be necessary, in the parent teacher meeting educator called one-by-one the student along with his/her parents then educator tried to build a rapport with the family members and discussed the importance of the

education and then showed the changes that have been in their wards. We also offer material support as well as teaching children,



in which we offer all types of stationery, Notebook, drawing book, pencil sets and etc to all children. And give food to children from time to time.

Once again RISE centres were engaged in CLOTHES DISTRIBUTION DRIVE during our PTM. Clothes are a basic human need, for protection against whether as well as participation in social life. Children need clothes to attend school and adults have to dress for work. 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. 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 direct & indirect beneficiaries.

Combating Deadly Threats ... World Malaria Day



Around 4,00,000 people die each year from various strains of the disease, which is transmitted through the bite of a mosquito. One can also get worried knowing the fact that malaria poses a threat to half of the world's population. It is a tropical disease which is spread by infected female anopheles mosquitoes. It only takes one bite from the insects to get the bug. Worldwide, there are around 212 million cases. However, the good news is that it is one disease that can be eradicated and World Malaria Day which is celebrated on 25th April calls for eradication of Malaria.

AROH Foundation carried massive anti malaria campaigns in Sangam Vihar, with children integral part of the campaign.



community members were also informed about the common medicines they can take for other ailments like joint pain, headache etc and how malaria is different from these issues, so that members don't take strong malarial medicine due to wrong diagnosis of common health problems which can prove to be fatal to their health. The RISE team also distributed mosquito nets to pregnant women in the community as malaria can increase the risk for adverse pregnancy outcomes, including prematurity, miscarriage, and stillbirth.

The campaign was successful; it was appreciated by everyone on the community. The community members



became motivated to fight in support for eradication of malaria. While some countries of the world have eliminated the disease completely and other fighting it with full efforts, it won't be long when this disease will only remain in the textbooks to read about.

RACHNA , creating imprints



Rachna has been one of the oldest associate of AROH Foundation. One self-dependent and dignified lady, Rachna has been working since very early age to support her large family 10 people. She has 7 sisters and a brother and all her siblings are somewhere contributing towards sustainability of the family. Earlira she was a part of Project Garima, where she was working as a garment trainer and now she is working as an educator in project RISE. She feels more attached in project RISE , working for the betterment of deprived children and community. She is the most loved educator in RISE. Her dedication, politeness and calmness has given her immense love and respect in her centre and around in the community. Not just during teaching in her centre, she also very enthusiastically takes part and initiates many other processes for the betterment of the student and community. She has a build great relationship with the children and their parents and not only that their parents have full trust on Rachna but Rachna also loves her work and she enjoys every part of it.

Rachna's family members are very happy from the work that she is doing. Her mother said that she feels proud to have such a great and intelligent daughter and her father also appreciates her work thank AROH Foundation for giving her an opportunity for doing good for herself and simultaneously bring an example for others too.

मलेरिया व डेंगू बीमारी से बचाव हेतु लोगों को जागरूक किया



नगर संवाददाता
नई दिल्ली। जैसा की विदित है
की मच्छरों का मौसम पास है
और संगम बिहार घातक रोग जैसे
मलेरिया डेंगू इत्यादि का केंद्र रहा
है।
आरोह फाउंडेशन ने विश्व
स्वास्थ्य दिवस को इसी खलरे से
बचाने के लिए संगम बिहार को
दुग्गी बस्तियों में अपने राइज



फाउंडेशन के कर्मचारी और
गीतम बुद्ध विश्वविद्यालय से
स्वयंसेवी द्वारा एवं अन्य रोगों
एआईसीएल के सहयोग से
चलाये जा रहे राइज केंद्र में 500
से अधिक बचिचत बच्चों को
निपुणक गुप्त उपचार, नि-
शोधक अवसर और पोष-
सबधी सहायता के साथ दि-
जाता है। सैकड़ों बच्चे, आरं-

World Health Celebration by AROH
Foundation

April 5, 2018

VIJAYCHOWK .com
New Delhi News Portal

Mosquito season is just upon us and Gurgaon Vihar remains the hub of deadly diseases like Malaria, Dengue. On 7th April, AROH Foundation marked World Health Day through its RISE study centres in Gurgaon Vihar slums to address this upcoming deadly danger. RISE centres run by AROH Foundation in association with AICL, cater to over 500 underprivileged children with Free of cost remedial education, non-scholastic opportunities and occasional nutritional support. On 7th April, Hundreds of children, staffs from AROH Foundation and Volunteers from Gurgaon Vihar performed various activities based on the theme "Visual & Physical Demonstration of Cleanliness" to avoid causes of Dengue, Malaria and other diseases through health workshop, Pictorial Poster, and Cleaning drives through fifty lanes of Gurgaon Vihar. The event was accomplished and message was conveyed to every possible door and ear. We in AROH has seen this step as an opportunity to draw attention to a subject of major importance and if we succeed in reducing the impact of Health Death down even by a margin, the mission would be accomplished.



The mega
drive of
WORLD
HEALTH &
MALARIA
DAY was
covered and
promoted by
many media
houses

“ Rani” of RISE

Our success story for the day comes from another successful RISE center operating in Sangam Vihar, New Delhi region. Mrs. Sunila Yadav, a RISE educator since last two years, shares this story of Rani, a 12-year-old RISE center education beneficiary, who has shown remarkable growth in only a short span of 12 months. Rani studies in class Vth in an MCD government school in Delhi. Her father, Mr. Chaviraam, has worked his way through not earning not even enough to feed his family, to eventually sustaining his family in Delhi, enrolling his kids in government school and feeding his family. Her father works as a daily wage labour. Sadly, not all government schools in Delhi are equipped with the enough resources to impart quality education, and with high number of students enrolled in each school, not enough support is provided to each child for them to learn efficiently. This gives rise to a need for tuition classes so that all the students are brought to the same level, provided individual attention and are taught well. Though there is a need for such tuition classes, families like such of Rani cannot afford such classes because of their financial status. RISE centers play a vital role in such cases.

When Rani joined the center, Rani had could not even read and right properly. She wasn't confident enough to speak up in the class, and interact with other students or even participate in activities. Initially, she struggled a lot in writing, her handwriting wasn't good, and she found it difficult studying in both English and Hindi. Mrs. Sunila put in a lot of efforts to improve Rani. She was given two pages to write every day, so that her handwriting was improved. One year into the program, changes in Rani as a student have been nothing less than a success. Her writing has improved a lot, she now enjoys drawing, and with her dream of becoming a teacher when she grows up, she has started interacting in class. She clarifies doubts of other students and helps them with problems in all the subjects. She, now, also actively participates in activities like singing, dancing and playing, and could be seen in the front row acting as an initiator in all these activities. The changes in Rani's have been considerable, and the perspectives of her family, her school teacher and RISE educator, speaks a lot about the tremendous growth she has shown as a student and as an individual. Living upto her name, Rani is reigning her life.



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.