

RISE

Remedial Innovation in School Education

Yoga is a 5,000-year-old physical, mental and spiritual practice Having its origin in India, which Aims to transform both body and mind. On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. The declaration came after the call for the adoption of June 21st as International Day of Yoga by Hon'ble Indian Prime Minister, Mr. Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: "Yoga is an invaluable gift of India's ancient tradition . It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. In Suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, Mr. Narendra Modi had said that, "the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world. "

In Sanskrit, yoga means 'to unite' and describes a way to live a healthy life. In yoga, the mind is disciplined through meditation and the body is aligned and strengthened. As per yoga, it is actually the nervous system of the body that affects our health. The nervous system gets purified with daily yoga and thus keeps our body healthy and strong.

RISE children were introduced to Yoga through participation in the biggest Yoga rally held at the Central Park of Cannaught Place, the main venue of International Yoga Day celebration in Delhi. It was heartwarming to see our RISE children perform Yoga amongst thousands of other participants. They looked splendid in the Yoga T-shirts given to them by the organisers and the Yoga mats which were specially ordered for the participants.

Yoga builds strength, confidence and resilience, and a strong body is able to digest food well, breathe better and withstand stress. The practice of yoga can help children to self regulate and is a wonderful aid to mental health conditions and attention disorders. RISE team decided to witness the Month of June as YOGA MONTH and took up various activities which enhances wellness and harmony in the RISE children.

RISE Team



RISE Children at International Yoga Day Celebrations



The International Yoga Day was celebrated on 21st June to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a physical, mental, and/or spiritual practice attributed mostly to India.

Yoga is a mental, physical and spiritual practice that needs to be carried every day. Children got the chance to know how yoga embodies unity of mind and body. Yoga is not a religion; it is a way of living that aims towards 'a healthy mind in a healthy body'.

children by providing all incurred costs, and trained the children for the Big Day. Mr. Tarun from Yoga Samiti conducted a demo session with the children and single handedly arranged for all requisites including transportation, T- shirts, Yoga Mats and other arrangements.



Celebrating yoga day all over the world as World Yoga Day or International Day of Yoga on 21st of June every year was declared by the United Nations General Assembly on 11th of December in 2014. The declaration was done after the call by the Indian Prime Minister, Narendra Modi to the United Nations General Assembly on 27th of September in 2014 during his address to the UN General Assembly.

Understanding the need, and realizing the high time to introduce Yoga to our RISE children, RISE Team registered RISE Children for International Yoga Day Celebration at Connaught Place organized by Ayush Ministry with the help of Gayatri Parivar Yoga Samiti. Yoga samiti provided supported the





All full of zeal and zenith, a team of 10 children and 5 staff boarded the bus early morning at 5 am. RISE coordinator (Hemlata) and supervisor (Sujeet) had done all the arrangements in advance and things started off smoothly and hassle free. RISE Team along with Yoga Samiti Team reached the venue at Connaught Place right on the time all geared up for extensive Yoga Session.

The session started at 7:00am with chanting of 'Pranay Mantra OM' followed by Sookshma Vyayam, Vajrasana, Tadasana, Vrikshashana, Surya Namaskar, Nadi Shodhan Pranayama and Bhramaree Pranayama. Members present in the session expressed their experiences and stated how relaxed, refreshed and calm they were feeling after the session. Various 'asana' were demonstrated by the Yoga facilitators. Our Students and team took part and learnt various asana, Pranayama, Surya Namaskar and Yoga Nidra etc. with full dedication.

Overwhelmed with the experience, our educator Neelam also shared her feelings, "it's incredible & unforgettable day that I'm part of 3rd "International Yoga Day" with 50 lakh people. I appreciate management and team effort in arranging this intervention. "

Our educator Shobha also thanked all the team of "AROH Foundation and "Yoga Samiti". She was very happy to part of this event. Similarly, Lata, another educator narrated it as one great learning experience and

she also feel motivated to practice Yoga in her daily life.

At the end student had their snacks, as the session was supposed to be conducted empty stomach. Children feel motivated, empowered and also feel and conveyed that these kind of initiatives should be taken up for their regular outlook building and fun learning ability.

Since, we were constrained to take only limited number of children to Cannaught Place, we dint leave behind the children at our RISE center.

International Yoga Day was also celebrated at Sangam Vihar, at the RISE centers. The educators demonstrated the asanas and explained the importance of yoga in maintaining not only physical and mental health but also a healthy social life. All RISE children became part of International Yoga Day celebration and we made sure all of them were boosted enough to take Yoga as their daily life routine.



Celebrating World Environment Day



World Environment Day is an occasion to mark our respect to the nature and environment and RISE team celebrates the day each year by conducting various programmes at the centres.

On the 5th of June, RISE Team conducted various activities to enhance the concept of greener India, Cleaner India. Sustainable living methods were demonstrated to the children through lesser use of plastics, recycling of waste, conservation of water and soil and electricity and plantation drive was conducted at various centers.

The event began in the morning around 10 am with the ceremony of 'Tree Plantation'. Saplings provided by the AROH Foundation were planted in the community park near the education centre by children present in the park as they joined hands for the good cause and the children of our 10 centers made their Environment Day in own Community.



“Without a healthy environment we cannot end poverty or build prosperity. We all have a role to play in protecting our only home: we can use less plastics, drive less, waste less food and teach each other to care.”

*António Guterres,
UN, Secretary General,*

Not just around their vicinity, but Team made sure all the plant less locations are touched and given a life in form of a tree planted. Children were not only the part of plantation activity but they were also demonstrated on how to preserve and nourish the saplings they had sown.

Importance of healthy & sustainable environment were explained and easy and feasible techniques of sustainability like switching to energy saving bulbs, rain water conservation for usage of various cleaning purposes were instructed.

Word of mouth promotion of such concepts was taught. At the end of the event the children were provided snacks followed by chips and orange juice. The children were very happy by participating in the event.



Building Futures - Educator Neelam Singh



“I had a dream to do something in life but was not getting chance to fulfill that. One day through a well-wisher, I was introduced to AROH foundation. From there I saw my dreams getting their wings. In 2012, I had joined AROH Foundation’s “Padho aur Badho” program as an educator and thereafter got a chance to work in RISE. AROH’s influence and coordination towards society, environment and poor children has brought a great transformation in my life which cannot be expressed in words. The concept of bringing under privileged children to mainstream and for continuous enhancement of educators like me has been a regular process. The confidence level of all educators and children is high. I thank AROH for giving an opportunity where I can nourish just not my dreams but and opportunity to craft 50 other lives too.”

Awareness on Child Abuse

Protection of Children from Sexual Offences Act (POCSO Act) 2012 was formulated in order to effectively address sexual abuse and sexual exploitation of children. The Protection of Children from Sexual Offences Act, 2012 received the President's assent on 19th June 2012 and was notified in the Gazette of India on 20th June, 2012.

assault to be "aggravated" under certain circumstances, such as when the abused child is mentally ill or when the abuse is committed by a person in a position of trust or authority like a family member, police officer, teacher, or doctor.

The Act also casts the police in the role of child protectors during the investigative process. Thus, the

evidence. Above all, the Act stipulates that a case of child sexual abuse must be disposed of within one year from the date the offence is reported.

The Act also provides for mandatory reporting of sexual offences. This casts a legal duty upon a person who has knowledge that a child has been sexually abused to report the offence; if he fails to do so, he may be punished with six months' imprisonment and/ or a fine.

Agenda of the workshop was to discuss and highlight about child rights, women rights, child labor and child abuse & Government's role in it. Mr. Kumar talked about Child Labour (Prohibition & Regulation) Act, 1986 and Article 24 of the constitution of India which states that "any child below the age of 14 cannot be employed unless/until the government permits to.

He discussed the Protection Of Children from Sexual Offences Act , 2012 (POSCO) which prescribes stringent punishment to those who sexually abuse a child (any person below 18 years of age), graded as per the gravity of the offence. He discussed how to identify abuse and prevent it. Every parent and teacher should educate the children on this context such that they are aware of the environment around them and could prevent such an unlawful act.

Mr Kumar also told about the India's toll-free tele-helpline CHILDLINE SERVICE (1098), which receives average 2 million calls in a year, to reach out to every child in need of care and protection by responding to emergencies.

Educators were overwhelmed with the information shared and seemed enthusiastic to know about the 1098 Child Line number, which they wanted to use not only to report child abuses but also domestic violence they have been witnessing in the community.



Cases of Child Abuse are very large in Urban Slums of Delhi, it was important for RISE Team to ensure awareness about POCSO Act within RISE Beneficiaries.

Mr Ritesh Kumar, Corporate Lawyer and a Child Right Activist visited RISE center on 17th June, 2017 to conduct a workshop on POCSO act and demonstrated various laws the act says. All RISE educators attended the workshop, pamphlet were distributed, presented were run through and long hour of interactive and productive discussion was held between the team and Mr Kumar.

The Act defines a child as any person below eighteen years of age. It defines different forms of sexual abuse, including penetrative and non-penetrative assault, as well as sexual harassment and pornography. It deems a sexual

police personnel receiving a report of sexual abuse of a child are given the responsibility of making urgent arrangements for the care and protection of the child, such as obtaining emergency medical treatment for the child and placing the child in a shelter home, and bringing the matter in front of the CWC, should the need arise.

The Act further makes provisions for avoiding the re-victimization of the child at the hands of the judicial system. It provides for special courts that conduct the trial in-camera and without revealing the identity of the child, in a manner that is as child-friendly as possible. Hence, the child may have a parent or other trusted person present at the time of testifying and can call for assistance from an interpreter, special educator, or other professional while giving

Celebrating the World Music Day with RISE Children



More than 200 RISE children participated in the World Music Day celebrations held on 21 June 2017. They spent the day in attending workshops, playing different musical instruments, dancing, singing and creating their own tune of life!

World Music Day is celebrated worldwide on 21 June. The day was celebrated by the RISE team by making an effort to bridge the gap between people from developed and under-developed world.

AROH Foundation conducted an exchange programme related to music (instrumental and vocal both) called 'Change Conquer' for India. AROH was chosen to host a musical workshop for young musicians from the Rythmicity Music Academy at Anand Vihar, Delhi.

"Music is an effective tool of communication and touches many hearts despite differences in language and geography, said Sonakshi Shree, Manager, AROH Foundation." Children from Devli and Sangam Vihar came together with mixed music samples and beats to

create a powerful new musical statement for bridging the gap and spreading brotherhood across in the south Delhi, she further informed.

Mr. Gagan, Rythmicity Music Academy Head, and Change for Children, said, "It's beautiful to see the cooperation between the children from different areas of South Delhi Slums. They all speak the same language and that is the language of music".



Seventeen talented young musicians, rappers and singers and dancers participated from the Rythmicity Music Academy. The intention was to increase awareness and generate necessary action regarding rights for children around the world and together the youngster.

RISE Children were exposed to different musical instruments which evoked joy and ecstasy within them. Mr. Suraj who runs the Step Up Music Academy facilitated the workshop for RISE beneficiaries at Nodal Centre. He talked about the importance of music in our daily life and gave exposure to different dance styles such as Bollywood style and Hip-Hop. He demonstrated how music could soothe down a stressful day and helps us get the balance back in life. He demonstrated playing various musical instruments.

"I want to train and nourish talents of RISE children free of cost and provide them with suitable platform to showcase their talent" said Suraj while teaching the kids.



Dreaming to become a teacher

Sufi lives in one room with a big family in Sangam Vihar slum area. Her father's Riyaz belongs to Khajua district in UP and works as a tailor. About four years ago Riyaz had a major stomach operation and after the operation, he is not able to work for long hours and hence cannot earn enough to meet families needs. Sufi's mother is the housewife.

Sufi is the youngest child in her

family and this year she turns 12 years old. Sufi's elder brother study in 12th class and other siblings go to the Government School. Sufi is a bright student. Sufi's family wants her to study but they are not able to afford private tutions for her. She came to know about the RISE centre, where free remedial education is imparted. Since Sufi has joined RISE center, she started reading and writing English and Hindi well. She is picking up very fast and wants to become a teacher one day. Sufi is happy to join the RISE Center.

RISE giving hope to mothers

Malika is a ten year old girl living in Devli. Her family comes from Dahari district, West Bengal. She has two sisters and one brother. The three children were brought up by her mother Ashina alone since her father left the family long back.

Ashina works as a domestic help and earns about 6000 per month. She had to bear a lot of hardships in raising her children. Few years ago

her son got married and left the house. The burden of two daughters is on her mother's shoulder. Elder daughter is 12 and is in 8th class and younger Mallika is ten years old and comes to RISE Centre.

Ashina does not have enough money to make her daughters study in a private school and the education in the government school is not good. Malika's mother says that after joining the RISE centre Malika can read and write in English and Hindi. She also manages to add and



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.