

# Padho aur Badho

An AROH-GAIL Initiative



## Hustle and Bustle of Mainstreaming....

'No child works and every child attends full time formal school as a matter of right', is the non-negotiable principle on which PAB is based, working towards educational inclusion, abolition of child labour in all its forms and mainstreaming the excluded ones into formal schools, for more than three years now. From its humble beginning with 30 kids, PAB has now spread its wings to cover more than 6000 kids, thanks to GAIL's hand holding.

The financial year 2011 comes to an end, but for Padho aur Badho, this is the time when enrolments must start in full swing and the months of April and May represent the last lap of the journey of a PAB kid since his/her enrolment at the PAB centre. There is an air of enthusiasm, mixed with fragrances of hope and aspirations of the kids who have been shown a way to brighter future.

One can feel the overactive pulse at the centres! Supervisors doing rounds of notaries and registrars for getting the admission documents in order; kids being taken for interviews and tests to different schools; the cluster teams vying with each other for better results and for finding better schools for their kids; each educator geared to achieve hundred percent enrolment for her centre.

The target of 6000 to be enrolled in formal schools is tough! But the tough have got going! All the best to the team for their challenging task ahead!

Cheers!

**Dr. Neelam Gupta**  
President  
AROH Foundation





## Nand Gram children facing educational exclusion!!

**S**prawling urbanization has failed to produce corresponding economic growth, thereby leaving many city dwellers behind. However, the problem of slums cannot only be defined in economic terms. In our own experience working with slum dwellers in nearly 45 slums of Delhi/NCR, it is clear that slums suffer from problems that are beyond economic ones.

Slum residents, men and women alike, hail from villages and come to the cities looking for better work. Viewing themselves as 'temporary workers' they tend to neglect the importance of economic and social advancement. From medical to educational issues, residents of slums are unwilling to make changes – however simple – to improve their lives. This is not something that can or should be blamed on the residents themselves. Alcoholism is a disease endemic to slums and it leads to moral and economic degradation. Many men take to consuming alcohol; this limits the amount of their income that can be spent for their family, and it leads to social diseases of domestic abuse as well as serious health problems. Apathy, thus, is a major contributor to suffering in slums.

However, no program directed towards the social advancement of slum residents can deny the role of motivation and positive reinforcement. PAB team is always geared to take up the this cause and motivate men and women in slums to improve their living conditions of which one sure way is to educate their children. Taking education to their doorsteps, PAB provides an opportunity which can open doors to a brighter future for them.

Nand Gram is one of the slums in Delhi/NCR region which has not been touched by education, literally! Most of the adults are illiterate and do not believe in educating their

**Nand Gram slum was identified for Padho aur Badho intervention after a baseline survey. Poor educational status of children and presence of a huge percentage of out-of-school children was challenge to meet. 15 PAB centres have been opened in Nand Gram to cover reach out to these children**

children. Not only the dwellers of the area suffer in abject poverty, but they are also totally ignorant about benefits of education. Most of them are illiterate daily wage labourers who never find enough work to feed their families.

The slum was identified for Padho aur Badho intervention during a baseline survey conducted in the slum and the poor educational status of children and presence of a large percentage of out-of-school children encouraged setting up of 15 PAB centres in Nand Gram.

### **Findings of the baseline survey**

Nand Gram is situated in the riverbed of Hindon adjacent to the posh developing sectors and high rise buildings of Raj Nagar Extension. The majority of the population who reside in this area, are outsiders belonging to states of Bihar, Orissa, Uttarakhand & Bengal. Nand gram has a population of approximately 70,000 on the whole out of which 40% comprises of people from Bihar.

Entire area has been sub divided into sections for easy assessment and mobility of the population like Deendayal Puri, Purvanchal Nagar,



PAB Coordinator interacts with the community during mobilisation

Viklaang Colony, Ghookhna, Sihani, Bambay Colony etc.

The Ghaziabad Development Authority along with Nagar Nigam identified Bambay colony for resettlement of the villagers and constructed towers of one bedroom flats for allotment to BPL families. Some of those who were allotted with the possession have shifted into their flats while some have rented it out for extra money, and themselves continue to live in the shanties.

In the same way an area was also identified for 'Viklaangs' (handicapped) and GDA with Nagar Nigam constructed buildings for them and named it Viklaang Colony with all the necessary facilities for their movements, but the greed of money have made a many of them to sell their allotted flats while a certain percentage have rented it out and still occupy the slum area. A very few of them reside in their allotted flats.

When AROH started its initial survey in the area for collecting the percentage of out-of-school children

Since parents were illiterate and jobless, the children were left out to fend for themselves and they started doing menial jobs like rag picking, waste picking etc., or got into bad company and even got into criminal activities.

and drop outs, it was a shock to find more than 60% children not going to school. There was a huge need to set up PAB centres in the area and work for mainstreaming of Nand Gram children. Children loitered around the lanes of the area instead of attending as their parents were either ignorant or did not proper birth testimonials required for admission, or could not afford the admission fees of private schools. A proper mobilization and counseling was required for effective implementation in this difficult area.

Unemployment is a big menace in Nand gram area and people live in shoddy houses with high concentration of illiterates. Most of the head of the families remained unemployed and worked occasionally whenever they got opportunity. They were mostly called in to work as daily laborers earning a meager amount of money while some take up the job of street hawkers. Women took the jobs of maid servants in the near by posh areas to take care of the family.

Since parents were illiterate and jobless, the children were left out to fend for themselves and they started doing menial jobs like rag picking, waste picking etc., or got into bad company and even got into criminal activities. More than 2000 children were found out to be out of school or as drop outs during the initial survey.

They had never stepped inside a school and never knew what education meant. Some were even found begging for their survival.

Seeing such a large population of out of school children, it was decided to implement the Padho aur Badho Program in the area and 15 centres were identified in different parts of Nand Gram. Each centre mobilized a minimum of 40 beneficiaries to run the non formal education classes and the centres started running with full capacity on all days.

Enrolled beneficiaries have shown keen interest to pick up the academic skills and have learnt the benefits of getting educated. Their parents also see a ray of hope in their children's life.

### Indira Gandhi Seva Ratna awarded to Neelam Gupta

All India Economy Survey Award Council (AIESAC), New Delhi, for the awarded 'Indira Gandhi Seva Ratna' and 'Shining Image of India Gold Medal' to Dr Neelam Gupta, Founder President of AROH Foundation on 8th April 2012.



Dr Neelam Gupta bagged this prestigious Award for her social service and invaluable contribution to society. Under her leadership, AROH Foundation reaches out to thousands of poor children, women and men to give them benefits of education and sustainable livelihoods and eradicate the menace of poverty from their lives.

"Service to humanity is the greatest joy and is its own reward", she stated and added that she felt the urge to pay back to our society, to our nation and to our planet by working for common good and to serve those who are less privileged.

## Spreading Wings - reaching out in new areas

**P**adho aur Badho' has been catering to educational needs of less privileged children in the clusters of South Delhi, Noida & East Delhi, Ghaziabad and North East Delhi through Non Formal preparatory education centres in urban slums.

Once the area has been fully covered and nearly all children are admitted to schools, new centres are located and opened. A baseline survey and need assessment study was initiated by the PAB team to study the need of the implementation of PAB in the adjoining areas of the existing centres in all clusters.

Under South Delhi cluster some of the centres have done a wonderful job of mainstreaming all children in the vicinity of the centre. After a clean sweep, a new area was identified by the team. ai Basti and Jhuggis near Batra Hospital were identified for new centres.

The concentration of children in the age group of 6-14 years was found to be relevantly high in both the areas and realizing the need, NFE centres have been opened for absorption of the children. Starting 1 April, 2012 the classes have started for the new session and process of enrolling the beneficiaries, have been on since then.

Similarly under North East Delhi cluster new areas has been identified

Baseline Surveys and need assessments are done regularly to identify new slums or fresh areas to open PAB centres and cover more and more out-of-school children under the programme. Whenever a centre saturates the area and there are no more out-of school children to be found, the team moves on to these newly identified areas.

for PAB operations are Dilshad Vihar, Kodhi Colony and Kadampuri

NFE centres have been opened within the community in the newly identified areas and enrolment has started for the fresh batches.

Under Ghaziabad cluster PAB operations have now be started in areas like, Arthala, Ghookna and Durga Colony

While, Noida & East Delhi cluster have shifted its focus for implementing the project at locations, Khichripur Block - New, Ghazipur, Gharoli and Hoshiyarpur

The cards are stacked against the education of poor children living in the slums. One finds more children out of school than in school.

Children in these slums work at the cost of their right to education which leaves them permanently trapped in the poverty cycle, sadly without the education and literacy required for better-paying jobs. India tops the list with the highest number of child labourers in the world.

Padho aur Badho team is motivated and geared to remove all barriers that keep children out-of-school.



The dedicated PAB educator with her class



A scene from the highly neglected slum in Gazipur area.

## Health Camp organised in Kalyanpuri

A healthy life style does not cost much, just breathe fresh air, drink safe and pure water and have a healthy diet of green leafy vegetables and mineral rich products.

Even people of less privileged can maintain a healthy life style if they follow a simple procedure of brushing their teeth, bathing and having a simple nutritious diet every day. In absence of it they get affected with illness of all types leading to deterioration of their health

To create awareness AROH Foundation under its initiative Padho aur Badho organized a Health Camp at Kalyanpuri Nodal Center on 10 April 2012 between 12 PM To 3 PM. 70 beneficiaries of PAB & GARIMA along with community people took advantage of it and got their families checked by the present doctor.

Dr. Pradeep Kumar, MBBS examined all the beneficiaries and gave prescriptions accordingly. He even discussed about the after effects of the season change and informed how to protect oneself from the unpredictable weather. He also asked them to have a balanced diet as it can help them out in fighting the odds.

One of the beneficiaries, suffered from throat pain after check up said, 'Doctor told me not to swallow ice cubes bought from outside directly as it causes pain in the throat and to ease the pain he has advised me to gargle with warm water at least thrice a day' She thanked the doctor for prescribing such a simple exercise rather than prescribing expensive medicines for healing of her throat pain

Similarly those who suffered from simple health problems were



PAB beneficiaries at Health Camp

advised, easy way of home treatment using kitchen items for easing out their pains.

Beneficiaries thanked Dr. Pradeep for the valuable tips and promised to take care of themselves.

## Teaching Tools Planning Workshop

A teaching Tools Planning Workshop was organized at HO on 2 April 2012 for PAB team. Workshop was headed by Sr. Program Manager-Ms Jyoti. The main motive behind this workshop was to formulate a standardized teaching tool for effective implementation of PAB

program at all the four clusters viz-a-viz South Delhi, North East Delhi, Noida & East Delhi and Ghaziabad.

All the four coordinators of respective cluster brought in with them a set of teaching aids. All the tools or aids were scrutinized by one and all to estimate the maximum output for effective implementation. After a brain storming session, most common tools, in a way easy for both the educators and beneficiaries were derived out of the entire lot. The tools thus selected for implementation of PAB program for the current session include Flash Cards, bangles, match the words, Charts, Symbols chart, Poems, Puppetry, match sticks, magic box, masks, abacus and play way method of interaction etc.

The selected tools would be assembled by the coordinator of each cluster and would in turn conduct an educator's workshop for explaining the methods of teaching using the selected tools to all the educators for implementing at NFE centres.

All the coordinators have agreed upon using the common standardized teaching tools at their cluster before disbursing



## Soliciting Internship



Mansi during the field work.

Mansi Chanana, a postgraduate in Human Relations and Labour Management from TISS, Mumbai interned with AROH. During her internship period, she was assigned the task of standardization of teaching tools and creation of periodic testing tools for Padho aur Badho, a flagship intervention of AROH Foundation, for non-formal education and mainstreaming of out-of-school children.

She made some excellent teaching and testing tools which can help PAB teachers in conducting their teaching-learning more effectively. Apart from the assigned tasks, she took keen interest in creating tools and formats for documenting case studies and success stories for projects being implemented by AROH Foundation. She didn't stop at creating, but also held demonstration of her tools in the field.

## Quest for Mainstreaming of PAB Beneficiaries

**P**adho aur Badho program being the excellent tool on Non Formal Education would attain its set out targets only when the beneficiaries secure an admission spot in the formal school. Non Formal Education means a systematic learning opportunities organized outside the framework of the formal system of education addressing the learning needs of specific target groups like under privileged, disabled, dyslexic etc.

Mainstreaming is the practice of bringing the excluded set of children into main fold of regular schooling. It represents a midpoint between full inclusion of the under privileged or excluded children spending all day in regular school with dedicated routine of curriculum along with their urban counterparts.

Proponents of both mainstreaming and the related philosophy of educational inclusion assert that educating children of less privileged alongside normal ones fosters understanding and tolerance, access to the general standardized universally adopted curriculum leading to a harmonious living

The advantage of running a parallel system of education, for less privileged gives an added advantage of

- Higher academic achievement: Less illiteracy in the deprived section of the society
- Higher Self esteem: By being included in regular paced education setting these beneficiaries have shown to be more confident and display qualities of raised self efficiency. Those who were mainstreamed during previous years felt that they were equal to their peers.
- Better Social Skills: Enhances to learn social skills through observation and gain a better understanding of the world around. It helps them to have a better level of communication & forge a strong association with their peers



- Amalgamation of the interaction between less privileged and privileged ones increases a child's self-concept tolerance, self worth and positive attitude attributed with better understanding.

AROH in association with GAIL India Ltd has been walking the path ever since 2009. Since the last two years it has educated more than 4500 beneficiaries and mainstreamed

90% of them while the current session has educated more than 6000 beneficiaries and the process of mainstreaming to formal school for the academic session has been triggered and during the first phase 1500 beneficiaries have already secured a spot in formal schools. By end of July we hope to admit all the 6000+ into formal schools for continuation of their studies.



**Name: Deva**

Beneficiary of Noida & East Delhi PAB Cluster

Mainstreamed at MCD School, Block-7, Kalyanpuri in 5 th Standard

**मुझे अब स्कूल अच्छा लगने लगा है। मैं बड़े होकर अध्यापक बनना चाहता हूँ और आरेह को धन्यवाद करता हूँ।**



**Name: Nisha Tomar**

Educator of 18 Block, Kayanpuri, East Delhi

**“मुझे गरीब बच्चों को पढ़ा कर और उन बच्चों को स्कूल जाने के लिए प्रेरित करना अच्छा लगता है”**

## Nurturing Talent - Painting Competition at Ghaziabad cluster

To cheer up the beneficiaries and to motivate them for their mainstreaming process and also to mingle with the newly enrolled beneficiaries a Painting Competition was organized at Ghaziabad nodal office. Beneficiaries of two NFE centres took part in it. They were asked to draw on the things that come to their mind within 5 minutes.

Looking happy, they started drawing, as there was no restrictions on the topic to be drawn. Some drew picture of their family, some on nature and some on birds while one beneficiary drew a picture of the breakfast that he had in the morning.

It was nice to see the beneficiaries playing with their imaginations and explaining the contents of their drawings. Based on their



performance and creativity winner and runners-up were selected and were awarded with prizes. All the beneficiaries cheered up the winners.

To elevate their mood and happiness savories and sweets were distributed which they relished and thanked for organizing such events.

## Workshop by VLCC on Diet and Nutrition

VLCC, a premier institute in the field of beauty culture, organized a workshop on Diet and Nutrition for the beneficiaries of PAB and GARIMA.

The workshop, organized at the East Delhi Nodal office on 24 April 2012, covered the best practices of Diet and Nutrition. Diet expert Ms. Laxita arrived with her team by 11 AM and the team included a skin care expert too, who sensitized the beneficiaries on the proper ways to look after their skin. Along with PAB beneficiaries 20 beneficiaries of GARIMA too participated and understood the process of maintaining a healthy life style. Some of the tips, the experts shared are listed below.

### Diet Tips

- Remember you EAT to LIVE and DO NOT live to eat.
- Consume foods rich in fibre.
- Avoid oily, fried and spicy food.
- Make sure to have sufficient amount of water throughout the day. Ideally 8-10 glasses.

- Maintain ideal body weight.
- Try not to omit vegetables that one dislikes.
- Ensure to follow a regular exercise routine as advised by our professionals.
- Dinner should be had at least two hours before bed time for effective digestion.
- Avoid overcooking, reheating, or deep freezing food.
- Avoid the use of soda bicarbonate, preservatives, and colors while cooking vegetables and pulses.
- Prefer the consumption of whole fruits over juices.
- Use wheat flour without sieving.
- Never skip a meal, instead have smaller and frequent meals.
- Always start your day with breakfast. This will keep you energized throughout the day.
- Always read the nutrition and expiry labels when purchasing packaged food.



Beneficiaries appreciated and accepted the tips of healthy living and requested for repetition of this type of workshops at regular intervals.

VLCC, on its mission, spearheading the message on **Hale & Healthy** life style to less privileged beneficiaries mostly children of 6-14 years old.

## Stop Germs! Stay Healthy! Wash your Hands!

Washing hands with soap and water is the best way to reduce the number of germs on them. Many diseases and conditions are spread by not washing hands with soap and clean, running water. However, for many poor families soap is a luxury and many remain ignorant about use of soap for maintaining hygiene.

AEGIS, a reputed BPO has been associated with PAB for the past one year and has been contributing towards the welfare of PAB children. Knowing the need of children for better hygiene, AEGIS decided to distribute soaps to the beneficiaries of Padho aur Badho and their mothers who attend the GAIL GARIMA programme. 200 soap bars were distributed by Ms Shresta Buddiraja and Mr Rajesh from AEGIS to the beneficiaries who assembled at the Kalyanpuri Nodal office on 25<sup>th</sup> April 2012.

The children promised that they will always keep their hands clean and not allow the germs to come near them.



Soap distribution by AEGIS

### An Ode to Educator-Student Relationship



**Name: Mirzo**

**Age: 8 Years**

**Cluster: North East Delhi**

Mirzo is a beneficiary of PAB project, enrolled under the North East Delhi Cluster. Before her admission at the NFE she used to roam the alleys of the slum as both her parents were ignorant and clueless about education. Her father, a Kabadiwala by profession would start early in the morning, leaving the children behind and not thinking about what they would do the entire day. Her Mother work as Garbage cleaner. When the mobilizer counseled them during the community visit and informed them the importance of education, they agreed to register Mirzo at the NFE centre.

During her initial days she would turn up with torn clothes on her and when enquired by the educator, she said she had no proper clothes to put on except torn ones. Hearing her plight the educator, Ms Sushma brought in her children's clothes for Mirzo to wear. This incident reflects a beautiful balance of student-teacher relation at PAB NFE centres.