

RISE

Remedial Innovation in School Education

*"Yoga is the journey of the self, through the self, to the self,"
-The Bhagavad Gita*



Since its inception in the year 2013, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. RISE has been striving hard to foster emotional, psychological and educational well-being of its children who, otherwise in daily life are going through stream of stress. Working in the same track, children of our RISE took part in the International Yoga Day on June 21st in the Yoga Session that was organized by our Prime Minister at Connaught place. The aim of Yoga Session was Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha)

or 'Freedom' (Kaivalya) and happy and relaxed face of children after exhaustive session ensured we would attain what we are aiming for.



Saving the Mother Nature

Earth provides enough to satisfy every man's needs but not every man's greed - Mahatma Gandhi



Humans are both creatures and moulder of their environment, which gives them physical sustenance and affords them the opportunity for intellectual, moral, social and spiritual growth. In the long and tortuous evolution of the human race on this planet a stage has been reached when, through the rapid acceleration of science and technology, humans have acquired the power to transform their



alternatives and urgently reduce the production and excessive use of single-use plastic that is polluting our oceans, damaging marine life and threatening human health. RISE team

celebrates the day each year by conducting various programmes at the Sangam Vihar centres.

Children at various RISE centres celebrated environment day through plantation drive and pledging to reduce use of plastics, recycling of waste, conservation of water and soil and electricity. The event began with sapling plantation drive in the community park by children. Next the children put up banner, posters, cards throughout the community explaining various community members about the feasible techniques of sustainability like switching to energy saving bulbs, rain water conservation and reducing plastic waste etc.. The children were next taught various craft activities they can do using waste plastic. Rina (RISE beneficiary) made beautiful flowers using discarded plastic bottles. The educators were surprised seeing the creativity of the students.



environment in countless ways and on an unprecedented scale. The United Nations, aware that the protection and improvement of the human environment is a major issue, which affects the well-being of peoples and economic development throughout the world, designated 5 June as the World Environment Day. The theme for this year is 'Beat Plastic Pollution', which "urges governments, industry, communities and individuals to come together and explore sustainable



Regarding the unsung Heroes



Father's Day is celebrated worldwide to recognize the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting. While almost any man can father a child, there is so much more to the important role of being dad in a child's life. This year RISE marked the date and celebrated Father's Day on 17th June.

In slums of Sangam Vihar, where the struggle is of survival and extreme stress surrounds live, these fathers are central to the emotional well-being of their children; they are capable caretakers and disciplinarians. They have proved time and again that if your child's father is affectionate, supportive, and involved, he can contribute greatly to your child's cognitive, language, and social development, as well as academic achievement, a strong inner core resource, sense of well-being, good self-esteem, and authenticity.

At RISE we understand that child's primary relationship with his/her father can affect all of child's relationships from birth to death, including those with friends, lovers, and spouses. Those early patterns of interaction with father are the very patterns that will be projected forward into all relationships...forever more: not only your child's intrinsic idea of whom

he/she is as he/she relates to others, but also, the range of what your child considers acceptable and loving.



Girls will look for men who hold the patterns of good old dad, for after all, they know how "to do that." Therefore, if father was kind, loving,

and gentle, they will reach for those characteristics in men. Girls will look for, in others, what they have experienced and become familiar with in childhood. Boys on the other hand, will model themselves after their fathers. They will look for their father's approval in everything they do, and copy those behaviours that they recognize as both successful and familiar. Thus, if dad was abusive, controlling, and dominating, those will be the patterns that their sons will imitate and emulate. However, if father is loving, kind, supportive, and protective, boys will want to be that. Human beings are social animals and we learn by modelling behaviour. In fact, all primates learn how to survive and function successfully in the world through social imitation. Those early patterns of interaction are all children know, and it is those patterns that effect how they feel about themselves, and how they develop. Your child is vulnerable to those early patterns and incorporates those behavioural qualities in his/her repertoire of social exchange.

So, on this important day, RISE Educators ensured that Fathers were called upon at the centres, appreciated for their selfless love and sacrifices and were counselled further towards healthy parenting. Children presented cards to their fathers and made sure that they felt special through various activities. The day ended with all smiles, motivation and the backbone of the family feeling soaked in love and respect.



Festival of Health & Wellness



Yoga is an ancient art which was originated in India around five thousand years ago. Yoga is a good practice if one does in daily life. It helps to live healthy life style and better life forever. Yoga is a practice to bring body parts together to make a balance of body, mind and soul. We should let our kids know about the benefits of Yoga as well as practice Yoga in daily routine. It is considered that Yoga began in India in the pre-Vedic period. Since thousands of years Yoga has been part of the Indian lifestyle. It is India's heritage. Yoga has the power to unite the entire human

race. It is a perfect blend of knowledge, action and devotion. Countless people around the world have made Yoga a part of their lives. In many parts of the world, it has been spreading. But it is expected that it will spread rapidly after this announcement of the United Nations.

On June 21st, 2015 'World Yoga Day' will be celebrated for the first time all over the world. Then on June 21 every year, the day will be celebrated as the World Yoga Day. A proposal was made by the current Prime Minister of India Narendra Modi to the United Nations in this regard.

UN General Assembly President Sam Kutesa announced June 21 as International Yoga Day. UN General Assembly President also congratulated the Prime Minister Narendra Modi, whose initiative on June 21 every year has been declared the international Yoga Day.



Rise children were introduced to yoga through participation in the biggest yoga rally held at the central park of Connaught place, the main venue of international yoga day celebration in Delhi. It was heart-warming to see our Rise children perform yoga amongst thousands of other participants. All the children and the educators were given the t-shirts and mats for the day. Understanding the need, and realise the high time to introduce Yoga to our Rise children, Rise team registered for yoga day celebration at Connaught Place organised by the help of Gayatri Parivar Yoga Samiti. Yoga Samiti provided supported the 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 handily arranged for all the requisites

Including transportation t-shirts, mats and other arrangements were done by them. With full of zeal and enthusiasm a team of 20 children and 10 staff boarded the bus early morning at 3am. RISE team along with Yoga Samiti team reached on the time and started the warm up sessions that is done before yoga. The session started at 5:00a.m with chanting of "PRANAY MANTRA OM" followed by Sookshma Vyayam, VAIRASANA, TADASANA, VRIKSHASHANA, SURYA NAMASKAR, and NADI SHODHAN PRANAYAMA. Members present in the session expressed their experiences and started 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.. International Yoga Day was also celebrated at Sangam Vihar, at the Rise Centres all the educators and children performed various asana and understood the importance of the yoga and the benefits of its. At all centres, YOGA training was given from 2 days before and on the final day an exhaustive session was conducted. The Day ended with a positive note, children and staff were motivated, relaxed and had the enthusiasm to promote and propagate the learning of the day to maximum people within the Sangam Vihar Community. Yoga was made mandatory for 10 minutes at all centres after the trainings and sessions.



Celebration of Harmony on Eid



Ramadan is an entire month during which Muslims focus on purifying themselves, getting closer to God, and growing in their knowledge/faith. During Ramadan Muslims fast from sunrise to sunset. Eid al-Fitr was originated by the Islamic prophet Muhammad. It is observed on the first day of the Islamic month of Shawwal at the end of the month of Ramadan, during which Muslims undergo a period of fasting. At RISE, we made sure children from all sects know the importance of Eid and Ramadan and encouraged the philosophy of donate and share in life amongst children.



Singing New Tunes



One good thing about music, when it hits you, you feel no pain
-Bob Marley



There's nothing in the world like the sound of your favourite song coming on, it just gets right into your head and your body and makes you move. Or maybe it takes you on a journey to a faraway place and time, where you languish in a memory of times gone by and people who are no longer present. Some of our favourite songs can lift us up out of depression and sorry, and make an otherwise horrible day suddenly seem like it's not so bad. World Music Day celebrates music in all its forms and the impact it's had on the world and the human spirit. Fete de la Musique or World Music Day 2017 is celebrated on June 21, marking the beginning of summer solstice, i.e., the longest day of the year. Initiated by France in 1982, World Music day has been adopted by over 120 nations across the world, including India. World Music Days aims at transcending boundaries when it comes to music and musicians. Music holds the key to universal peace. Music is important; each musical piece tells a story about the musician, his culture, his ethos and his homeland. Music is a form of entertainment which comes at no cost, but with the rich experience it carries along. It many a times leaves other forms of entertainment far behind. RISE centres utilise these characteristics of music, to the best they can. With the

socio-economic condition in India, not all can afford the luxury of watching movies every other weekend, or going for trips. For them, these are leisure's of life. Music, for them, comes at no cost. With the advent of mobile phones equipped with FM radio, and cheap Chinese smartphones with all features necessary, music has made its way through, to mostly all homes. This coupled with the benefits of daily dose of music, gives RISE educators, to not only inculcate the habit of regularly listening to music in students, but also celebrate days like the World Music Day.

The celebrations started off with an interaction between the students and the educators about their favourite type of music, their favourite song, singer, etc. Educators then engage



students in a quick competition of Antaakshiri, wherein the class is divided into two teams, each facing off against each other, to become the Music Leaders of the class, giving them the much fought after bragging rights. In order to include everyone in the competition, this Antaakshiri requires every student to participate for them to win. Following this battle of music, is a session on the history of Indian music, which ranges from introducing students to cult Hindi music, to an introduction to the best music directors and producers India has produced. After this, with the help of association AROH Foundation has with various school, colleges and corporates, few of the centres had the privilege of live music performance by volunteers. May it be a guitar which came into the class, or a dholak, students were engrossed and mesmerised with the performances put up by the volunteers. Volunteers also encouraged students to listen to music daily, and if possible, learn to play an instrument, to be the stress, may it be of live or of studies. This summed up the celebrations for the day, and students went back home, grooving, tripping on music they were introduced to, all happy, and looking forward to the challenges that would come on their way.



Creating childhoods worth cherishing .. Aoli

Aoli Singh who is one of the most outspoken and dynamic educators of RISE. Since 3 years she has been educating children under AICL-RISE initiative. She hails from Ainta, Uttar Pradesh, but in search of better life and income her family had migrated to Delhi. Aoli has two siblings and her parents in the family. Her father was a tailor by profession, which could not help the whole family. And due to inflation, it was difficult to drive home from that work in the village. Because of that, her father had to come towards the city. Just a few days after coming to Delhi, Aoli's mother started working as an export piece maker, due to which she got lot of support in the home expenses.

Not only she could satisfy her urge to do something fruitful in life but she got a chance to build another 50 lives under her guidance. There is also an extra talent in Aoli as her work of Arts and Crafts comes very cleanly. Her talent was appreciated by RISE team, faculty and children. After teaching children, she teaches sewing too. Children under her guidance also continuously give better results academically and in other activities too.



Aoli narrates her experience as, "After joining KVM project, I gained confidence and became self confident about my life. Her job makes me self dependent. For NGOs and these children have given direction and motive to my life, for which I shall always thank AROH Foundation and mentors. Although I could be working anywhere to be independent, but being associated with RISE gives me an opportunity to shape my own future and teach to all those who feel it concerning for better future and feel hesitant while helping some student there to cross in progressive way."

“ASHA” ki kiran

Asha, a 10 year old RISE center education beneficiary studies in 4th grade and hails from U.P. under the village named itava. Her father Mr. Kamlesh used to farm in the village long ago but due to lack of proper livelihood, her father came to Delhi to find work for better job opportunities.

Asha loves to study in RISE now as she considers that after getting admitted into RISE she was totally analphabetic and was unable to read & write. Since she began studying in RISE tuition, there has been a lot of positive improvement in her. She is struggling hard in her scholastic front as due to large family, she usually gets engaged in household chores and sibling care but is a pro in dancing. She is given special attention for her learning by RISE educator and is also nurtured in dancing through providing her with ample opportunities to perform. Asha also got support of RISE and now after joining RISE she is able to read & write efficiently.

Asha's parents also review that Asha has shown remarkable growth in only a short span of 12 months. Asha's mother says *"After only few months in RISE, Asha can now study efficiently. She has shown improvement both scholastically and also improved her dancing passion too. Now we actually see literal meaning of her name - ASHA."*



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.