



# RISE

Remedial Innovation in School Education

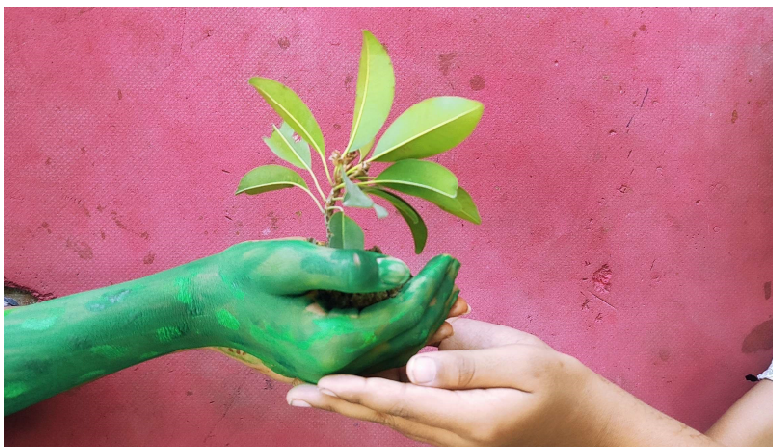
***"Yoga is the journey of the self, through the self, to the self."***  
–The Bhagavad Gita

Since its inception in the year 2015, June 21<sup>st</sup> 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 21<sup>st</sup> 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



*Ecosystem Restoration*, the theme for this year's World Environment Day laying a special focus on creating a good relationship with nature. This is a "10-year push to halt and reverse the decline of the natural world." Since the pandemic disrupted normal lives, the most important thing that will perhaps have a very far-reaching impact is the breakdown in the "relationship between human systems and natural systems." Recent happenings around the world, from forest fires in the United States, Brazil and Australia to locust infestations across Africa and India, earthquakes and cyclones hitting in many parts of the world, and the worst of all an unprecedented

global crisis in the form of COVID pandemic, demonstrate the interdependence of man, other species and the environment in which we live.

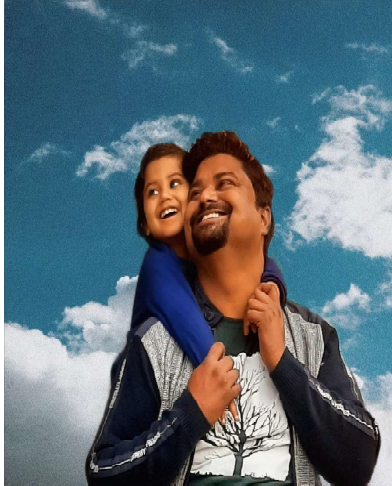
Ecosystems support all life on Earth. The healthier our ecosystems are, the healthier the planet - and its people. The UN Decade on Ecosystem Restoration aims to prevent, halt and reverse the degradation of ecosystems on every continent and in every ocean. It can help to end poverty, combat climate change and prevent a mass extinction. It will only succeed if everyone plays a part. Vibrant ecosystems provide benefits from food and water to health and security that our growing population needs today and will need in the future.

Today we are facing multiple challenges and natural calamities caused by loss of biodiversity and the whole humanity is under lockdown to fight deadly Corona virus. We are made to reflect upon our growing population and urbanization which resulted in indiscriminate felling of trees and clearing of forests and wild life. The mass urbanization, especially over the last few decades, has led to over-exploitation of nature and environment, thereby causing pollution and climate change. The ill effects of all these hazards coming together caused a heavy loss of biodiversity in all parts of world. Ecosystems can be large, like a forest, or small, like a pond. Many are crucial to human societies, providing people with water, food, building materials and a host of other essentials. They also provide planet-wide benefits like climate protection and biodiversity conservation. But in recent decades, humanity's hunger for resources has pushed many ecosystems to the breaking point. Today, one million species are facing extinction due to man-made perils on earth. The reduced biodiversity leads to reduced ecosystem services and eventually poses an immediate danger for food security for humankind.

To spread more and more awareness RISE team initiated by celebrating the day each year by conducting various activities at their home only. RISE children celebrated the World Environment Day through plantation drive and pledging to reduce the usage of plastics, recycling the waste, conservation of water, soil and electricity. Following the day, a special assembly was conducted by RISE students describing the importance of the day and that of tree planting through a skit and an especially composed song "*vrikshalagao, paryayvaranbachao*" on the occasion. An online cleanliness workshop ensured that the students keep their homes, surroundings & communities clean. Children also participated in creative activities like slogan writing, card making, poster making and poem writing displaying their artistic and linguistic skills while showcasing their awareness about conserving water, electricity and environment. Children encouraged people to make their nearby surroundings safe and clean to enjoy safer, cleaner and more prosperous future. Next, the children explained various community members about the feasible techniques of sustainability like choosing energy efficient appliances and light bulbs, conserving water; completely turning off equipment like televisions and stereos when not in use, reducing the usage of plastics etc. The children were then taught various art & craft activities they can do by using waste plastic. Sanaya (RISE beneficiary) made beautiful flowers and flower vase using discarded plastic bottles which was then taught to other children too.



## Regarding the unsung Heroes



“Father! - A guiding light whose love shows us a way”

No one can deny the fact that there's something very intriguing and special between the bond that is shared between a father and child. The relationship between a father and child is so very strong that it cannot be compared to any other relationship in the world. Like Mother's day, Father's day has a history that goes well beyond greeting cards. We often forget the sacrifices and contributions of our fathers and male figures have made in our lives. Thus, **Father's Day** gives us the opportunity to show and express our love, adoration and gratitude to these special people which is celebrated on the 3<sup>rd</sup> Sunday of the month of June worldwide to recognize the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting. Nevertheless, there are men who are taking up fatherhood alone without the presence of a mother in the most inspiring way. And, all those fathers who take up fatherhood with courage and provide all the love of both father and mother. Father's Day 2019 is approaching and it's the time to make the occasion special for all those audacious single Fathers. Males are generally not supposed to be good with managing the kids, family and work and if a father has taken up the task with grace, it definitely needs to be celebrated. Like every year this year also RISE marked the date and

celebrated Father's Day on 20<sup>th</sup> June. In slums of Sangam Vihar, where the struggle is of survival and extreme stress surrounds, these fathers are central to the emotional wellbeing of their children; they are capable caretakers and disciplinarians. They have always proved that if they are affectionate & supportive to their children then they can contribute greatly to their children'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 the relationship between a father and child is so very strong that it cannot be compared to any other relationship in the world including those with friends, lovers and spouses. Children share similarities with their parents, not just when it comes to how they look, but also in the way that they behave. This is because children inherit traits from their parents. In addition to that, as the child is growing up, he or she observes the behavior of their father and mother. 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. Boys on the other hand will model after their fathers. They have the same attitudes as their fathers or behave in the same way. They will look for their father's approval in everything they do, and copy those behaviors 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 is a social animal that learns by modeling behavior. 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 behavioral 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 counseled further towards healthy parenting.

To thank the fathers and their immense love children made beautiful cards and presented to their Fathers and observed that they felt special during the event celebrated organized for them. Children ended the celebration with the bigger smiles on their Fathers' faces which somehow motivated the kids as well. The whole event was soaked in love and respect.





# Festival of Health & Wellness



***“YOGA is when every cell of the body sings the song of the soul...” - B.K.S. Iyengar***

Yoga is an ancient Indian body of knowledge, originated with a 5,000 year history in ancient Indian philosophy. It is considered that Yoga began in India in the pre-Vedic period which is all about harmonizing the body with the mind and breathes through the means of various breathing exercises; yoga poses (asanas) & meditation. Yoga is a physical, mental and spiritual practice that evolved over thousands of years to embrace a wide range of styles and disciplines, aims to transform human body and mind. It is a science that is designed to cultivate health and happiness, a greater sense of awareness and higher consciousness. So,

Yoga is an ascetic discipline which is practiced for good health and relaxation.

Some people think Yoga is only a physical exercise. No, it's not true. Yoga is a science; it is a systematic process which gradually dissolves all the illusions of mind so that the mind becomes a dynamic center of direct perceptions. Through this practice one can understand and experience the supreme Truth that God is within us. So we shall have to offer something spiritual to our mind and soul and if we stop giving, it will revolt. This ancient spiritual science offers a calmer, happier and more fulfilled life for a person. We should let our kids know about the benefits of Yoga as well as practice Yoga in daily routine as 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 as it is a perfect blend of knowledge, action and devotion. Countless people all around the world have made Yoga a part of their lives knowing its benefits & advantages to health.

June 21<sup>st</sup> has been unanimously declared as the **“International Yoga Day”** by the United Nations General Assembly on December 11, 2014. The declaration came after the call for adoption of this day by Indian Prime Minister Narendra Modi during his address to UN General Assembly on September 27, 2014.

Narendra Modi has said during his address to the UN General Assembly that *“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 you, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day.”*





International Yoga Day was celebrated by the students and teachers at RISE with great enthusiasm. Students demonstrated various asanas followed by Omkar chanting. Warm up exercises were taken and all the students performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with synchronized recitation of shlokas and speech by RISE educators. They encouraged students to practice regular yoga to remain fit and improve concentration. The students of RISE celebrated International Yoga Day on 21<sup>st</sup> June at their home by performing various yoga asanas and breathing exercises. They found themselves doing various asanas with great gusto. Most found it hard to believe that such asanas that could be done by anybody could improve memory, focus and concentration as well as help a person have a fit and healthy body. Even though it was a short yoga session, each student became one with them, and managed to find a connection between their mind, soul and body.

*"In a healthy body dwells a healthy mind"* – is a saying that has been repeated since times immemorial, and is true at every level. Taking forward this salubrious thought, RISE has been encouraging mental and physical fitness, and one such endeavor in that direction is the active celebration of the International Yoga Day.



## World Milk Day

More than 1/3rd of the world's malnourished children live in India!

Time to realize the importance of our wholesome global food "MILK" and underline how the dairy sector supports the livelihoods of billions of people on this #WorldMilkDay



# World Food Safety Day



Safe food now for a healthy tomorrow  
Access to sufficient amounts of safe food is key to sustaining life and promoting good health. Foodborne illnesses are usually infectious or toxic in nature and often invisible to the plain eye, caused by bacteria, viruses, parasites or chemical substances entering the body through contaminated food or water. Food safety has a critical role in assuring that food stays safe at every stage of the food chain - from production to harvest, processing, storage, distribution, all the way to preparation and consumption. With an estimated 600 million cases of foodborne illnesses annually, unsafe food is a threat to human health and economies, disproportionately affecting vulnerable and

marginalized people, especially women and children, populations affected by conflict, and migrants. An estimated 420 000 people around the world die every year after eating contaminated food and children under 5 years of age carry 40% of the foodborne disease burden, with 125 000 deaths every year.

While SARS-CoV-2 is not foodborne, the COVID-19 pandemic has highlighted many food-related issues such as hygiene, antimicrobial resistance, zoonotic diseases, and climate change and food fraud. And the pandemic has identified vulnerabilities in food production and control systems. World Food Safety Day on 7 June aims to draw attention and inspire action to help prevent, detect and manage foodborne risks, contributing to food security, human health, economic prosperity, agriculture, market access, tourism and sustainable development. The World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO) jointly facilitate the observance of World Food Safety Day, in collaboration with Member States and other relevant organizations. This international day is an opportunity to strengthen efforts to ensure that the food we eat is safe, mainstream food safety in the public agenda and reduce the burden of foodborne diseases globally. This year's theme, 'Safe food today for a healthy tomorrow', stresses that production and consumption of safe food has immediate and long-term benefits for people, the planet and the economy. Recognizing the systemic connections between the health of people, animals, plants, the environment and the economy will help us meet the needs of the future.

For Food safety everybody has a role to play from farm to table to ensure the food we consume is safe and will not cause damages to our health. Through World Food Safety Day, we at RISE inform everyone the the importance & role of food in our lives especially during COVID when people are dying for not getting sufficient food to eat. To ensure the above children were educated the following points about Food:

- 1 - Ensure it's safe - Government must ensure safe and nutritious food for all
- 2 - Grow it safe - Agriculture and food producers need to adopt good practices
- 3 - Keep it safe - Business operators must make sure food is safe
- 4 - Know what's safe - Consumers need to learn about safe and healthy food
- 5 - Team up for food safety - Work together for safe food and good health

While there is currently no evidence that suggests that the transmission of the







COVID-19 is associated with food, we at RISE suggests everyone that proper food safety etiquette should be followed in general. This includes follow the COVID-19 guidelines like washing your hands with soap and water for 20 seconds before preparing or eating food, and keep strict checks on the possibility of contamination of food products during storage or packaging.



## Creating childhoods worth cherishing .. Vaishnavi



Vaishnavi, 20 years, one of the youngest educators in RISE is a dynamic and soft spoken personality. She is a Commerce Graduate and has a strong passion towards teaching profession. She had a dream to do something in life and simultaneously work towards her passion, but was not getting chance to fulfill that. Trying to explore all possible opportunities in the same line, she was introduced to RISE by Mr. Yogesh Lakra, RISE Project Coordinator. Vaishnavi is working very hard since past 1 year and has developed her personality was lot. At present, she has a strong say in her community now, as every household is aware of the work she does. Her students show remarkable

performances in all fields. She herself has grown a lot as a person. From a shy girl within the limits of her house, she has emerged as outspoken leader who is also the torch bearer of women and children welfare in her society.

In her own words, *"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 an opportunity to craft 50 other lives too."*

## Sanaya ...

Sanaya, a 10 year old RISE beneficiary loves to study in RISE & wants RISE centres to open as soon as possible. Since she began studying in RISE, there has been a lot of positive improvement in her. Struggling hard in her scholastic front as due to large family, she usually got engaged in household chores and sibling care but now she is a very smart & intelligent student. 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. Shobha, the educator of RISE and the teacher of Sanaya states *that in her views Sanaya has improved a lot after getting associated to RISE as earlier she was unable to read and write and very often she came to the center. Thus, few community visits needed her to get on the track of Education and now clear results can be seen in her.*



Sanaya's mother says *"after getting admission in RISE her daughter can now study efficiently. Earlier she was just like an illiterate and played, wandered in streets all the time but through RISE she now studies confidently and respects talks with respect to everyone."* Sanaya's mother thanks AROH Foundation with her heartfelt gratitude and her father is very happy and even further, he wants Sanaya to continue reading like this. Having Sanaya along with her, she said that *"if Sanaya continues to study in RISE, she will be able to read more efficiently and go ahead and become a good successful citizen."*



**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.