



# **THE VATSALYA FOUNDATION**

[www.thevatsalyafoundation.org](http://www.thevatsalyafoundation.org)

# September to October 2020

## Children Activity

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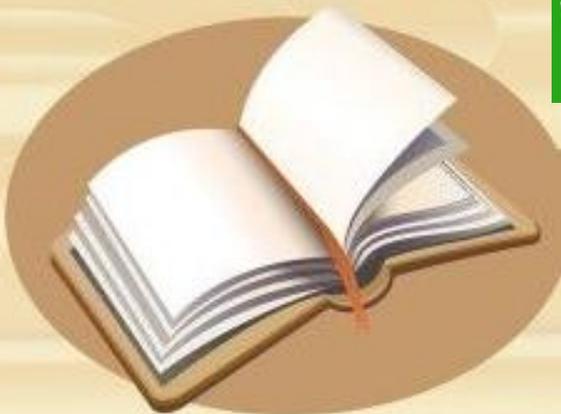
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# About Shelter Home

The Urban Project of Vatsalya aims to reach out to vulnerable children of Mumbai city in order that they are able to exercise their right to food, shelter, education, play, acquire skills etc. It comprises of various interventions with children such as Shelter Home for boys, The Shelter Home at Mahalaxmi caters to 45 boys in the age group 6-18 years. **The Shelter Home** located in the King George V Memorial Campus, Dr. E. Mosez Road, Mahalaxmi (W). The three barracks and the surrounding area are used by the children as living space. From here we provide them educational facilities, counselling, food and innumerable opportunities for channelizing their energies in fruitful ways such as sports, gardening, learning martial arts, performing dance and drama etc.

# Education

Children learn online education through various apps



# CHILDREN SCHOOL ONLINE EDUCATION CHART

| Day              | Std        | Student No | Subject                                   | Time               | Facilitated by          |
|------------------|------------|------------|---|--------------------|-------------------------|
| <b>Monday</b>    | 1st to 8th | 16         | Music                                     | 10:00am to 11:00   | K.K.Marg Marathi school |
|                  | 2nd to 7th | 16         | Marathi /Maths                            | 11:00am to 12;00pm |                         |
|                  | 3rd & 6th  | 10         | Hindi                                     | 1:00pm 2:00pm      | K.K.Marg Hindi school   |
|                  | 8th        | 3          | English                                   | 6:30pm to 7:30pm   | Sitaram Marathi School  |
| <b>Tuesday</b>   | 2nd to 7th | 16         | Marathi /Maths                            | 10:00am to 1:00pm  | K.K.Marg Marathi school |
|                  | 3rd & 6th  | 10         | Maths                                     | 1:00pm to 2:00pm   | K.K.Marg Hindi school   |
|                  | 8th        | 3          | Social Science                            | 6:30pm to 7:30pm   | Sitaram Marathi School  |
| <b>Wednesday</b> | 2nd        | 1          | Khelu karu shiku                          | 10:00am to 10:40am | K.K.Marg Marathi School |
|                  | 3rd to 7th | 15         | Science /English /Marathi /Parisar Bhag 1 | 10:40am to 12:00pm |                         |
|                  | 3rd & 6th  | 10         | English                                   | 1:00pm to 2:00pm   | K.K.Marg Hindi School   |
|                  | 8th        | 3          | Hindi                                     | 6:30pm to 7:30pm   | Sitaram Marathi School  |
| <b>Thursday</b>  | 2nd        | 1          | Khedu karu shiku                          | 10:00am to 10:40pm | K.K.Marg Marathi School |
|                  | 3rd to 7th | 15         | Science/English, Marathi, Parisar Bhag 2  | 10:40pm to 12:00pm |                         |
|                  | 3rd & 6th  | 10         | Maths / Science                           | 1:00pm to 2:00pm   | K.K.Marg Hindi School   |
|                  | 8th        | 3          | Maths                                     | 6:30pm to 7:30pm   | Sitaram School          |
| <b>Friday</b>    | 2nd        | 1          | Khelu Karu Shiku                          | 10:00am to 10:40pm | K.K.Marg Marathi School |
|                  | 3rd to 7th | 15         | Science / English, Marathi,               | 10:40am to 12:00pm |                         |
|                  | 3rd & 6th  | 10         | Marathi ,Parisar Bhag 1                   | 1:00pm to 2:00pm   | K.K.Marg Hindi School   |
|                  | 8th        | 3          | Marathi                                   | 6:30pm to 7:30pm   | Sitaram Marathi School  |
| <b>Saturday</b>  | 1st to 8th | 16         | P.T.Class and Art and Craft session       | 10:30am to 12:30pm | K.K.Marg Marathi School |
|                  | 3rd & 6th  | 10         | History / Geography , Maths               | 1:00pm to 2:00pm   | K.K.Marg Hindi School   |
|                  | 8th        | 3          | Marathi                                   | 6:30pm to 7:30pm   | Sitaram Marathi School  |

# Online Education with BMC school



The Vatsalya Foundation children received appreciation from Brihanmumbai Municipal Corporation, school authorities for their active participation during online classes .



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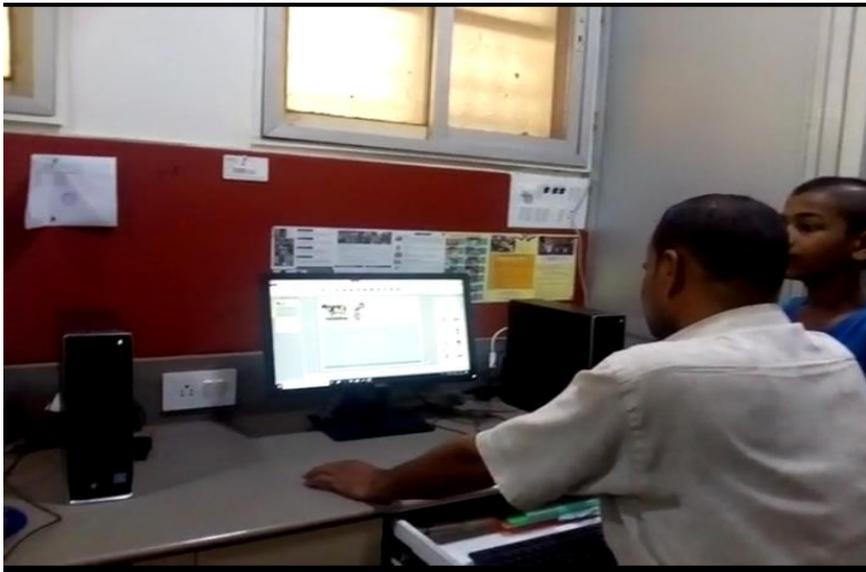
# CHILDREN OFFLINE EDUCATION



**Children's used digital mediums for learning like live interactive classes, recorded video lectures etc. become more engaged in their studies. They think, plan, and work according to their own strategy. This way of learning helps them in becoming self-motivated individuals they can take decisions on their own. They step out of the four walls of the classroom and start perceiving the world with a new perspective. In this way, their growth as individuals is accelerated, and they become responsible and disciplined leaders.**



# COMPUTER EDUCATION FOR THE CHILDREN





# NUTRITION

The Vatsalya foundation to had give everyday fruits, milk, vegetable ,C vitamin food, healthy breakfast, lunch , snacks and dinner to the children to increase their immunity .



# Health & Hygiene

The Vatsalya foundation organised the online and offline session for children and also giving information of personal cleaning and hygiene tips for healthy life. Children daily participated in the dance session, capoeira classes and yoga because physical exercise have been included within the curriculum under our health education programme



# RECREATIONAL ACTIVITY

They were teaching the important of education through entertainments such as cartoon movie, Storytelling, and motivation talk, with young boy and encouraging them to do study etc. They also motivate the children to play the brain exercise game, gardening tools. They had channelized their energy toward the education throughout –indoor game and outdoor game.



# Art & Craft Activity

The Vatsalya Foundation organizes a Art and Craft activity for children to enhance their creative art.



# CHILDREN CREATIVE ART

We are very proud of our super talented and artistic kids at Vatsalya Foundation who conceptualized, researched and designed a beautiful Sky lantern for Diwali 2020.



## Vatsalya Kids made designed of clay



# Children art



# CHILDREN DEVELOPMENT SESSION

The Vatsalya Foundation organised the webinar with help of United way of Mumbai on Body Autonomy and Safe Behaviours for Teens for 11yrs to 15yrs children facilitator by Neelu Grover.

***About Session** - Teenagers is on the brink of transition from childhood to adulthood and they begin to assert their independence and find their own identity. A troubled teen exhibits behavioural, emotional, or learning problems beyond typical teenage issues. They may repeatedly practice at-risk behaviours or they may exhibit symptoms of mental health problems. This session was help teenagers navigate through these emotions and understand important concepts related to puberty, body-image, online safety, and other safe behaviours.*



# VOLUNTEER ENGAGEMENT

**B.D.Somani international school every Wednesday conduct online Art and Craft activity for the Vatsalya children's.**

**Mythali didi teaching the 1st std to 8th Std children online English subject**



Tata sky volunteer celebrate the volunteer week with The Vatsalya Foundation children. they had conducted online session on Meditation ,Story Telling, Drawing , Zumba, Quiz on month of October.



**Joy of Giving week celebration!!!**  
BookMyShow employees share their time and talent to create smiles. Music and movement session for The Vatsalya Foundation children's

**BookMyShow organised the online Rambo Circus for The Vatsalya kids . They enjoyed lots of fun**

**JOY OF GIVING WEEK**   
**MUSIC & MOVEMENT**



# Counselling session and art based therapy

- The focus of the month of September was to help children understand in depth the triggers of their aggression and to provide them role models which will help them decide what self identity would they like to associate with and create that for themselves going forward. While it is extremely difficult to control their triggers in an external environment, the lockdown provides the perfect opportunity for them to work on their behaviours, actions and reactions in a constant environment.
- Constant discussion has certainly helped in reducing the verbal abuse and aggressiveness of the children. They were also given the example of a lotus that is so vibrant and beautiful despite of the fact that it grows in murky water. The children associated themselves with this metaphor which will stay with them even beyond this shelter home.
- Children also did deep meditation and drew mandalas for mindfulness and relaxation.
- Memory enhancement exercises were conducted for the children to speed up their retention skills through connection. Few children were also helped specifically with retention of their school exercises.

# STAFF DEVELOPMENT SESSION

## Workshop on Dealing with stress and taking care of oneself

- United way Of Mumbai conducted the online webinar for Vatsalyta's Staff on Dealing with stress and taking care of oneself. This webinar Facilitator by Parinita Ganesh | Mental Health Professional .
- **About the webinar:** This session had covered important aspects related to Stress and Self- care. Stress saps our energy and contributes to fatigue, negative thinking, and distressing emotions. Self-care is an essential tool contributing to overall mental well-being and making you emotionally fit and mentally healthy.

# Workshop on Learning Disabilities

United way Of Mumbai conducted the online 2nd webinar on Learning Disabilities for Vastalya's Staff. This webinar Facilitator by Mrs. Priya Deshpande | educational therapist with almost 40 years of experience.

## **About the webinar:**

Parents/caregivers are often baffled by the problems presented by a child with learning disabilities. Often this “invisible disability” does not become obvious until a child reaches school age. Early detection of Learning Disabilities and its appropriate management is essential so that the child's important years of development are not lost. If it is detected and treated late, there is a danger of intellectual, social, emotional and moral lag, which can have a long lasting impact on the child. This workshop will provide insights about different kinds of learning disabilities and effective ways to identify and intervene.

# NETWORKING WITH GOVERNMENT AGENCY

- Every week DWCD and CWC team interacted through video conference call with children to asked them their nutrition diets .
- The Vatsalya Foundation has submitted daily report to DWCD regarding shelter home children data and their health status about COVID 19
- The Vatsalya Foundation had submitted the following information to DWCD
  1. WEEKLY REPORT
  2. DAILY COVID 19 INFORMATION
  3. WEEKLY CENTRAL GOVERNMENT INFORMATION
  4. WEEKLY COMPLIANCE INFORMATION IN ENGLISH & MARATHI

# EVENT



**Dashara celebration with drawing competition**

**celebrated Gandhi Jayanti at shelter home.**

# The Vatsalya Foundation kids participated in online drawing competition organized by BMC School



An initiative taken towards providing Ration kits to the needy families who are adversely affected by the loss of all sources of income due to the LOCKDOWN in Mumbai slum area.



Striving every day to provide  
a better future  
for children in need of care  
and protection

## HEAD OFFICE

### THE VATSALYA FOUNDATION

 Anand Niketan, King George V Memorial,  
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 [www.thevatsalyafoundation.org](http://www.thevatsalyafoundation.org)

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