

The Vatsalya foundation Highlights from March to May 2020

Since March 2020, the security has been strengthened at The Vatsalya Foundation premises. All the precautionary measures and preventive measures have been taken in collaboration with Anand Niketan King George Vth Memorial.

The Vatsalya Foundation organised the initiative of online counselling sessions with children and their parents. As the children could not visit their homes they were very depressed. Thus connecting to their parents online was the only intervention. The parents too were stress-free that the children are in safe and secured environment. Presently online school academic syllabus classes are on with help of school teachers on digital platform.

Staffs are in contact with contact points in the urban outreach areas. The community members are sharing their grievances and how they are coping with the situations in the difficult times.

Additionally staffs have created lesson plans on different topics like environment, leadership, personality development, health & hygiene, creative art etc.

Proper social distancing and precautionary measures are taken.

● Education

Schools have been shut to prevent the spread of the virus and this has given way to online classrooms, a very new concept in India even for the government schools also.

The Vatsalya Foundation's taking online learning initiatives using video conferencing platforms for children school syllabus and take school education project assignment.



- **Computer Education at Shelter home** imparted to children on, basic computer skills like MS Word, MS Excel, Paint, Ms Power-point, and outlook.



- **Health and Hygiene**

The focus was on the importance of children health and hygiene tips to protect against COVID-19.

- Personal hygiene
- Maintaining Cleanliness around the Vatsalya foundation premises. Sanitisation is done every 15days in collaboration with Municipal Corporation.
- Food Management- proper nutritious diet chart was followed keeping the nutrients elements in consideration.
- Physical Fitness and Mental fitness is strictly implemented and Daily practice of Yoga, session, and dance.
- Monitoring of the proper sanitation in the open shelter home





- **Enhancement of Creative Art and allotted time for Recreation:**
To be with Nature children are encouraged with Gardening.
- **Counseling session and art based therapy**

We resumed ABT sessions in April on the online platform. Initial sessions were spent in helping the children get in touch with their emotions and feelings in light of the lockdown.

Lot of coping strategies like breathing techniques, guided meditation, finding your safe space, identifying and conversing with your guarding angel, were shared with the children to help them deal with the anxiety.

Through a story realized by the World Health Organization (WHO), children were made aware of the pandemic situation and the status of the children worldwide. They found solace in the fact that everyone globally was going through the same ordeal and the best way to keep ourselves safe was following the safety protocols for the benefit of us and the people around us.

During sessions, we realized that few children were feeling extremely anxious since their family hadn't contacted them at all since the lockdown began. They were worried about the health and the state of their family members. Immediately, the shelter home staff got them connected to family and they felt much relieved.

A few assessments to check their coping skills and social skills were also conducted during the month.

Activities like music circle, Simon says (with complex instructions), were played to help them improve their listening and cognitive skills.

The contemplation exercises brought out a lot of memories and emotions of the children. It also indicated the shift in feelings with the change in their environment. A few striking ones were:

Farhaan: When asked to think of your guardian angel, Farhaan drew his deceased dadi. He remembered the lovely times he had spent with her in the past and always remembers her when in trouble.

Govind: When asked to think of your guardian angel, Govind drew his brother Raj whom he hasn't met since more than a year. He also mentioned that he missed going to his house, he hasn't gone home in a long time and he was sad that no one from his family had called him to check on him.

Month of May

After dealing with some complex emotions in the previous month, the children looked much settled emotionally and mentally as we entered the month of May.

Farhan feared that the lockdown would never be called off. The same was addressed immediately and it was communicated to the children that it may take longer than expected but the lockdown would definitely end in the future. Till then they were safe and sound in the shelter home.

This month on concentrated on working on their story building and narration skills. Each child narrated a story either weaved by himself or an existing one and he was helped in improving the composition and narration of the stories.

Games to improve their short term memory skills were also played.

2 stories were narrated in the month. One with the message that there is a place and time for everything and another conveying that sometimes sharing with others doesn't come easy. Nevertheless if you try, you will see how happy it will make you.

Lot of fun activities like singing happy songs, dancing to peppy songs, were conducted to lift them out of the boredom. Another fun exercise was contemplating what the outside world would look like when the lockdown ends. The children were asked to go as wild with their imagination and creative as they may like. A few interesting ones were:

Prithvi visualised that post the lockdown everyone has become hygiene conscious. They have realised that the garbage caused the spread of the virus so they are all working at keeping the country clean. More trees are also planted to increase the oxygen levels.

Vishnu said he wanted to see festivals being celebrated with more grandeur post the lockdown. During Ganesh chaturthi celebrations he would like to see more lights, more crackers

Karan P visualised a road lined with icecream trees and a beautiful rainbow.

Suraj G visualised a plant with different type of flowers, a building shaped like a dinosaur and birds on the moon.

- **Networking with NGO'S / Government:**

- BookASmile organised the **International dance day on 29th April 2020** conducted by Victory Art Foundation and **World Laughter Day 2020 on 3rd May 2020**. Children had great fun and enjoyed the online dance sessions.



- Every week DWCD and CWC team interacted through video conference call with children They also organized the online session about COVID 19 and guidelines to be followed. hey gave suggestion us to that make the proper children diet plan. They guide us to how to take care our self and give also some guidelines for the COVID-19.
- 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

•**The Vatsalya Foundation got the recognition from Ministry of Women and Child Development India for open shelter home.**

INTEGRATED SKILLS APPROACH IN RURAL AREAS



Engagement Details of the staff:

The staff assigns tasks to students on WhatsApp at the start of the day and request students to send their completed work by the end of the day. For online sessions, students are given a suitable time to connect via video calling on WhatsApp. Students reach out to the staff for queries throughout the day. At the end of the day, the staff take updates on each WhatsApp group.

The schedule of staff during the lockdown period is as follows:

1. Staff start their morning participating in team conference calls and discuss the student activities for the day.
2. This is followed with interactions with their students.
3. In the evening the staff share their daily report.
4. Apart from this they also engaged in developing session plans for implementation which will be used once the schools re-open

Education

Till date, the team has connected with 243 students who have access to smart phones. All these students are actively engaged in different WhatsApp based activities. Efforts have been made to do voice-over call to students who have access to ordinary.

The regular online sessions are aimed at spreading awareness about the Covid-19 Pandemic and how to take care about self and family. Efforts have also been made to engage the students in holistic growth, personality development, various educational activities, self and community wellbeing.

Following topics were covered during online sessions:

- Awareness on Covid-19
- Personality Development
- General Knowledge
- Gender equality
- Environment
- Water management
- Writing and reading skill
- Story telling
- Community cleanliness

● **The Vatsalya Foundation's PaTS -Path To School Program/ syllabus**

The Foundation, in collaboration with ZP and Ashram Schools is actively involved with more 102 schools in Shahapur, Kasara and Murbad, District Thane in Maharashtra. The syllabus followed by our staff is aimed at overall development of each and every student.

During the lock-down period the team is also engaged in revamping the PaTS syllabus and making it more creative and relevant for present scenario. The new syllabus will focus on four broader areas of Personality Development, Wellness, Values and Environmental Education. The syllabus is designed for two sections i.e. Primary and secondary and will be covered students from Std. 1st to 8th. The topics are carefully carved out, with integrated skills approach to suit the needs of the students.

Community survey of Murbad region.

Since last twelve years the organisation is actively involved in developmental activities in 36 villages of Murbad taluka, District Thane. There is been a regular feature of the organisation since then to update the community and school data base every three year. This year too, the staff started collecting data through online survey in villages.

The survey is aimed at collecting the data of:

- No of Households in a village
- Population – No of male and female
- No of physically challenged
- No of women-headed families (Widows)
- No of children attending school and dropout
- No of Expecting mothers
- No of Senior citizens
- No of youth working /non-working (skilled/unskilled)
- The family land holding pattern

Computer Education

The Foundation runs a computer centre at Talavali Ashram School. During the COVID-19 pandemic lockdown period the organisation with the help of school staff continues to conduct the online computer classes for 223 students. The online sessions are conducted using Zoom and MS Teams App. The syllabus is shared online to the teachers and they in turn share the same with the students.



The Skill Training Centre, Shahapur: Maharashtra Knowledge Corporation Limited (MKCL) online session organised from April till date.

Due to Covid-19 pandemic lock-down the centre is closed from 21st March till date. The Maharashtra Knowledge Corporation Limited (MKCL) launched online Protected Data Learning App with ID and password for home study. In April 2020, the centre organised online demo sessions to the MSCIT students and staff using smart phone, computer or laptop. Total 15 student and 2 staff participated in the demo session organised by MKCL. Now MSCIT students are engaged in online learning at their homes through MKCL online app. They are doing preparation of MSCIT examination. Following sessions were conducted through on online app.

- Personality development
- Emotion of management
- Klic English
- Mission Happiness

The sessions on career guidance, time management, how to prepare for interview, importance of English speaking was conducted.

- Maharashtra Knowledge Corporation Limited (MKCL) organized the online training to the Vatsalya Foundation staff through app like personality development, centre admission, time management, freelancing tactics session, public speaking, leadership etc.
- **MKCL –Maharashtra Knowledge Corporation Limited –Pune and MBTB- Maharashtra Business Training Board –Kolhapur issued recognition to The Vatsalya Foundation as a vocational training centre at Shahapur rural project.**

Vocational Training:

The WhatsApp group for vocational training girls who learn beautician and tailoring in our learning centre was created. The theory sessions were conducted on the group using Whats App video calling. Through these online sessions they were helped to complete their theory notes at home. Total 8 girls in beautician course and 16 girls in tailoring are participating in these online classes. Once the lock-down is lifted up they will be engaged in practical activities of their respective courses.



• Health and Hygiene

“Our staff were also engaged in disseminating knowledge about DOs and DON'Ts of COVID-19. More than 2000 tribal families across 102 villages at Shahapur, Murbad and Kasara in have been sensitized for protection against Covid -19. The Vatsalya Foundation team was taking both online and offline sessions on health and hygiene.

Following topics were covered in community session on health and hygiene.

- Use of Masks
- Hand wash
- Personal Hygiene
- Cleanness
- Nutrition
- Yoga/ Meditation



They had given advised on the importance of hand-wash, and guidance on the use of masks besides precautionary measures included.

The Vatsalya Foundation tele-counselling session in rural belt at Shahapur, Murbad and Kasara.

The team is also engaged in Tele-counselling in 20 remote villages. Online counselling was provided to number of daily wage earners individuals and families who had migrated in nearby towns and due to Covid-19 returned back home. They were in distress and didn't know how to survive.

They were:

1. Provided assurance of organisation's support.
2. Managed the anxiety at community level.
3. Keeping regular contact with community.
4. Gave them the information about COVID-19 Pandemic and government's stand on lock-down.

The team also informed them of the government schemes and applications, "said Mr.Kamlakar and Mr. Raju Valavi who works at The Vatsalya Foundation as a community organizer in rural belt.

Due to lockdown , most of the tribal migrant population was badly affected for non - availability of daily income this gave rise to suicidal tendencies, anxieties and fear amongst them. In this situation The Vatsalya Foundation's timely tele counselling gave a ray of hope and created a sense of security in them.

Three FEATHERS on the cap:

On the Occasion of International Women's Day, Ms. Swathi Mukherjee, Executive Director, The Vatsalya Foundation, was felicitated by ICDS (Integrated Child Development Project, Dolkhamb , Tal Shahapur, Gram Panchayat Kalambe - Borsheti and Shramjivi Sanghatana, for her 30 years selfless engagement in social work.



The Vatsalya Foundation's Covid-19 Response-Aiding Tribal Families in Thane District:

An initiative taken towards providing Ration kits to the tribal families who are adversely affected by the loss of all sources of income due to the LOCKDOWN in Shahapur, Murbad and Kasara .

COVID 19 has affected globally and each one of us are forced to be part of this Pandemic. The lockdown period has put all of us into a discomfort and in this situation so many people are struggling for food. The tribal population in SHAHAPUR, KASARA AND MURBAD contacted The Vatsalya Foundation and expressed their plight they were going through. More than 40,000 people would have to basically gone starving if the basic nutritional supplements were not provided to them.

When we started this initiative, we had several challenges like funds, procurement of grocery essentials, transportation and actual distribution in villages. But the case as always been, our prayers were heard by our generous donors who came forward in answering to our online appeal. With the financial aid from the friends of Vatsalya and timely in-kind donation from Zomato Feeding India Campaign, we could reach out to 6879 families.

The initiative was to provide a month's grocery essentials to extremely needy families in the rural- tribal belt in Shahpur, Kasara And Murbad. As per the statistics of family list available in our database, local staff visited the villages and hamlets and finally endorsed the families who immediately required our support. Criteria for selection of families for providing **Ration kits** were:

- Families with no ration cards
- Women headed families
- Migrant families, due to lockdown have returned home
- Daily wage earners
- Landless families

The ration kit included Rice, Dal, Sugar, Tea powder, red chili powder, Turmeric powder, Garam Masala, Salt, Cooking oil, pulses, healthy snacks, Biscuits, toast soap and chocolate based energy drink powder.

We appreciate the angel's share by our rural volunteers in packing and distribution of these kits and the government machinery for the passes and approvals given to implement the initiative. The Vatsalya Foundation is committed to extend our support towards the community during these adverse times.

Outcome/results of the initiative implemented by us. IMPACT of the project

The Vatsalya Foundation along with the community is committed to support the needy families in tribal belt at Shahapur, Kasara and Murbad since 2000. However, with this crisis, a special intervention with the community developed. A good rapport with the organisation and emotional bonding too came to be created. The Vatsalya Foundation, in collaboration with government department, followed up with the paperwork and the protective measures. At the outset the hapless feeling was converted to more determined feeling.

The Vatsalya Foundation reached out to 102 Villages and distributed Ration kits to 6879 families. Regular updates were circulated to the donors and helped them to spread the message. The smile on the faces of the beneficiaries and the acknowledgment messages sent by the village community was the biggest reward for The Vatsalya Foundation. This could only be achieved only through the compassionate team of The Vatsalya Foundation who believed in the cause and served for humanity.



कारोना विरोध बातचीतपत्र

शहापूर २४ तास

संपादक - ओंकार ए. पातकर

आमदार, तालुकाप्रमुखाची शिफ्टाई कामाला आली!
बीएमसी कर्मचाऱ्यांना मुंबईतच ठेवणार

दि वात्सल्य फाउंडेशनचा गावठुना मदतीचा हात

शहापूर, मुरबाड तालुक्यातील कुटुंबांना अन्नधान्याचे वाटप

ONLINE JOB FAIR

CRISIS

कारोनाच्या युद्धात

दि वात्सल्य फाउंडेशनचा मदतीचा हात

■ प्रतिबिम्बिणी । कल्याण

कारोना विषाणूला अटकच घालण्यासाठी देशभरात लागू असलेल्या लॉकडाऊनमुळे सध्या सर्वत्रच कामधंदा बंद असल्याने त्याचा सर्वाधिक फटका हा गरीब आदिवासी नागरिकांना बसला आहे. हेच पाहून दि वात्सल्य फाउंडेशनने शहापूर व मुरबाड तालुक्यातील १ हजार आदिवासी कुटुंबांना अन्नधान्याचे वाटप करून अशा कुटुंबांना मदतीचा हात दिला आहे.

दि वात्सल्य फाउंडेशन संस्थेच्या कार्यकारी संचालिका स्वाती मुखर्जी च

विश्वस्य फ्रेन्डी मार्टिस चांच्या मार्गदर्शनाखाली संस्थेच्या पथकाचे पहिल्या टप्प्यात शहापूर व मुरबाड तालुक्यातील सुमारे १ हजार आदिवासी कुटुंबांना सोशल डिस्टन्सिंग नियमाचे पालन करून अन्नधान्याचे वाटप केले. यामध्ये ५ किलो तांदूळ, १ किलो तूरडाळ, १ किलो चना डाळ, १ किलो साखर, चहापावडर, मसाला, हळद, १ किलो कांदे, १ किलो बटाटा या जीवनावश्यक वस्तूंचा समावेश आहे. तसेच झोमेटो कंपनीच्या सहकार्याने ५ हजार कुटुंबांना अन्न धान्य वाटप करण्यात येणार आहे.