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ANNUAL REPORT 2022-23

(BETTER PEOPLE BETTER COMMUNITY)

**Project Title : Adolescent life skill Psychological
Empowerment Project (ALPEP)**

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SUMMER CAMP 2022



Closing ceremony was organized on June 6th from 4pm to 6 pm at BEULAH Church, Vyasarpadi with the dignitaries: Ms. Anandhi (46th ward counselor), Mr. Senthil Kumar (HM of ADW girls Hr.sec.school) and Bro.Siga Animation Centre Board of directors Mr. Kalaimani, Mr. Shanmugam, Mr. Porchezian, Mr. Paramasivam had shown their presence. Students have participated in the cultural activities like Parai, Oyilaatam, Dance and they all have exhibited their skills and craft works which they have learnt in this summer camp. They have also published 10 Flash cards which is written by the students in this camp. Students started creating their own stories which is edited with the help of resource person. Stories which are created by our students have been published as flash cards on the day of closing ceremony.

SUMMER CAMP 2022

Summer camp 2022 is delightful treat for the children, which began from April and culminated on 6th June 2022. More than 80 students were participated from classes III TO VIII, in various activities. It gave them an opportunity to learn new skills, enthusiastically. The camp started with the inauguration ceremony which was held on 23rd May. The program was followed by enlightening the students with the purpose of this summer camp and Education kits were provided to all the participants of this summer camp. The camp provided various handful experiences to the children, such as:



- Art and Craft
- Photography
- Computer Course
- Story Creating
- Western Dance
- Wire bag making
- Collective Activities





**ADOLESCENT LIFE SKILL PSYCHOLOGY AND
EMPOWERMENT PROJECT
(ALPEP)**



Life Skill Trainings

Adolescent life skill psychology and empowerment project aims at protecting adolescent from anti- social activities and gives them awareness on moral issues. Adolescent from vyasarpadi community is benefited through this project. As part of this project workshops are scheduled once in a month on topics like self-confidence, suicide prevention, early marriage, positive thinking, goal setting, relationship, management with family and friends are thought to the children every week. To execute this effectively various methodologies like role play group discussion, Interactive games, lectures and case history are carried out. An introductory session was given to the adolescents on LST. Children from different areas in Vyasarpadi were gathered and divided into 4 groups each group consist of 25 children.

During the session children were briefed about the essentials of life. The session detailed about life skills namely:

- Self-esteem session
- Fundamental Child Rights
- Kitchen Gardening Activity
- Career Guidance Program
- Hands Together
- Leadership skill session
- Financial literacy
- Mensural hygiene
- Safety & First Aid
- Uniformity & Hygiene



Highlighting some above-mentioned activities that are conducted to the children during the workshops

Financial literacy

Financial literacy awareness session was conducted on 22 June 2022 for the late adolescent children of aarvam in collaboration with ICICI foundation. During the session adolescent were orientated on basic of financial literacy like effective use of various financial skills, including personal financial management, budgeting and etc.



Self esteem

Self-esteem session was conducted by students MSW department from Madras University on July 22. It is considered as an important component of emotional health;self-esteem encompasses both self-confidence and self-acceptance. It started with an interactive name title activity which was followed by teaching them. There was also listening skills where students discovered a lot of new things on themselves, there was about 40 children participated in this session.



Fundamental Child Rights

The fundamental child rights session on the topic of UNCRC, our children learnt about the basic rules and fundamental rights and game activity was conducted for their learning. This was conducted by Mrs. S. Priya (Education coordinator). On the day one, 25 children participated and on the day 2 about 23 children participated in this session. Students got an impact on the basic awareness of the fundamental child rights.



Career guidance session

We had conducted a career guidance program for our children above 9th grade this was organized by Indian literacy program resource person where they explained the groups that they can choose after their 10th and for the 12th students they were guided for the different streams they can join in college and the colleges available for them explore and even after the completion of their education they were guided by the ILP app which paved way for them to step forward in their career.



Hands together

In this hand together session, the whole motive was to know ourselves which was conducted by the interns Avanthiga and thomas for 100 adolescent children. The objective of this session was to evaluate themselves and to attain consistency in their beliefs and behavior. Skills involved in this session are time management, team-building, creative thinking, problem solving, self-awareness and communication skills.

The session started with an ice breaking game which was a questionnaire interactive learning session on PETS- Please, Excuse me, Thanks, Sorry. The main activity that is been conducted was treasure hunt. The outcome of this session was to self-analyze themselves and they will improve the skills like Time Management, Team building, Creative thinking, problem solving, self-awareness, and Communication.



Leadership skills

In the leadership skill session, the objective was to create awareness on equal participation and equal opportunities and team work. In this session, which was conducted by the interns Renu, activity been conducted. The outcome of this session through these activities, where these students will be able to understand and recognize the importance of equal participation. Team work, unity, time management, leadership, cooperation and coordination and specially they will understand the importance of group work.



Safety and First Aid

An awareness session on the topic safety and first aid was conducted to the adolescent children from the age group of 12 to 16 years. The children were divided into 4 groups and over 76 adolescent children from different communities in vyasarpadi had participated. The session briefed about how to protect oneself with safety measures and the basic of how to assist other persons who become injured in the event of an emergency situation until help arrives.



READY JOOT!



The brief explanation for this game “READY JOOT! “: We know that our life itself is a game. In that winning and losing is a part. Every time when someone challenges us and we win, it’s a point of happiness and if we lose, it’s a point with sadness. Is it right? 12-18 is an age where we have lots of confusions and fears about our future. In this game, there are 33 obstacles which has to be faced by the children and how the children are going to tolerate these obstacles is the challenge! That’s the Game. For winning, you have to think properly, use skills while playing. The students enjoyed learning this way.

READY JOOT!

READY JOOT! Is a playful learning method and we mobilized up to 1200 children and adolescents aged between 12 -18 from our locality. We used the tools provided by Nalanda Way to teach them life skills to be a better personality in the society. Ready Joot is a game-based intervention involving art-based activities and peer-learning aimed at:

- Helping adolescents, aged 12-18 years, understand the physical, emotional and psychosocial development of the adolescence.
- Enabling them to express and regulate their emotions.
- Enabling them to apply learning as a process.



Resource Centre Activity

Resource Centre and Library Learning takes place not only at workshops or on training courses, but also through discussions with colleagues, practical experience, and consulting newsletters, books and audio-visual materials. Resource centers activate can support a wide range of learning activities for the children and boost their mind and ability. These activities are conducted for the seven supplementary centers in rotational basis. 153 students from supplementary center participate actively regularly. It's a daily activity. There are seven resource centers, each Centre has 25 members. Totally 182 children have participated in the activity. The center is used as a resource for utilization through games and session like Team Building, Imagination through art and emotions and emoji face creation which has developed the skills of children to be creative, confident, and team building.



Resource Centre Activity



Library is a daily activity, which takes place in the center. Children take interest to read the book and narrate the story to their friends. Every week on Saturday, Centre wise they conduct mobile library activity where children choose 3-4 books of their own interest. Those who complete the reading in the given time period, they will be awarded with presents such as cap, glasses, crown and smile stickers. Membership card and common cards are given to the children through which they get access to the library.

Book Display at Sathyamoorthy Nagar Park

In order to promote reading activity among the community books were displayed at Sathyamoorthy Nagar Park by the facilitator. Reading promotes brain development and imagination, develops language and emotions, and strengthens relationships. It has a greater impact on the society. More than 15 public responded positively and the facilitator lends books to them and invited them to the library at Aarvam office. More such activities were planned on the alternative days to promote book reading among the public.



CULTURAL TRAINING

Weekly twice 40 children have been trained on Parai, Oyil, Street Play, Mime, Satai Kuchi, Stage Play and etc...

All these training will groom the children and it allows them to express themselves in their own unique way, by this the freedom of participation is always open. These activities influence on development can be seen as it stimulates life skills and challenges the attention of the participation and audience. Children uses all the modes as a communication tool to make the people understand the problem and help them come out of it.





SPECIALDAY PROGRAMS



Yoga Day

World Yoga Day was celebrated on 21st June, on that day students were organized for yoga awareness program which was conducted by the Brahma Kumari Ishwariya Vishwa Vidyalaya were about 40 students actively participated in the program. In this event, the children got to know about the different Asanas and got benefited by knowing advantages of yoga.



Breast Feeding Program

Breast feeding week was celebrated on August 1st week of every year. Student were given orientation about Breast feeding and Breast cancer. At the end of the orientation, drawing competition were conducted. Students actively participated in the competition and gifts were given to participants as a token of appreciation.



Joy of giving week

Joy of giving week was celebrated on October first week. NGO has come together for Battle of buffet in which stalls were setup on behalf of Aarvam for branding & fundraising. And also, Indian oil corporation gave an opportunity to setup stalls in Indian oil petrol station. Aarvam wisely used the opportunity for branding and fundraising.



Convention on the rights of the child (CRC)

On the occasion of CRC program inter supplementary and inter Ngo drawing and face painting competition was conducted to create an awareness on child rights (Right to education, participation and etc).

78 children from aarvam, oasis, feets and change of plastic organization had participated in the competition. An awareness campaign was performed in the area of malligaipoo colony, vyadarpadi. After the event children were awarded with prize and participation certificates.





AWARENESS PROGRAMME

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Nutrition and food awareness

Mrs. Kausalya, an Anganwadi teacher conducted the Nutrition awareness program. She taught about the nutritious food and gave awareness about the effect of fast foods and junk foods. The nutritious food like fruits, vegetables, serials and dhal was advised to consume more, which keep the person healthy and fit. At the end of the program, vegetable salad was made by students.



Hand washing day



Hand-washing day was celebrated in the community. Children from the community were taught the 7 steps of hand washing through dance and drama which was interesting as well as educative to the community members.

World Heart Day

The world heart day was an occasion to give awareness on the important organ Heart. On behalf of this program, drawing competition was conducted in which all children actively took part in it.



Prevention on Child Abuse and reproductive health rights

To observe the prevention of child abuse day, Aarvam from BSAC in collaboration with CWDR conducted an awareness session at Kannadasa Nagar government school on 18-11-2022. MS. S.Swathi (MBBS) and Ms. Shanmuga Priya (Social Activist and Miss Tamil Nadu-2022) was the resource person for the program ,104 adolescent girls participated in the session and got information and knowledge on mensural hygiene and child sexual abuse. After the session adolescents were provided with chemical free napkins and refreshments.



READING WEEK ACTIVITY

Reading week activity was done from October 15 to October 21, where we go to the community and distribute books to the community people to read and bring interests in them. The main objective of this activity was to create interests in reading. They were allowed to take books from their interests and read books in the allotted time and if they are interested in reading, they were given an opportunity to visit the library and take books by getting a membership card for future reading.



Chennai Book Fair

On January 21, 2023, 15 community children were taken to the Chennai Book Fair with the book fairies to encourage their reading habits and expose them to new experiences. Meeting new people and having access to new books were interesting for children.



National Girl child day- 24 January 2023

As national girl child day and international education day falls on the same date, AARVAM from BSAC organized various activities to promote awareness about the rights of the girl child to bridge the gender divide and to lay emphasis on the importance of girl child education. The main objective of the program is to emphasize the importance of education to girl children and make them



aware of their rights and voice out against discrimination happening around them. The program started by screening a short film about the history of the girl child and followed by providing a motivational speech. The program concluded by answering their queries and getting feedback from the children.

Pongal celebration- 14 January 2023

AarVam from BSAC celebrated samathuvapongal on 14th January at Satya MoorthyPark, Vyasarpadi. The chief guest for the program was Mr.Chandrasekhar (Adviser Wheels India pvt.ltd),46th division counselorMs.Anandhi and Ms.Nazima (Inspector of all women station MKB Nagar). The Pongal festival celebration by AARVAM is a true manifestation of our rich culture and traditions. The various celebration and events at the organization were designed in a manner to evoke and expose the student's innermost talents. The Pongal celebration started with games like beads, rings, skipping, murukku eating, etc. The parai, Bharatanatyam, surulliatam, selambam and oyl dance was organized by AARVAM and was performed by the beneficiaries of the organization continued by memento distribution to the guests, volunteers, and price distribution to the competition winner.



73rd Republic Day - 26th January 2023

The Indian constitution guiding concept is of the” people for the people and by the people “which means that power is vested in the population of india. In order to keep the students connected to their nation and its history, AARVAM from BSAC celebrated the **73rd republic day** with pride and reverence on 26th Jan 2023 the program began by screening the short films and documentaries on national leaders with the objective of to provoke the patriotism in them. The program concluded with distribution of chocolates and cakes to the children. the program was conducted on 4 sessions with 30 children in each session.



Valedictory program (Ready Joot) – 2February 2023

aarVam



Valedictory program (Ready Joot) – 2February 2023

AARVAM from BSAC organized a closing ceremony program for the life skill training project called ready joot in collaboration with nalandaway. The objective of the ready joot was to evoke and empowering children and adolescents through art and play based intervention. The chief guest of the day was Ms. Preenu Ashok psychotherapist and social worker. The program began with AARVAM pledge followed by parrai dance, folk dance, puppet show on ready joot game, award distribution for game winners and education kit provided to every adolescent kid who participated in the game.



Palm leaf workshop - 14th February 2023

The palm leaf workshop was organized by aarvam on 14 February 2023 for the adolescent children from the age group of 14 to 17. The resource person for the day was Mr.Thilagarajan (Govt. School teacher). The workshop detailed about the process of how to handle a palm leaf for writings and for creating kites followed by children songs and jamming.



Exposure Visit (Readn Resource) - 15th February 2023

AARVAM in collaboration with kindness foundation organized a exposure vist to readin resources in Aadyar on 15 February 2023. Children had an exposure on meeting and socializing with new people and learning new words, overall children gained more knowledge and information from the session.



Safer Internet day – 7 February 2023

AARVAM had organized an educational session on safer internet day with the aim of providing a safer and better internet experience to the children. The resources person explained the pros and cons of the social media platforms like Facebook, Instagram, twitter etc.



Adolescent Residential Camp



Adolescent Residential Camp- 11th -12th February

The adolescent camp for capacity building and cultural training was arranged by AARVAM for two days at Tonakela campsite, Annanur. The camp kick started with games, brainstorming sessions, roleplay, storytelling. The children were divided into three teams and workshops were conducted on theatre, puppetry and parai. To make the camp more enjoyable and memorable, camp fire was organized to the children, where they showcased their talents and shared their learning experience with their peers.

On the final day of the camp a valedictory program was arranged for the children, where they performed their skills they learnt during the camp.



21st February – International Mother language

On February 21, 2023, AARVAM and students from Madras School of Social Work College celebrated International Mother Language Day. There were 32 kids who took part in the programme. The programme provided an in-depth discussion of the day's beginning and history. The next generation needs to understand the value of their mother tongue and why it should be honoured. The children in the community gained a great deal of cultural and language knowledge as a result of the programme.



7th march- Awareness on drug abuse

For adolescents in the age range of 12 to 18, a drug abused awareness programme was provided on March 7th, 2023. AARVAM conducted the programme in collaboration with MSSW College and the OOKKAM Foundation (mental health and welfare). The origins and effects of drug and other substance abuse are the major debate points of the session. How they impact children's social, emotional, and physical well-being, how peer pressure and parental pressure contribute to it. The programme was so successful that the final sharing of learnings and evaluations was done by the kids themselves. The children made a vow declaring "NO TO DRUGS" as the programme came to an



9th March – women’s day celebration

Student social workers of STELLA MARIS college, department of social work , collaborated with AARVAM and conducted women’s day celebration at mallippo colony ,vyasarapady. They conducted Rangooli and sweet making competition for women of the community on 7th and 8th march. On the day of celebration the prizes were distributed. The resource person of the program was Mrs.Bannu (social activist and coordinator of Tamilnadu women’s link) . She talked about importance of women empowerment and women health , and how it contribute to the social and economic development of the community .The program was a great opportunity for the people to gain a quality picture about women’s role in the society and family.



22nd March – world water day

To observe World Water Day on March 22, 2023, AARVAM organized a drawing contest with the topic "SAVE WATER." The programme was designed for teenagers between the ages of 12 and 18. The competition had more than 36 kids, and awards were given out. The day came to a successful conclusion and was successful in boosting the children's awareness of the value of water conservation



25th March – Skill Fest

Skill fest was celebrated for the supplementary children of aarvam. Children exhibited their skills acquired during the classes for their parents. A book exhibition and Tamil, English, and Math activities are organized. The drama session, English roleplay, and recreational activities for parents are the major highlights of the event. At the end of the session, the skill declaration certificates are distributed for the children.



ACHIEVEMENTS

Aarvam is being training children on various cultural activities like parai, oyl, mime, mono acting, puppet, street play and many more. Our aarvam cultural group children had participated in the cultural competition organized by Tamil Nadu Education department and won district and state level competition in various activities.

S.NO	Name	Std	Competition	Level
1	Dilli Ganesh	12 th	Paarai	1 st place state level
2	Nirmal Raj	10 th	Ovilaatam	1 st place state level
3	Subash	10 th	Ovilaatam	1 st place district level
4	Deepan	7 th	Mono acting	1 st place District level
5	Jayashree	8 th	Storytelling	3 rd place Inter School
6	Priyanka	7 th	Dance	2 nd place Inter school
7	Mariya	8 th	Ovilaatam	2 nd place Inter school
8	Dilli Ganesh	12 th	Athletics (relay, 200 meters, short put) Foot ball Chess	3 rd place in zonal 2 nd place in zonal 2 nd place in zonal
9	Sanjay	12 th	Athletics (relay, 200 meters, short put) Foot ball Chess Carom	2 nd place in zonal 2 nd place in zonal 3 rd place in zonal 2 nd place in zonal



Our Partners



Chennai Smiles is a non-profit organization, registered in Sweden, with an aim to promote education among underprivileged children in South India.



WHEELS INDIA LIMITED

Wheels India Limited is a company promoted by the TVS Group, India's largest auto component manufacturers production of wheels for commercial vehicles.



Smile Foundation, an NGO for poor child education in India directly benefitting over 15,00,000 children and their families every year