



Arpana Services

*Bringing Quality Education to
the Underprivileged*



*“Seek your happiness in the happiness of all. Let the joy of
living fill your heart to overflowing.”*

Param Puja Ma

Molarbund Education Report 2019

Arpana Education Centre, Molarbund, New Delhi, India

Under the Auspices of:

ARPANA TRUST

Headquarters: Madhuban, Karnal, Haryana, INDIA

Giving Wings to Disadvantaged Children!

April 2018 to March 2019

Introduction

Arpana Trust is a charitable, non-profit organisation working closely with underprivileged communities in Haryana, Himachal Pradesh and New Delhi.

Arpana Trust provides education support to children of underserved, urban poor families who have migrated from India's poorest states. Their children are first time learners, bursting with energy, untapped potential and talents.

Arpana's Educational Support Center nurtures their gifts, channels their energies towards academic achievements, taps into exuberant rhythms of their native spirit, through dance, music, theatre – and finding that their diverse ethnicities converge in harmony!

At Arpana, children get counsel, care and personal attention as they struggle with new lessons and cope with new challenges, while dealing with poverty and the struggle for existence. Arpana provides a safe environment for new studies and fostering humane values and respect for diversity.

Education

Arpana's educational support for school going children not only keeps them in school, but enables them to excel and compete with peers from highly acclaimed schools.

Today there are about 948 students in Arpana's tuition support classes.

Class 12th C.B.S.E Board results 2018:

32 students appeared for the 12th Board Examination and passed successfully.

- Vinita stood first with 84 %.
- Aarti was second with 82.4%
- Gopal was third with 81.6%.



Akash (93%) with Arpana members

Class 10th C.B.S.E Board results 2018:

43 students appeared for the 10th Board Examination and each one passed successfully.

- Akash stood first with 93%.
- Anurag was second position with 79.9%,
- Lakshika was third with 75.6%.

Total Students Covered through Arpana's Center in Molarbund

<u>Program</u>	<u>No. of Children</u>
Tuition Support	948
Preschool Day Care Classes	344
Vocational Training	<u>177</u>
Total	1,469

Impact Assessment of Life Skills Classes by Modicare Foundation

On 25 and 26 of March, 2019 assessment of life skills classes was conducted by Modicare Foundation with all the students from primary to senior classes.

Major findings in Senior classes:

Random sampling method was used to select participants from Arpana Trust. Students who participated in the assessment were from different background, profile, age group, which makes the data more reliable and dynamic in nature. Questionnaires were given to each participant.



Impact assessment of Life skills classes by Modicare Foundation

Virtually all of the Students felt that Life Skill training helped them in developing their personality and thinking capabilities. They believed that they have started to have healthy communication with their family members and friends.

The training helped them in expressing their thoughts more clearly, presenting themselves better and communicating more effectively. The training has helped them develop positive self image and boost their self confidence.

Boys and girls have been sensitized on gender. For instance, boys have started respecting and helping their mothers and sisters in house work.

Awareness camp for MR vaccine (Measles, Rubella)

Dr. Anshul Bansal from MCD Hospital conducted two camps in the month of December for primary section and senior section. A total of 251 parents came for the awareness session.

The following points were discussed in the meeting:



- 1) MR vaccine will be given to children between the ages of 9 months to 15 years.
- 2) It protects the children from Measles and Rubella.
- 3) If a child has fever, then this vaccination cannot be administered. Also if any child had a seizure 3 days prior to the vaccination day then the child cannot be vaccinated.
- 4) These diseases can be prevented by vaccination but in case the child gets infected by this virus then there is very little scope of recovery.
- 5) The parents have to accompany the children on the vaccination day at Government school.

Workshop on Mental Health Conducted at Lady Irwin College

On 11th September, 9th October and on 29th and 30th November a workshop on 'communication on mental health' was conducted by Richmond Fellowship Society at Lady Irwin College.

Mr. Najeeb Jung, Ex- Lieutenant Governor of Delhi, inaugurated the program. Dr. Nimesh G. Desai, Secretary State Mental Health Authority, spoke on the status of Mental Health in India. At the end, Brahma Kumari Shivani enlightened everyone on ways of improving mental health.

Training Teachers for Mental Health Awareness Camps

The main objective was to understand mental health issues and to provide skills to plan and conduct mental health awareness camps.

Training was also given on how to conduct awareness sessions using games to engage participants in a dialogue about mental health. 3 teachers from Arpana Trust – Ms. Shaheen, Ms. Kalpana and Ms. Samreen – participated in this workshop.

Understanding Mental health games



Arpana's Recognitions at the Workshop



Dr. R.G. Anand, Member, National Commission for Protection of Child Rights, Ministry of Women and Child Development, Government of India, presented the award to Mrs. Sushma Agarwal for Arpana's initiative in the mental health program.

Dr. R.G. Anand presenting the award to Mrs. Sushma Agarwal, Arpana Director

Among all the participating institutions and other NGOs, students from Arpana Trust swept away prizes in all the categories, with 18 students from Arpana Trust winning awards in making posters, writing slogans and writing poetry on the theme, 'You are not alone'.

3 of the 18 students from Arpana Trust who won prizes from the Mental Health Project.



Ashok from class 8 got 1st prize



Sonam from class 7 got 3rd Prize



Vipender from class 6 got a Special Recommendation prize

Counselling Facilities for Students at Arpana Centre

Ms. Ambika Maan a young counsellor visits the Arpana Centre at Molarbund twice a week and does individual counselling with the students. She discusses issues in the cases which need intervention at multiple levels with the teachers and management. Everybody in the Centre then works together to support the student to overcome the barrier.

Workshop on 'Comprehensive Sexual Education'



Ms. Asha, from Family Planning Association of India, conducted a Workshop on 'Comprehensive Sexual Education' on 26 June 2018.

Students were given knowledge on- changes in adolescence, reproductive health and rights and handling peer pressure.

Notebooks were distributed to all in classes 5 to 12.

Visit to the World Book Fair

On 11th January 2019, all the 54 students of class 8 visited the World Book Fair at Pragati Maidan, New Delhi.

134 books and 4 learning kits (Jodo Gyan) were purchased from the book fair to augment the Library.



Arpana's Annual Sale 'Stitches of Love'



Like every year Arpana's Annual sale 'Stitches of Love' was organised by Dr. Raj, Dr. Rahul and Dr. Lena Gupta from October 26-28, 2018.

Besides Arpana's embroidered handicraft items, articles made by our Tailoring and Craft students were displayed, i.e. hot water bottle covers, microwave gloves, decorative items, handmade cards, paper jewellery and divas.

Guests who visited the stall were very appreciative. The amount generated from the sale will help the disadvantaged women to earn a livelihood.

Awards and Recognitions

On 12th December, 60 students of Arpana Trust, studying in classes 6 to 12, received awards from their Government schools for excellent performance in academics, sports and other cultural events.



Voluntary Services at Arpana Trust

The success of an NGO can be easily evaluated by the number of volunteers it involves to give quality services to its beneficiaries. With Param Pujya Ma's blessings, Molarbund educational program is fortunate to have very dedicated and highly qualified volunteers.

Mrs. Prem Sarin, a volunteer with Arpana from 2001, established Arpana's library and is the Library in-charge. The library inculcates a love for reading books, holds story telling sessions and conducts art, poetry and role play activities to develop the full potential of every child.

Mrs. Sarin has done her graduation from BHU, has a diploma in journalism from Rajasthan University, a bachelor of Library Science from Calcutta University and diploma in Yoga and Naturopathy. She is author of two books 'Abhishapta' and 'Ashlesha' and also writes articles and short stories in Dharmayug, Jansatta, Sabrang and Navbharat times.

Mrs. Bani Rajghariya, a friend of Arpana for more than 20 years, oversees the educational performance of primary and middle school students, giving personal attention to strengthen those weak in certain subjects.

Mrs. Indulekha Wanchoo looks after the English teaching of class 5,6,7 boys. She comes every day in the morning. She has done her Masters in English from Miranda House, Delhi University and completed her B.Ed from Lucknow University.

Mrs. Romilla Kapoor looks after class 2, 3 and 4 students. She had joined Arpana Trust in 2016 and comes everyday and works very hard to improve the English of the primary classes.

She had completed her graduation from Calcutta University and NTT from Chandigarh. She has teaching experience of 39 years in reputed private schools.

Mrs. Meenakshi Nijhawan, associated with Arpana Trust from 2015, has been taking care of the English learning of class 8 and 12 students.

She is a graduate and B.Ed. She has also done diploma in Public relations.

She had been a master trainer in Teach the Teacher Program under Intel and had taught English to primary and middle school students for 22 years. She prepared the students for debates, declamation and recitation competitions. In Arpana she helped the children to perform in English dramas.



Mrs. Romilla Kapoor teaching English

Impact of Volunteers

With all their valuable inputs the following changes have occurred over a year:

- 1) Improvement in reading English and Hindi books.
- 2) Enhanced comprehension skills in English.
- 3) Improvement in English Handwriting.
- 4) Students have become more disciplined.
- 5) Presented drama in English. Earlier the students were nervous of speaking in English.
- 6) New poems have been introduced.

Arpana Balvatika

Nursery & Day Care Centre for Children Under Five Years of Age

Arpana's Balvatika (Day Care Centre) has a Junior Balvatika for Children in the age group 3-4 and Senior Balvatika for Children in the age group 4-5. In 2018-19, 344 children were taken care of in the Balvatika.

Arpana established the Balvatika with the idea that most women/mothers in the slum come from a very poor background and to make the ends meet they have no option but to go out and work as labourers, domestic help, etc. In such circumstances, Arpana's day care facility came as a blessing where they could not only leave their children but also see their child growing and learning beautifully (harnessing their creative potential).

Drawing and colouring classes:

Drawing and colouring classes augment fine motor development and fosters eye hand coordination.

This activity also helps them to learn about colours and develops aesthetic sense at an early age.



Balvatika Students Participate in Felicitation Day Program



12 students of Senior balvatika participated in the felicitation program. Their theme was 'Chalo school' (lets go to school).

Through their dance the children expressed the importance of school and the various facilities which are available for the children.

Performance on Felicitation Day

Independence Day Celebration

Independence Day was celebrated on 13th August in the midst of fun and laughter.

In the morning the flag was hoisted by Mrs. Krishna Shroff, Mrs. Prem Sarin and Mrs. Wanchoo, followed by the National Anthem.

The little children presented beautiful programs comprised of action songs, mime, dance and a skit. All volunteers, teachers and guest appreciated the charming efforts of the children. Sweets were distributed to all the children.



Vocational Training

Tailoring and Craft Classes

April to September 2018 Batch: 22 trainees completed their 6 months course and took their examination. All the 22 trainees successfully cleared their examination.

October 2018- March 2019 Batch: In the month of March 2019, there were 28 trainees who were continuing their tailoring course.



Beauty Culture Course



Bridal Makeup

First Batch (April to September 2018):

20 trainees successfully completed this six months' course. 12 trainees are earning as follows:

- 1 girl obtained a job at New Look Parlour, Lajpat Nagar earning Rs. 8,000 per month.
- 11 girls are earning between Rs. 1,500 to Rs. 4,000 by providing services from their homes.

Second Batch (October 2018- March 2019):

21 trainees completed the course successfully. Our beauty parlour trainer helps facilitate placements.

Certificates were distributed to students of:

- Computer by Mrs. Krishna Shroff
- Beauty Culture by Mrs. Sushma Seth
- Tailoring by Mr. Harishwar Dayal
- NTT by Mrs. Aruna Dayal

Successful trainees receiving certificates from famous Bollywood actress Mrs. Sushma Seth



NIIT Computer Course

70 students successfully pursued the NIIT Computer CCIB Certificate Course for IT Beginners. This three month course trains students in Microsoft Office.

NIIT Foundation conducted the Examinations, sending Mr. Mohammad Aamir as an external examiner to conduct the online examination and to interview the students.

Computer classes enable women to also participate in the IT domain

Cultural Activities

Felicitation Program for the Students and Teachers

On 5th July, 2018 an award function was organized to felicitate our 10th and 12th grades students for their excellent results in their CBSE Board examination.

The chief guest for this event was Ms. Swayantani Ghosh, GM & Head, Corporate Communications, CSR and SD Technip FMC India.

Mrs. Sushma Agarwal welcomed family, friends and parents. The Nursery children performed an exuberant group dance.

Ms. Swayantani Ghosh gave away prizes to the top scorers. Vineeta, first in class 12 and Gopal, the topper among boys in class 12, shared their experiences at Arpana Trust.

Aditya played a beautiful song on flute.

Mrs. Mridula Seth handed over the prizes to teachers as a token of appreciation for their sincere efforts.



A special award for excellence in teaching was given to one senior teacher- Shakuntala, one middle school teacher – Samreen (who is also ex- students of Arpana Trust) and one junior teacher- Poonam (also an ex- students of Arpana Trust) by Dr. Leena Gupta.

Pooja Srivas (ex- students) shared her journey with Arpana and about her various achievements in Maitreyi College, Delhi university, including her promotion as a Sergeant in NCC. Vijay an ex-student of Arpana who became a Lawyer this year also shared his inspiring story.

Ms. Swayantani Ghosh shared that she was overwhelmed with the performance of the students and encouraged the students to keep up their hard work.

Library Day Celebration



Play in English

Library Day was celebrated at Arpana Trust on 31st July on the birthday of Respected Usha Seth, Founder of the Arpana Education Centre in Delhi.

Mrs. Prem Sarin arranged the event to inspire students to use library resources. She conducted a story telling session, creating interest in reading books. Best reader awards were given by Mrs. Aruna Dayal to the best readers in each class from class 5 to 12.

Children performed skits, an English play, dance, yoga, dance, song and narrated stories with good moral values. A quiz show was also conducted. All the children participated enthusiastically.

Diwali Celebration

Diwali was celebrated at Arpana Trust with lots of enthusiasm on 6th November 2018.

Each child had participated in decorating their respective classes with colourful papers, paper cuttings, beads and lamps (diyas). Students made beautiful 'Rangolis' and had set up 'Puja Sthan'. The class teachers did 'Aarti', sang 'Bhajans' and conveyed their heartiest greetings.

The students had arranged for refreshments and enjoyed the day with their friends and teachers in an atmosphere echoing with music and laughter.

Independence Day Celebration

At BVK –I, Independence Day was celebrated on 14th of August with zest and excitement. Mrs. Krishna Shroff, Mrs. Sushma Seth, Mrs. Romilla Kapoor and Mrs. Wanchoo, hoisted the national flag.

Students of the centre presented speeches, patriotic songs, poems, dance, dance drama and skits. The skit was based on 'Swachh Bharat Abhiyan', it gave a strong message to the students regarding the importance of cleanliness.

Another drama was based on the life of 'Mahatma Gandhi'. The girls presented a street play narrating different social issues prevalent in our society for. e.g. Lack of educational support for girls, eve-teasing, problems of elderly people etc. Another skit on dowry was also performed. Boys enacted a musical drama on 'Unity amongst different religions'



Play Affat ki Dawat

The play 'Affat Ki dawat' was staged at Arpana Trust on 24th December 2018. This was directed by Mr. Narender Singh from Hindi Academy as part of the 'Bal Rang Utsav' program. The total cast comprised of 31 students. Mrs. Sushma Seth was the chief guest for this event.

The story revolves around Kasim, an 8 year old boy who has many friends. One day he promises them a sweet treat (gulab jamun) made by his mother. He eagerly waits for his guests to arrive.

But unexpected guests come to their home and Kasim is worried that the guests will eat all the sweets and he would have none for his friends. At his age his friends meant a lot to him and he did not want to lose his friends at any cost.



After the guests left, Kasim thought all the sweets were consumed and felt very sad. But his mother showed him lots of sweets she had saved for his friends. Happy and excited, Kasim meets his friends and shares the *gulab jamuns* with all of them.

Dr. Gaind Visits Arpana's Education Programs

Dr. Raghunandan Gaind, Neurologist Consultant (Rtd.), Guy's Hospital, London, and Founder of The Arpana Charitable Trust, UK, visited Arpana's Education Programmes, which give children from the most disadvantaged segments of society a chance for a quality education and good careers, on April 17 & 18, 2018.

At Arpana's Education Centre in Molarbund, Dr. Gaind interacted with several ex-students who are doing well, students from senior classes and various primary students.



Quotes from Visitors:

Mrs. Sue Bhanot from Arpana Canada visited Arpana Trust on 10th of April 2018. She wrote "Lovely to see so much activity in all the classes. Very inspiring work being done by children, staff and volunteers. Keep it up. Changing lives one child at a time Thank you".

Mr. Dheeraj Huria (yoga instructor), visited Arpana Trust on 10th October, 2018, and wrote "You are serving so unconditionally that is so heart touching and an inspiration. I would be very honoured and grateful if I can contribute in any way to serve along with you".

Ms. Priyanka Sharma, from ESSEL Foundation, visited Arpana Trust on 15th October 2018, she wrote "Well organized program. Teachers are encouraging and welcoming. Great Work".

Mr. Vinit Kapahi, from AVIVA Life Insurance, visited Arpana Trust on 24th October 2018, he wrote "Wonderful meeting everybody. I think it is an exceptional piece of work being done by Arpana Trust. Hope and look forward to working closely with them."

Mr. Dipanshu Mutreja, from Deloitte, visited Arpana Trust on 22nd November, 2018, he wrote "We taught money management and entrepreneurship and students were so disciplined & eager to learn."

Ms. Parul Goyal from Deloitte visited Arpana Trust on 22nd November, 2018, and wrote "Students are well mannered and teachers are doing good job. I wish them to be great & good leaders in future".

Success Stories

Kajal

Kajal is a 19 year old girl, deaf and dumb by birth, living in Gautampuri with her parents and 5 siblings. Her parents are very supportive and want her to be self dependent.

Kajal was keen to be a beautician and applied to join Arpana's Beauty Culture course, convinced that she was capable of learning these skills. Arpana asked her to write about her dreams. Her aspiration was clear and her English was good: she was given permission to attend the class. With dedication and hard work, Kajal successfully completed the course.

She is now studying in class 8 in Government Secondary school for the Deaf at Kalkaji, New Delhi, as well as learning computers. After her schooling, she wants to work in a Beauty parlour.



Pooja Srivas

Pooja Srivas lives in Gautampuri with her family of 8 members. Her father and brother are drivers.



She attended Arpana's classes 1-12. Additional computer classes, the Library and dance drama helped develop her potential. In class 12, she scored 91% in political science and secured admission in Maitreyi College, Delhi University, assisted financially by Arpana. Her dance and music skills, honed at Arpana, helped her become a popular singer in college.

She joined the National Cadet Corps in college, winning the rank of Sergeant in 8 months instead of the usual two years. Her aim is to become an Army officer.

Pawan Mehra

Pawan Mehra, is an ex-student of Arpana Trust. Against all odds, this street child has now completed his graduation in B. Com Honours from the prestigious Sri Venkateswara College, Delhi University, with the help of years of tuition support as well as a scholarship from Arpana Trust for his college education.

Pawan is deeply grateful to Arpana for tuition. "I also learned social etiquette, determination, relationship building and imbibing the right values. Agarwal Ma'am wanted me to be a good human being rather than just a money earning machine." He was grateful to the teachers for their motherly care and guidance even after he completed school.

NOTE: We are delighted to say Pawan has obtained a placement with a health care start-up with a starting package of Rs.400,000 per annum.



Mohammad Parvez Siddique

Parvez studied at Arpana from class 8-10. He then graduated in commerce followed by an MBA in Finance. Thereafter, he worked with NEC Technology as Associate Manager Finance.



Last year he was posted to Japan with a salary of Rs.10.5 lakhs as well as 52 lakh Japanese Yen.

Parvez said, "My father used to sell bangles when we were in Gautampuri. However now my family is doing far better. We farm and own a few vehicles which we give on rent.

"I thank Arpana Trust for helping me to form a strong academic foundation and motivating me to dream big and achieve it through hard work."