

Newsletter of VidyaDaan.

OUR VISION

- ◆ Empowers underprivileged children, youth and women through education to bring a sustainable change in their lives.
- ◆ Ensures quality education in India and works to help the disadvantaged.
- ◆ Inspires the young generation to work for the development of rural students.



OUR MISSION

VidyaDaan Foundation, a non profit organization is to empower underprivileged children, youth and women through education.

VidyaDaan Foundation is committed to provide quality education in India and helping disadvantaged children to realize their full potential. To inspire the young generation to work for the development of rural students.

Skills Enhancement Programme for Principals & Teachers

NEW EDUCATION POLICY 2020

Each teacher is expected to participate in at least 40 hours of CPD opportunities every year.

online... teachers of CBSE, ICSE and State Board schools...
providing and... update knowledge, skills and competencies of...

Dear Readers,

Welcome to the 2nd edition of our 'ARPAN', an e-newsletter of the VidyaDaan Foundation. ARPAN is a Nostalgia Record of VidyaDaan's journey towards empowering underprivileged children, women, and youth through education.

In ancient times, the Indian gurukul system was value-based. Later, with the entry of foreigners in the 16s, Britishers brought a knowledge-based system. This system mainly emphasises remembering and reproducing the content. While on the other side of the world, America has a skill-based education. It is said that "education without values, as useful as it is, seems to make a man a more clever devil." So, for the holistic development of a person, "value, knowledge, and skill-based education" is needed. VidyaDaan truly believes in this and works immensely to impart this kind of education to children across the country.

VidyaDaan's new wing, 'VidyaDaan for Youth', mainly aims at empowering the younger generation because in India youngsters are the major population, so, it's very crucial to empower them and address their problems on time. In return, they will become responsible citizens who will work toward the betterment of society. So, under the VidyaDaan Foundation, we organised a webinar on unexplored topics in society, to raise awareness among a broad audience. When we look back, we feel happy and satisfied that we are trying our best to make people's lives better and also to make them proactive enough to become great wealth to both their country and society.

It gives me immense pleasure to ensure that ARPAN has accomplished its objective. The reflection of the students' and VidyaDaan team's achievements is the epitome of this newsletter. This Newsletter is before you because of the combined efforts of all VidyaDaan team members, and I take this opportunity to thank all the volunteers and interns as their contributions are the reason that makes this e-newsletter endearing to our readers.



Hasanmukhi M

**Programme Coordinator,
VidyaDaan**

Why VidyaDaan?



VidyaDaan Foundation is a non-profit organisation dedicated to empower underprivileged children, youth and women through education to bring sustainable change in their lives. Education is one of the most powerful tools to fight poverty. VidyaDaan is dedicated to improve India's educational quality by assisting underprivileged children in realising their full potential and inspiring the next generation to strive for the development of rural students. VidyaDaan also reaches out to millions of students across the country to provide quality education through skill development.

VidyaDaan has initiated campaigns and activities to ensure the empowerment of these children by providing access to continued education. VidyaDaan stresses on the need for quality education for a better society by empowering children and women. VidyaDaan for Youth aims to empower and inspire the young generation by organising various activities to benefit society. Youth are the future workforce, future leadership and future parenthood, which is why imparting knowledge to the youth is important.

Dear all,

As we are launching this newsletter, we fervently believe that this is our watershed moment for VidyaDaan, despite facing multiple crises on multiple fronts, cripplingly hobbled by financial resource, we are still marching ahead with a sense of confidence. Further, in pursuit of academic excellence, VidyaDaan, irrespective of the daunting challenges it confronts, on multiple fronts, still will emerge victorious with the blessings and good wishes of all our stakeholders.

Prashanth Belinja

President, VidyaDaan Foundation



Dear all,

No wonder the uplifted mission and vision of VidyaDaan is to ensure that none of the children seeking education earnestly, goes disappointed. Hence, VidyaDaan aspires to play a pivotal role in educating India. VidyaDaan, sooner than later, is set to play the role of Brand Ambassador in revolutionizing India's education system.

Sandeep P

Secretary VidyaDaan Foundation



VidyaDaan has been a great experience for me. VidyaDaan has made me grow as a person within the few days I have worked with them. I was exposed to variety of situations that was previously unknown to me. Even though I work mostly on the media related work for the organisation, I support and respect the mission and vision of educating the underprivileged. I am happy to be a part of VidyaDaan.

Atheena S Sarma



I am delighted to be a part of a non-beneficiary foundation like VidyaDaan that works towards empowering underprivileged children, youth, and women through education. Although I work in content generation, knowing that the content I create is for a social cause brings me great joy. Working for VidyaDaan Foundation exposed me to the underprivileged part of society and inspired me to do whatever little I can for a good cause. I am proud to be associated with this Foundation, and I look forward to being an active participant in its future endeavours.

Aparna S Raj



VidyaDaan has been an excellent platform for me to use my skills towards a good cause. I've had a wonderful experience working with this organization on Environmental campaigns, video productions, site visits and so on. Not only have I gained insights on how to polish my academic and technical skills but I've also learned how to empathize and emote appropriately to my fellow human beings.



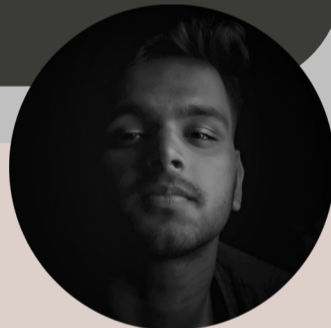
Christy Santhosh

VidyaDaan provides me with not only the opportunity to learn, but also the ability to contribute to a greater cause. I am grateful that I am a valuable drop in this vast ocean. The reports were written by me, and the videos were edited by me. Vidya Daan is near and dear to my heart since everyone can see the dream of a better tomorrow, but only a few will work towards it. VidyaDaan not only works, but it also gives people the chance to contribute to a good cause. I am glad that, as an educated individual who understands the worth, I am attempting to assist others in receiving the same.



T Naga Maruthi Acharya

Expecting our society to be in a certain way is one thing, but how many actually work to achieve it? I was one among those who were expecting things but thanks to VidyaDaan for giving me an opportunity to work towards the betterment of underprivileged people in the society and inspiring us all their



Prajwal Bharadwaj

It has just been a few days since I have joined VidyaDaan Foundation, but, I have learnt a lot in these couple of days. We have been getting exposure in the field and working at ground level knowing the dark side of our country and also finding ways to join hands to help the society.



Shalini Kapat

VidyaDaan Foundation has been providing us with varied exposure and that lays a platter of knowledge to pick up on. The personal projects and the group projects are giving us more insight into the societal core problems and how NGOs can be involved in untangling these knots. Looking forward to learn more from VidyaDaan Foundation.



Harshitha V

It's been a wonderful opportunity for me to be a part of VidyaDaan. It gave me an insight about channeling oneself for the betterment of the society. The initiatives by the organization served the purposes of the concerned. I am glad that i could refine my views on certain sensitive issues in the society through this platform.



Shivarathna G R

It is indeed a pleasure and an honour for me to be a part of VidyaDaan Foundation. I was intrigued and inspired by the copious activities conducted by the Foundation aimed at the Empowerment of the children, women and the under-privileged by providing quality Education. And I feel very much elated and proud that I could join this prestigious organization in contributing to the visions and missions it upholds. The multiple orientation sessions for students preparing for National Talent Search Examination, interactive sessions for students and teachers, talk shows and webinars are just a few of the many activities conducted by Vidya Daan Foundation towards the upbringing of a well and rightly educated generations for the future.

Manasa Uppangala

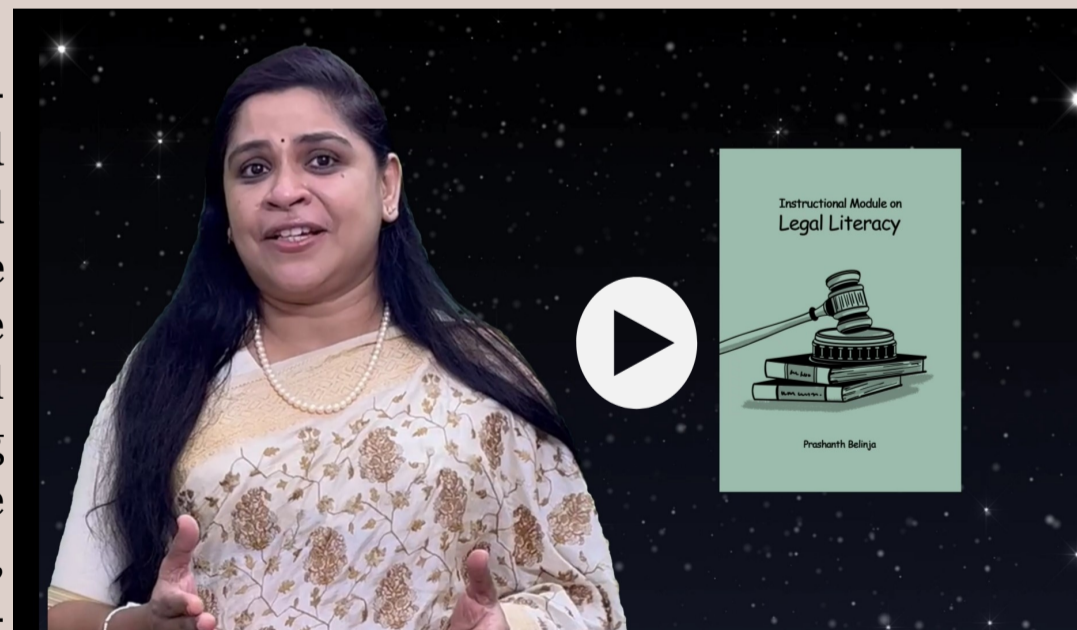


Legal Education Programme (LEP)

“Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime” Education is vital as its empowering and has the power to bring about a change in the society. It is the educated who can bring about the change effectively and on a long- term basis.

In a country like India where people have a plethora of Legal rights, fail to exercise most of them due to their lack of awareness. Since school is the place where most of us learn, it is very important to inculcate the Importance of Legal education in the regular curriculum.

As a part of its Legal Education Programme, an initiative by VidyaDaan Foundation, our Founder and President Mr. Prashanth Belinja drafted a book called “Instructional Module on Legal Literacy,” in which he talks about the importance of legal education in the current scenario. The book is formulated in a pictorial format that’s easy to understand and will be engaging for the students. The book was officially released by the Honourable Justice of High Court of Karnataka, Mr. B. Veerappa at an event conducted by the Karnata-



taka State Legal Services Authority on June 5, 2022. The other esteemed guests who bestowed their presence were Shri Subramanya J.N. (Principal District & Sessions Judge & Chairman, District Legal Services Authority, Bengaluru Rural), Shri J. Manjunath, I.A.S, (Deputy Commissioner, Bangalore Urban), Shri H. Shashidhara Shetty (District Judge & Member Secretary, Karnataka State Legal Services Authority), Shri. Jagadeesh Basanagouda Shivapuji (Senior Civil Judge & JMFC & Chairman, Taluk Legal Services Committee Anekal) and Shri Sandeep Salian (Senior Civil Judge & Member Secretary, District Legal Services Authority, Bengaluru Rural).

The book was warmly received by the audience and the jury present at the launch. The jury members gave a special mention to the book in each of their speeches by appreciating the initiative and stating its importance in the current scenario. Justice of High Court Mr. B. Veerappa also congratulated Mr. Prashanth on the release and acknowledged his effort of spreading legal education for both underprivileged children and adults. The audience present for the event included several other advocates and law students from Christ University along with the people from Lakshmipura village who were also excited about it.



The Legal Education Programme is more like an outreach campaign to make people aware about their legal rights and responsibilities so that they follow the rules and raise a voice when extorted illegally. Several copies of the book were personally distributed to people including the District Judge and Member Secretary Mr. H. Shashidhar Shetty, Deputy Secretary, Mrs. Kaveri, Public Relations Officer, Mr. Vignesh Kumar, and Mr. Gagan M R, Asst. Secretary of Karnataka State Legal Authority.

Various schools in the state of Kerala and Karnataka namely, Government High School, Idukki, Kerala, Bhavan's Vidyashram Chelembra, Malappuram, Kerala, Sainik Public School, Malappuram District, Kerala and Guideline International School, Hassan District Karnataka have already implemented the Legal Education Programme (LEP) in their curriculum. This is a sign that people are slowly understanding the aim of the programme and doing their bit to educate the country.

Most of the current world population has turned deaf ears towards the laws and rights stating them to be unimportant for daily lives. However, what they fail to understand is that legal awareness has become a necessity more than a luxury today and it is what makes them immune to the extortion from the Government and Private sharks. People should understand that “Justice delayed is not always Justice denied” and with the right kind of awareness, one might even be able to fasten up the entire legal proceedings or completely avoid them.

Legal literacy is important, because it may help vulnerable groups comprehend and evaluate the law, as well as enforce their rights through action. People who are aware of their rights can contest abuses if necessary. Drafting this book is a small bit from our side to spread a word about the same and the books will be personally distributed to the underprivileged for making them aware about the legal rules and policies of our country. With that, Mr. Prashanth has also come up with a plan of releasing the same in both Kannada and Malayalam for making it accessible to maximum people and educating them. Through the Legal Literacy programme, we as a foundation aim to educate as many people as possible about the importance of legal education and how it leads to a better and progressive country.



Walk the Talk with a Teacher

As a part of the Teachers' day celebration, VidyaDaan Foundation organized a Teachers' Day Livestream chat called "Walk the Talk with a Teacher," wherein different teachers and students from all across the country were invited to have a live online discussion about their journey and current life. The sessions began on the 5th of September, and they went on for a week, i.e., till the 11th of September. Every day a new teacher or bunch of students were invited to share their experiences, and the audience heard it through the live stream on YouTube.

Prominent guests such as Sri. Krishna Bhat Pilingallu, former Headmaster of Subodh High School, Panaje, Karnataka, is also an educationalist and a social worker. Sri. Krishna Bhat Pilingallu talked about his school days. He mentioned how teachers then worked to educate and empower students more than their salary, motivating him to step into this profession.

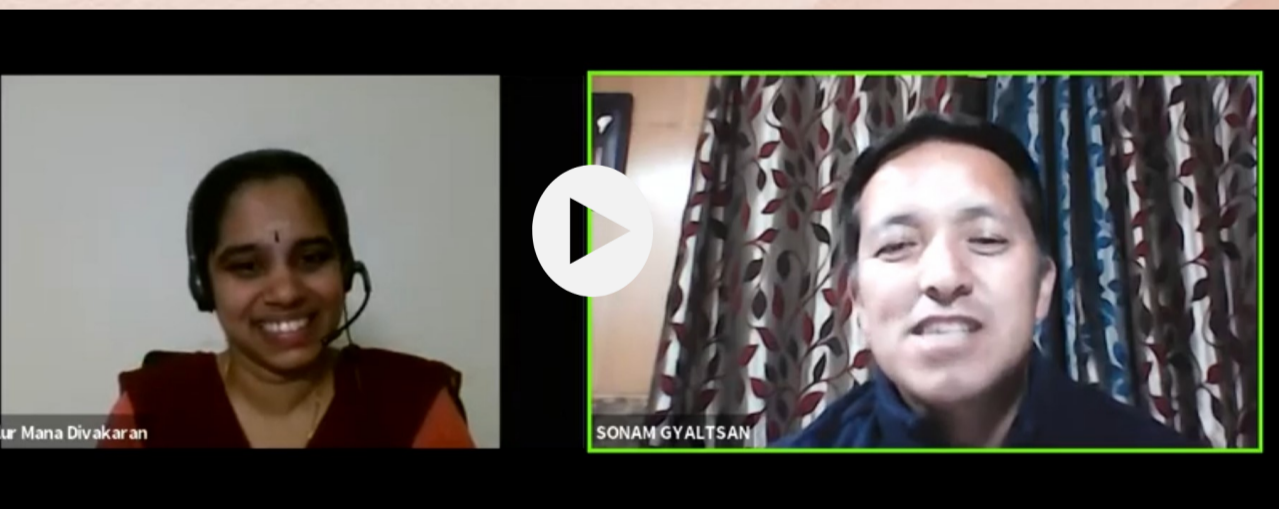


When talking about his college professors, he said, "Those teachers influenced me to become a good teacher. Looking at them, I thought I should also become a good teacher." He also mentioned that his students motivated him to stay positive when he started his career as a teacher and their words of encouragement helped him find a place for himself at his first school. He added, "Teachers are not just responsible for imparting textbook knowledge, but should also impart life values to the students, like being kind to everyone, including animals."

Another prominent guest invited as a part of the Teachers' day week was Mr Sonam Gyaltzan, a National Teacher's award recipient and a headmaster of a Government middle school in Leh, Ladakh. Mr Sonam shared some insights about how the people in his area were sceptics about sending their children to government schools and how he had to go around personally to convince them otherwise. He said, "Here in most of the area,

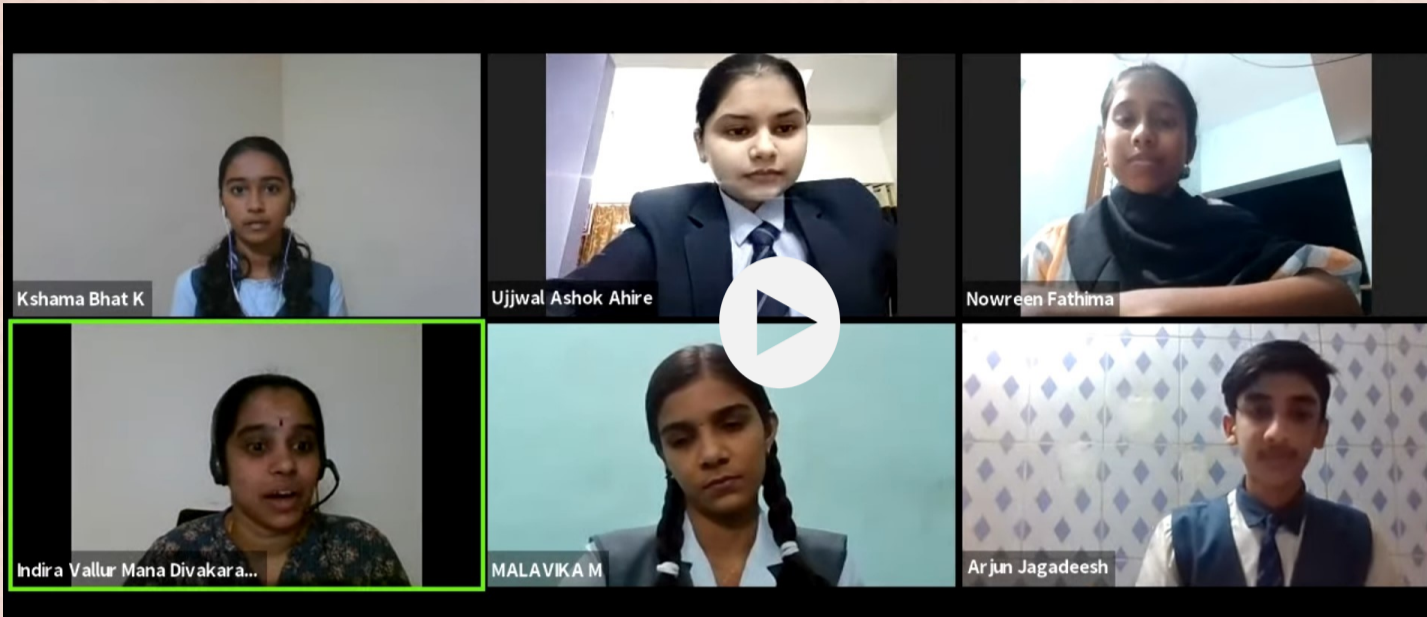
there's a misconception in the society that private schools are far better than government schools." He successfully brought in 32 students for the school, which initially had four students. He also got a bus to help the students who were not going to school because of no transportation. He also said, "most people prefer to work hard, but I don't believe in these things; if we will work from our heart, it's itself hard work."

In these daily sessions, interesting questions were asked to all these teachers regarding the schools they worked in, their career experiences as a teacher, and most importantly, what motivated them to become a teacher or an educationalist. A large audience joined in the Livestream, and overall it turned out to be a great initiative by VidyaDaan Foundation, making this Teachers' day celebration a huge success.



My Beloved Teacher

VidyaDaan organised a live interaction session with students, 'My Beloved Teacher' as part of observing Teachers' Week. The session included enthusiastic students from different schools. All of the students shared their ambitions, their favourite subjects, and teachers.



It was fascinating to see the diverse views of the students. All of them had different interests and ambitions that included from being an IITian to an army doctor.

VidyaDaan gave these children a platform to share their experience with teachers that changed their lives and the

way they perceive things. All of them had really motivating stories to tell and did not shy away from expressing their gratitude to teachers who helped them overcome their obstacles. The students also talked about why they respect their teachers and their love for the teachers.

The students got to learn a lot from this session. They came to realize the importance of making use of opportunities. They also got to improve their public speaking skills. They also decided to make use of this opportunity provided by VidyaDaan to go back and thank their teachers.



All my science teachers inspired me a lot. They taught me really well, and apart from teaching they helped me in building discipline and improving my behavior. I want to study at IIT.

Arjun Jagadeesh

Class 10 , Sri Vivekananda International School , Channarayana-pattana, Hassan, Karnataka.



It is hard for me to pick one teacher one subject because I like all the subjects. I am a very curious person and find interest in diverse fields.

Aishath Thameeza A N

Class 10, Kunil Educational Institute, Badiadka, Kasaragod , Kerala.



My favourite teacher is my science teacher Swati Patil. She is polite, humble and very friendly with us. Also, she never scolds us and tries to understand us.

Ujjwal Ashok Ahire

Class 9, Rajiv Gandhi International School, Malegaon , Maharashtra.

I like Shabiya teacher very much and she is a great person. She always have a big smile on her face. She tells inspiring stories to motivate us and also play with us.

Nowreen Fathima

Class 7, MES Medical College Campus Central School, Perinthalmanna , Kerala



My Kindergarten teacher influenced me the most because she is my first formal teacher. She motivated me to come to school and she made me enjoy school.

Kshama Bhat K

Class 10, Chinmaya Vidyalaya, Badiadka ,Kasaragod, Kerala



The teachers that influenced me are Lekha Teacher and my Hindi teacher Ratnamani. While teaching, she not only focuses on the topic, but also adds some values to it.

Malavika M

Class 11, Chinmaya Vidyalaya, Tattamangalam , Kerala



Principals' Talk Show

VidyaDaan to empower schools through 'Talk Shows'

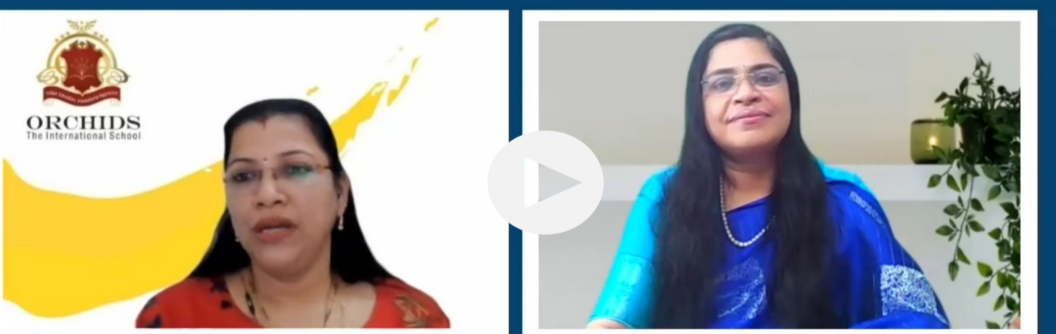
As Nelson Mandela once said 'Education is the most powerful weapon which you can use to change the world', VidyaDaan foundation is ever ready to provide education to the underprivileged children, youth, and women and empower them. In their recent venture, they have come up with a series of 'Talk Shows' with Principals which was anchored by our dear anchor Mrs. Ajeena A P, who is also a programme coordinator for VidyaDaan.

Mrs. Jayashree S Bhake, Principal of Orchids the International School,

Mumbai, and a member of the 14-member committee who contributed to the framework of National Education Policy (NEP), spoke in one of the videos that the walls of the Orchids speak, she added that when a child moves around, he

or she would find things where he can learn and do a hand-on with it. In Orchids students are prepared for employability skills through establishing workshops like carpentry, horticulture, and those things. Students are given subjects to debate. As a result, communication skills are being honed. Students have been blogging since grade three. On the show, Mrs. Jayashree gave some creative insights on the National Education Policy which has become a hot topic.

Implementing NEP is a challenge to any school as they might face infrastructure limitations, for example, to have a carpentry workshop a certain setup is needed which is quite expensive, if a field visit is arranged then it can cost a lot less when compared to the first one. She added that due to NEP there is going to be a holistic environment where both teacher and student are involved in the learning process, sometimes children will have smart and creative ideas where a teacher will learn from them, and simultaneously children will gain experience in the same.



Fr. Varghese Kachapilly, Principal, Rajagiri Public School, Kalamassery, Kochi, Kerala, talked about how the programs and curriculum in the school are applied in developing them not only in academic performance but they have been trying on the all-round development of each child, he continued talking about how a teacher's role is important in the same and how a principal being a leader should play a vital role not only in the development of children but also in having teachers focused on the vision of quality teaching



with many activities and training that are given teachers for developing their skills. He gave some insights on the National Educational Policy and how it will be a revolutionary change in the Indian education system and the way it will be helping children to be better and self-sufficient individuals.



The videos are uploaded on the Youtube channel of VidyaDaan Foundation and there are many such videos by the foundation which never cease to inspire its viewers and there are no words to describe the quality of work they have been doing in the society whether it is for a small change or big change because in the current society every small change creates an opportunity to people to live a better life.

I am very happy to be a part of VidyaDaan. It really helped to get over my introvert nature. I learned to express myself. VidyaDaan is a great platform for students to learn many new and different things.

Ujjwal Ashok Ahire , Class 9
Ragiv Gandhi International School, Dabhadi Malegaon, Nashik, Maharashtra



I feel highly privileged to be a part of VidyaDaan. As the name suggests, this platform is greatly known for imparting us valuable knowledge. Interactive sessions are really beneficial for me. I take this opportunity to thank VidyaDaan for this great effort.

Shreya Mahesh R, Grade 10
Chinmaya Vidyalaya, Naruvamoodu, Kerala

I feel really pleased to be part of VidyaDaan Foundation, as a foundation it helps people have different views in a society. It conducts many sessions related to menstrual hygiene, story reading session, legal education, and different art activities. I can share my knowledge and learn new things. It helps me to follow my passion and interests and gain knowledge through e-learning. I hope to be a volunteer and contribute to this wonderful organization.

Ria Bedre
Channarayapatna, Hassan District, Karnataka



Online Sessions for NTSE Aspirants

In the month of January 2022, VidyaDaan conducted multiple orientation sessions for various students on how to approach the NTSE (National Talent Search Examination). There were 8 separate sessions between January 15th to January 22nd that covered various facets of the examination. The first session was led by Dr. Indira VMD, where she provided the students with an in-depth explanation of the structure of the examination. Here the students managed to immerse themselves with the history of the exam, syllabus and pattern of the test. Apart from that, Dr. Indira provided students with valuable insights on the kind of mentality that will help the students to crack the exam. In the second and seventh sessions students were provided guidance on how to tackle the science portions of the exam with a clear description of the syllabus and further elucidation on how to use the fundamentals of Physics, Chemistry and Biology to answer questions in the exam. The third session was on social studies where students were briefed on aspects of History, Civics and Geography that pertain to the examination.

VidyaDaan offers
ONLINE SESSIONS
FOR NTSE ASPIRANTS
In collaboration with Block Education Office, Public Education Department, Channarayapatna, Hassan District

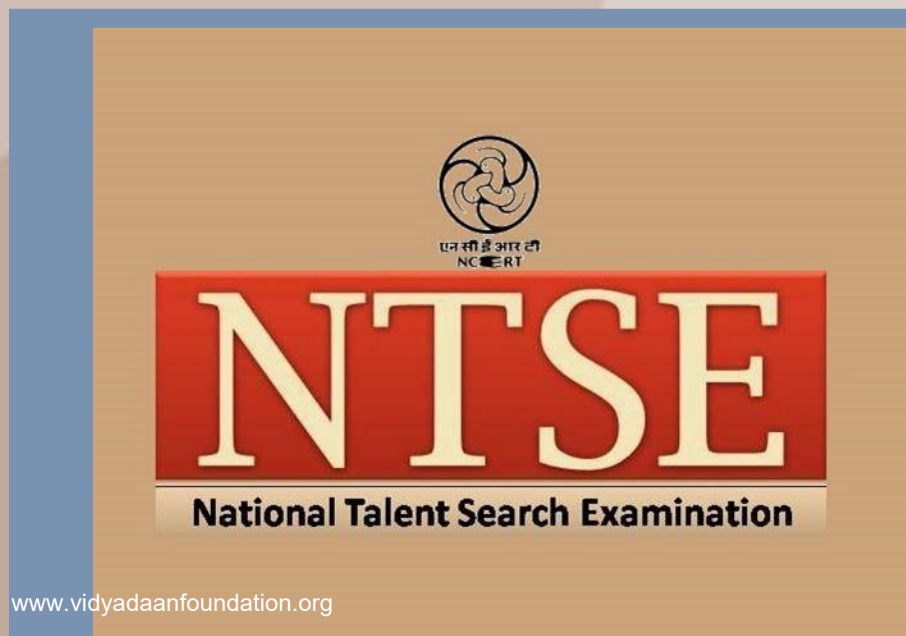
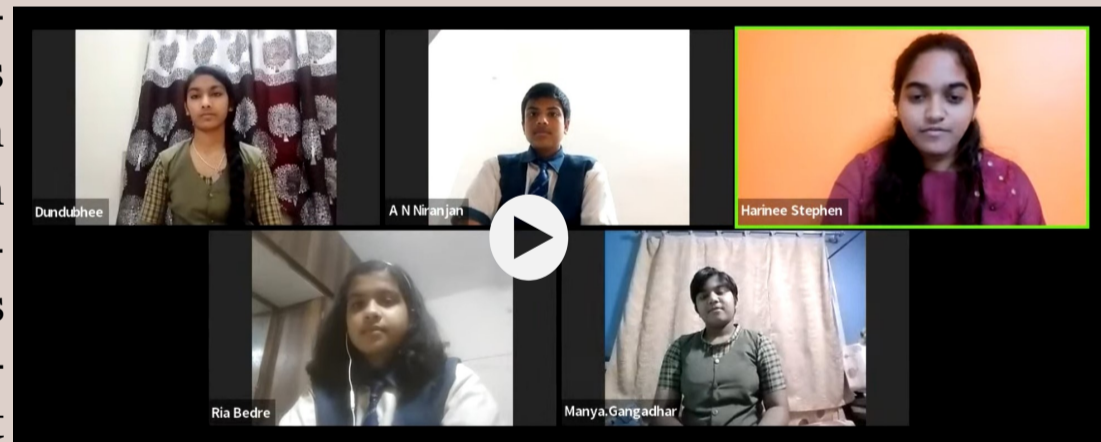
NATIONAL TALENT SEARCH EXAMINATION (NTSE) BY NCERT
DATE: 15.01.2022 TO 22.01.2022 | TIME: 7.00 P.M. TO 8.00 P.M.

Mrs. S Harinee
Coimbatore

Dr. Indira VMD
Academic Advisor, VidyaDaan

www.vidyadaanfoundation.com | vidyadaanindia@gmail.com | +91 8590140433 | VidyaDaan

The fourth and sixth sessions were on Mathematics and was handled by Mrs. Harinee Stephen, who provided extensive and fruitful lessons on how to approach fractions, linear equations, geometry and so on for the exam. She used sample problems from previous papers and handed out ideas and methods on how to solve those problems. The fifth session focussed on the Mental Ability Section of the exam where students are tested on their general aptitude and problem solving skills. This session was handled by Dr. Indira where students were provided with examples and explanations on how to adopt a step by step logical maneuver to crack such questions. The closing session was graced by the presence of Sri Puttaraju (DDPI, Hassan District) Sri N.J Somanath (BEO Channarayapatna) and Sri Ravindra (NTSE -TQ Nodal Officer) all of whom were kind enough to facilitate and help organize these sessions. Altogether VidyaDaan was able to create a mark and an impact for many students by guiding them on how to crack a crucially beneficial exam.



Building an inclusive Future through LGBTQ+ Allyship

VidyaDaan is glad to launch its youth wing. The youth wing of VidyaDaan, called Vidyadaan for Youth, organises various activities to raise awareness among the youth. As a part of the youth wing activities, VidyaDaan organised a webinar about inclusiveness in the society through LGBTQ+ ALLYSHIP. Retd. Squadron Leader Delshad Master, a great ally of LGBTQ+ community talks about sex, gender identity and more. Sqn Ldr Delshad Master stresses that youth are the future workforce, future leadership and future parenthood, which is why imparting knowledge to the youth is important. Delshad Master divides her topic into broadly six different categories of importance.

Different Terminologies :

Delshad Master explained the different terminologies associated with the gender identity: Sex (who you are born as), gender identity (who you see yourself as), sexuality (who you are attracted to) cis-gender (when your sex and gender identity is the same) and transgender (when your sex and gender identity are different), gender expression (how you present your gender externally), gender dysphoria (incongruence between sex and gender identity), and gender transition (process of affirming your gender identity)

Decoding LGBTQIA+

To fully comprehend, each of these letters is decoded.

L - Lesbian; G - Gay; B - Bisexual; T - Transgender; T - Transsexual; Q - Queer; Q - Questioning; I - Intersex; A - Ally; A - Asexual; P - Pansexual.

Medical and Legal Facts

Delshad Master also shed light on the medical facts, breaking some common misconceptions. Homosexuality is not a disorder. It is just a person's sexual orientation. Being intersex does not equal to being a transgender. There is no connection between child sexual abuse and sexual orientation. Homosexuality is not caused by any chemical or hormonal imbalances.

The legal facts with respect to India primarily notes that section 377 was NOT about homosexuality. Another fact is that, homosexual couples can get married in India, but it is not legally recognised. Homosexuals cannot adopt children. Transgender act of 2019 can award punishment for any form of discrimination against the community.

Challenges faced by the Queer Community

Not receiving acceptance while growing up from their immediate social circle including friends and family is the biggest challenge. The attitude of the public toward them, even in case of simple things such as filling up the form, standing in queue, washrooms, or public establishments can affect the psyche of the queer person. The queer people end up choosing careers or profession where they feel they will be accepted more, rather than the careers that they actually want in the fear of rejection. They are also forced to follow the norms of the society including getting married and starting a family. All these situations put them through loneliness, affects their mental health and leads to clinical depression.

VIDYADAAN FOR YOUTH

LIVE WEBINAR

BUILDING AN INCLUSIVE FUTURE THROUGH LGBT+ ALLYSHIP

WEBINAR

MON DAY | MAR 07 | 07 PM

YouTube Live

Sqn Ldr Delshad Master (Retd.)
Queer Sensitisation Catalyst

vidyadaanindia@gmail.com

www.vidyadaanfoundation.org

What Teachers Need to Know?

Teachers play an important role in making the LGBTQ+ community feel secure and acceptable in the society. Teacher needs to understand the difference between sex, gender and sexuality to prevent discrimination against children. Teachers have to look out for signs where children express discomfort in their current gender identity. The teacher is responsible for talking to the parents to make them understand.

Sex education in classrooms can help the children to better understand these concepts. Sex education is a term that covers broad sectors including gender identity, sex, contraception, health, puberty, sexual orientation and body image.

How to be a Great Ally?

Overcoming physical discomfort is the first step to being a great ally. Using the preferred pronouns of the person. One should not ask intrusive, personal and anatomical questions that can make the queer person uncomfortable. Rather, educate yourself. One should not lead with the gender identity of a queer person while introducing them. Do not try to psychologically pressurize them by stating the woes of friends and family.

To be an up-stander in the community, one needs to deepen their knowledge and strengthen their conviction, as there is still a long way ahead to make the society inclusive and it is only possible if you are ready to educate yourself.



Katha se Padhan



Following the success of the 'Toto Chan' series of storytelling last year, this year, VidyaDaan is planning to come up with a 'Katha se Padhan' series. This programme has been planned and prompted by our very own academic advisor Dr. Indira VMD. This series will be unfolding in two parts, wherein the first part will help children learn various concepts through stories and take-away activities. Here, children will be taught diverse concepts, including something as simple as mathematical additions and subtractions to a bit more complex concepts like evaporation and precipitation through stories. The aim of this activity is to familiarise children with these concepts in a

way that they enjoy the process of learning and grasp it well at the same time.

The second part of this storytelling session would involve story narrations by the children. In these sessions, children will be asked to explain some of these concepts in ways they seem appropriate. This will help improve their communication, speech, and presentation skills. The underlying aim here is to help children become confident speakers.

VidyaDaan, as a foundation, works towards the betterment of society by educating the underprivileged and providing them a platform to brush up on their skills. One of the common reasons why children walk away from studying is because it seems boring to most. But through "Katha se Padhan," VidyaDaan is aiming to formulate a fun way of learning for anyone and everyone. This will improve their grasping power and make them capable enough to express themselves confidently

A TURNOUT PERSPECTIVE ABOUT THE BURNOUT ISSUES OF YOUNG ADULTS

'VidyaDaan for Youth' conducted a webinar on "Why burnout is kicking hard on young adults". The event was anchored by "Hasanmukhi M" a member of VidyaDaan team and the expert who participated in the webinar was "Dr Ali Khwaja". The objective of this webinar was to discuss and take an expert's view about the vulnerabilities and the possible reasons as to why young adults feel burnt out.

Dr. Ali Khwaja is an Engineering graduate of the Institute of Science, IIT Bombay, IIMI and IIIM with a PhD in Behavioural Science. He is invited to regularly conduct workshops for the Defence, Central Govt National Schools and institutions. He is a Counsellor, Lifeskill Coach, Columnist and writer who has written 30 books.

A great quality of a speaker is to blend in his example which is relatable to the concepts picked up to address the crowd. Considering the experience Dr Ali has over the years he makes the webinar interesting, relatable and impactful. They are a few important points he stressed in this webinar that are universal problems and the approach of picking his life examples to answer the solutions that he assumes will help in changing the way this generation looks at burnout. The mother Teresa quote mentioned by him in the webinar "We ourselves feel that what we are doing is just a drop in the ocean. But if that drop was not in the ocean, I think the ocean would be less because of that missing drop." he did mention few points which are his drops to the ocean.

According to Dr Ali, Change and disliking the change are not restricted to one generation. Every generation has its own good and bad sides irrespective of the time they belong to. Taking the example of how every season has its own advantages and disadvantages, he says our life also calms down after reaching that high point which is normal. But there is definitely room for exception. According to him, every generation will lag experience compared to other generations. Losing touch with the broader picture is why this generation complains in comparison to the other generation. According to him the reason is the older generation, they are to blame as they brought the concept of "instant gratification" but the method that they were part of was "delayed gratification". With a simple example of coffee, he explained how we became impatient and wanted everything instant. Dr Ali says that People who go against the law of nature will have to suffer, as the instant solution might need long-term dependability and vulnerability which are the reasons for unhappiness. Short-term goals will always lead to pressure and unhappiness. To avoid this burnout one should stop comparing themselves with others and start competing with one's self.

He has suggested a few solutions which might probably help the generation such as :

- Learn delayed gratification.
- Stop comparing yourself to others, rather compete with yourself.
- Never be too busy to stop and smell flowers
- The more short-sighted more the suffering, so focus on long-term goals.
- Too much rolling will affect the stability and peace of an individual which is the meaning of the famous proverb rolling stone gathers no moss.
- This webinar covers the elements starting from what is burnout, what are the different perspectives and opinions people have about this issue, what are the possible reasons and what can be done to avoid that. This complete package has definitely created a new and unique perspective on the issue, and reflecting on it is definitely fruitful.

WHY BURNOUT IS KICKING HARD FOR YOUNG ADULTS ?

LIVE **zoom**

DR. ALI KHWAJA

LIVE WEBINAR

FRIDAY | 1 APRIL | 4.30 P.M.

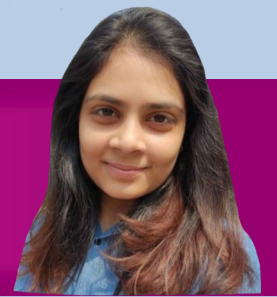
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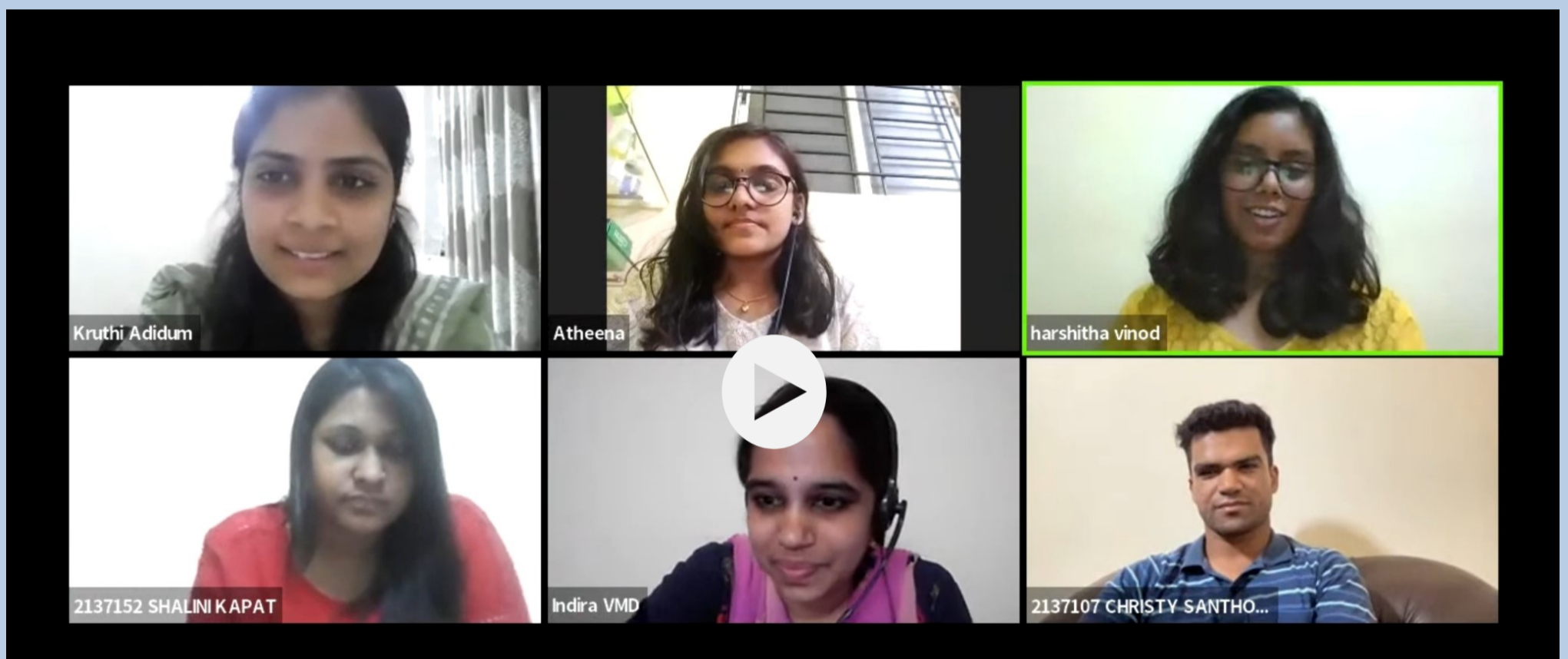


Menstrual Health and Hygiene by Dr. Kruthi Adidum



As their initiative under the big umbrella of Women empowerment, VidyaDaan Foundation organized a webinar on Menstrual Health and Hygiene on Sunday, 5th of June 2022 through a zoom meet. The guest for the talk was Dr. Kruthi Adidum, who's currently pursuing her MS in Gynaecology and Obstetrics from Vydehi Institute of Medical Sciences, Bangalore.

Dr. Kruthi took over the talk from here and began by thanking VidyaDaan and Mr. Prashanth Belinja, the founder and president of the foundation for the opportunity and platform to share her thoughts on this topic. She started off by defining menstruation as the discharge of blood and some tissue products from a uterus lining through a vagina every month. The experiences during the menstrual cycle could vary from person to person. For some it's a cycle that comes every month and is a little painful, while for others it's extremely painful and anxiety inducing making them hate the whole process.



She then went on to brief about a few of the menstrual problems starting with Dysmenorrhea. It is something that is defined as painful periods. Everybody has pain during periods from day one or day two and there could be many causes of it, be it primary or secondary. Primary cause may include something that your body owns, which you can't change like your age, your inheritance, your body type, stress factors and certain problems including mental health problems like depression and anxiety and family history of menstruation cycle but secondary is something which you have acquired, which you can change, which is modifiable.

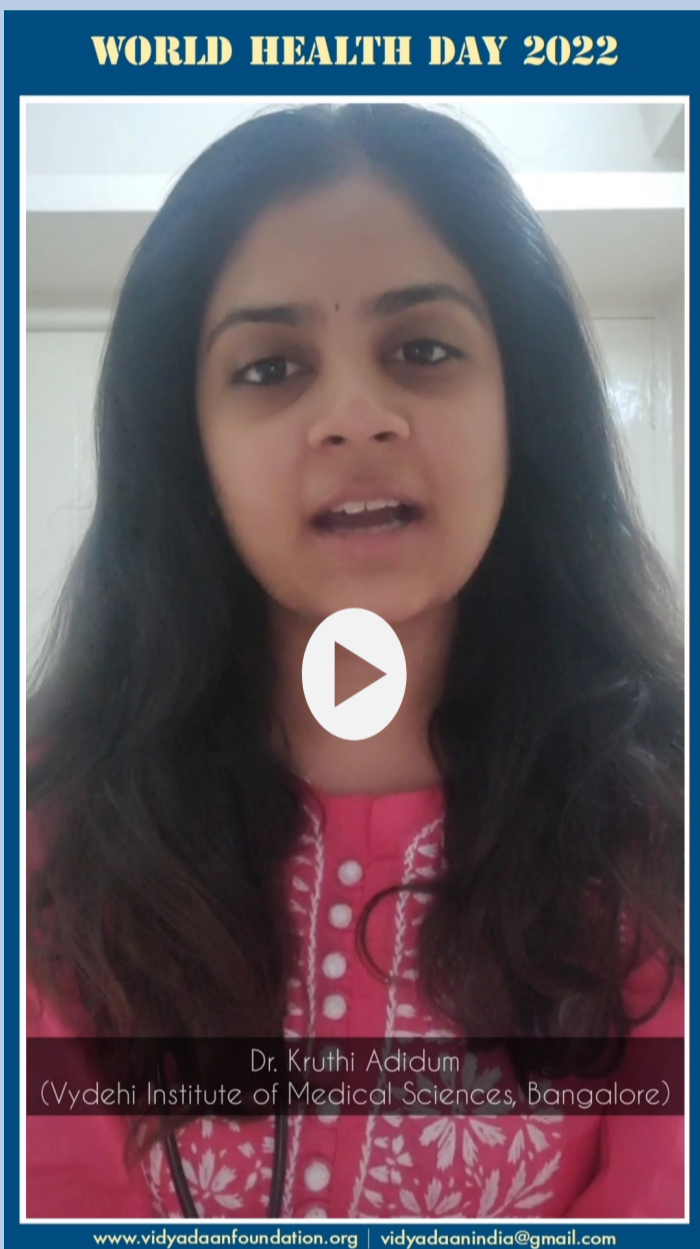
One of the other major causes that she discussed was Endometriosis. In this, your uterine lining has infiltrated into your other parts of the uterus, your vagina, your ovaries where it's normally not supposed to be there. Another one of the leading cause of painful periods is Fibroids. Fibroids are the masses in your uterus which causes painful periods and ovarian cysts. When there is pain that's disabling your life where you don't go to work places, your family functions, that's when this is a problem and you have to have to consult your doctor.

One of the other medical terminology is Menorrhagia. It is heavy bleeding, i.e., when you bleed for more than eight days and you're changing pads every two hours. This also makes you restrict your daily activities and you pass huge clots during all these days.

She then touched on one of the leading causes of heavy menstrual bleeding i.e., Obesity. Obesity causes heavy menstrual bleeding as the fat cells in your body tend to produce estrogen and since it has to be shed during each cycle; more the amount of estrogen, more the pain. This is how obesity and menstruation are related.

Women are also very prone to Hypothyroidism. Hypothyroidism is something where your thyroid gland is dysfunctional and you produce less amount of thyroid hormones, which eventually regulates your hormone cycle and you don't bleed well or you bleed excessively. So, whenever you're bleeding excessively or less for that matter you should always have your thyroid profile checked that is t3, t4 and thyroid stimulating hormone.

Another problematic issue that she addressed was irregular cycles. Some girls experience irregular cycles, where they're bleeding every 35 days when the normal cycle is around 28 to 30 days. It is normal when you are just hitting puberty, when you have just started bleeding. Similarly, at the time of childbirth and while you're feeding your child i.e., lactating, it's a very natural method of contraception.



Other times where it's not normal include the ones caused from stress due to heavy physical activity or mental burden. Today, most of the girls who get a sonogram done, get a report showing bilateral ovarian cysts, commonly known as PCOS. It's related to lifestyle, to very basic factors like what you eat, how you sleep, how you conduct your life. So these infections along with genetic urinary tuberculosis or unhealthy sexual practices can cause a lot of infection leading irregular cycles.

Another important topic that she touched upon was pre-menstrual syndrome. Most people tend to brush it off by saying, "This girl is hormonal, this girl is very moody." Instead of sidelining it like that people should dignify premenstrual syndrome as a combination of physical and emotional symptoms where you know you're bloated you have headache you have tender breasts among other things. She also talked about how one should be vocal about it as these are practical problems and is a very good factor for one to consult their gynaecologist or a psychiatrist.

After this, Dr. Kruthi talked about menstrual hygiene. Menstrual hygiene is something which is very important and should be taught to adolescent girls from the age of 10 to 19 mostly because that's when people face a lot of stigma, a lot of shame and a lot of stress about it.

Basic menstrual hygiene includes:

- ◆ Knowledge and awareness about how sanitary pads or tampons or menstrual cups be used, how many hours should they be used or how they should be disposed.
- ◆ A clean separate washroom with good water supply Supply of high quality menstrual pads, menstrual cups or tampons should be there.

After this, the session was open for audience questions and the attendees asked various questions on topics including period cramps, ovulation cycle, lack of awareness in the men of the society, white discharge among others which were very patiently answered by Dr. Kruthi Adidum.

The session concluded with Dr. Indira thanking Dr. Kruthi for taking out time and coming here to educate and spread awareness about menstruation. Learning starts at home, so children including sons and daughters, husbands, brothers and other family members should be taught that it is a normal phenomenon and girls might need some extra care during this time of the month. Practices such as girls should not enter the kitchen or pray or touch anything holy while they are menstruating should be eradicated completely as there is nothing impure about the girl who is menstruating.

VidyaDaan's campaign concerning the issue of Endosulfan disposal in Kasaragod

“Endosulfan brought a lot of problems to this village. We have seen many animals die. Later, they stopped using this pesticide and poured the remaining pesticides into a nearby empty well. People of this village have many health problems, my brother is not able to talk and walk, even I have health issues due to this...”, said Sridhara, resident of Minchipadavu, Kasaragod, Kerala, when he spoke with VidyaDaan Foundation during their campaign. The use of endosulfan was originally prohibited in the state of Kerala, and the Supreme Court eventually outlawed its manufacture and use in 2011. The question now is how to dispose of the remaining endosulfan supplies. According to reports, about 1400 liters of the chemical had been stockpiled in the godowns of the Plantation Corporation of Kasaragod for the past 20 years. There was a leak in the godowns in 2012, therefore they were shifted to new godowns as part of Operation Blossom Spring. It was said that adequate procedures would be taken to dispose of the chemicals, however, no such measures were done. People in Minchipadavu are still facing the problem of Endosulfan.



VidyaDaan Foundation envisions the empowerment of underprivileged children, youth, and women through education to bring a sustainable change in their lives, ensure quality education in India and work to help the disadvantaged, and inspires the young generation to work for the development of rural students has started a campaign under the guidance of Karnataka State Legal Services Authority (KSLSA) who have been working for the welfare society for a long time, the issue of Endosulfan disposal was brought to the notice of VidyaDaan Foundation by KSLSA and since then both the bodies have been working on this issue. In this venture, VidyaDaan came up with a video where the villagers shared their problems with the team.

International Yoga Day Quiz

International Yoga day is celebrated on the 21st June of every year. The Prime Minister of India, Narendra Modi, proposed the idea of celebrating Yoga day in his UN General assembly speech, and the first International Yoga Day was celebrated on the 21st of June, 2015. International Yoga day is celebrated to promote the benefits of yoga and its role in leading a better life. Yoga is beneficial for people of all ages and incomes. It can be practiced anywhere, at any time, and by people of all countries and cultures. The theme for this year's International Yoga Day is 'Yoga For Humanity'.



As a part of the 8th International Yoga Day celebrations, VidyaDaan conducted the International Yoga Day Quiz on 21 June 2022. The main motive of the quiz was to bring awareness about the importance of Yoga and educate the benefits to children and adults equally. The google forms link for the quiz was distributed among schools and also through social media including Instagram, Facebook and Whatsapp. In a span of 12 hours, the quiz received 172 responses with the age of respondents ranging from 6 to 51. Since it was a tough competition, we divided the respondents into three different categories according to their age and selected winners from the categories. **The proud winners of the quiz are:**

Category 1: Class 1 -7

1. First Prize:

Yoshi Yadav - Grade 6, Navy Children School, Kochi
Namma S Pramod - Grade 6, MGM Model School, Varkala

2. Second Prize:

Aadisree S D - Grade 7, MGM Model School, Varkala

3. Third Prize:

Hruthik Arya - Grade 3, Jnanaprabha International School
Prajwal Gowda - Grade 7, Jnanaprabha International School
Vaiga P Kumar - Grade 7, Bharatiya Vidya Bhavan
Madhushree VS - Grade 6, MSCHSS Perdala Nirchal

Category 2: Class 8 - 12

1. First Prize:

Pranamy Devee P - Grade 9, Chinmaya
Vidyalaya, Badiadka

2. Second Prize:

Soumil - Grade 9, Navy Children School, Kochi
Thanusree Bhat K - Grade 10, Chinmaya
Vidyalaya badiadka

3. Third Prize:

Rose Mary Mathew - Grade 8, Navy Children
School
Diya Mariam Gibu - Grade 11, Navy Children
School
Jesu Kumari - Grade 10, Navy Children School
Abhinaya V R - Grade 8, MGM Model School
Krishna Theertha - Grade 8

Category 3: Degree and Above

1. First Prize:

Shivarathna GR - M.Ed, Regional Institute of
Education(RIE), Mysore

2. Second Prize:

Komakula Mahesh -UCOE kakatiya University
Warangal, Telangala

3. Third Prize:

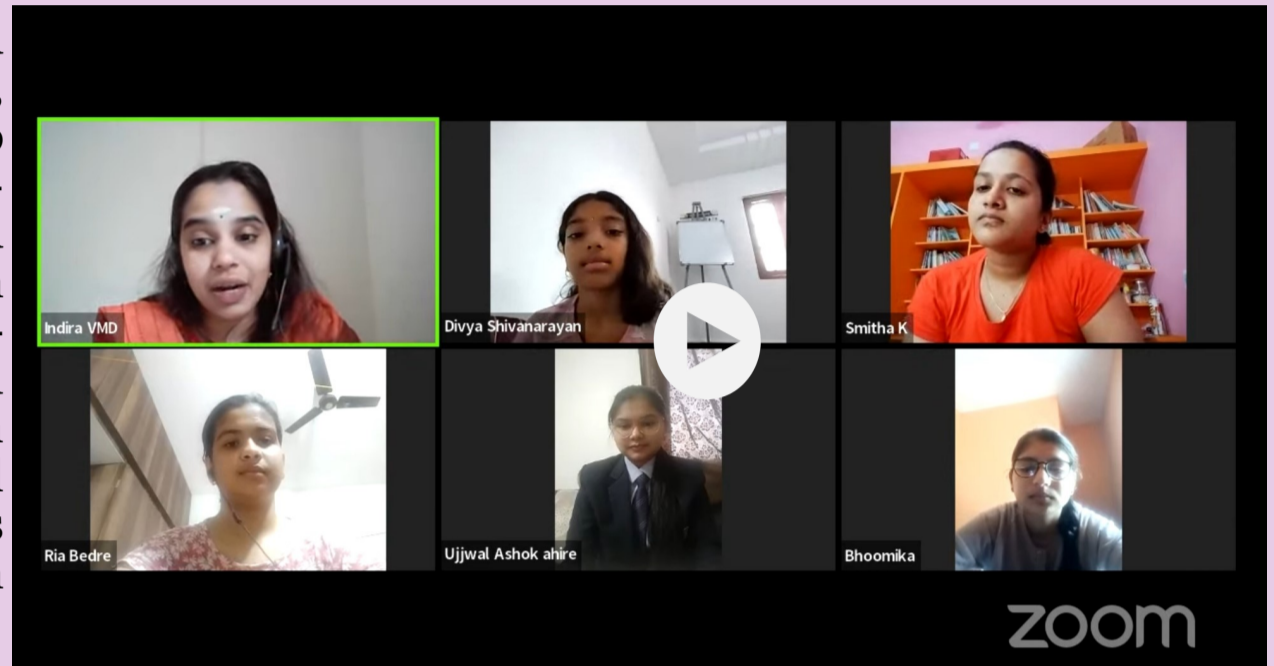
Indu M S - Research Scholar, St. Teresa's College
Ernakulam



Read me a Story

VidyaDaan Foundation has started a new endeavour programme called the "Read me a story" session. This would be a weekly open forum for both children and adults alike. In these sessions, anyone and everyone are welcome to come and read out the story from a book. The focus over here is to inculcate the habit of reading books among children. This activity will be beneficial in every way of our lives.

VidyaDaan believes that habits rooted in childhood stay with one forever. So, through this activity, we aim to inculcate a regular reading habit in every student's lifestyle. The host would read out a story from a book with appropriate module actions. The children will have to pay attention to it and then the session will be dispersed for an open discussion wherein the host will discuss the story with the children. This will be an effective way to keep them hooked to the activity.



VidyaDaan Empowering the Nation

The greatest virtue of well-being is considered to be Vidyadaan or the unrestricted dissemination of knowledge and education. Vivekananda Jha, a graduate of Calcutta University, is the author of the book titled "Vidyadaan"—Empowering the Nation, which focuses on the numerous parts of life. He is a well-known novelist, writer, and political analyst. The book is based on the vision of Vidyadaan to accomplish something for the younger generation. It is also published by Vidyadaan Publications.

The concepts of personality development, coping mechanisms for various personalities, ways to cultivate a confident personality, and various decision-making contexts are all central to the book. It also discusses choosing objectives and creating important priorities in life.

The book also focuses on delving deep into developing upstanding personalities and achieving the qualities of a winner. It helps in evolving as better interpersonal communicators as a part of development. It also guides one through the perks of time management, which can also assist them in setting their life goals.

We often struggle with ourselves to resolve conflicts that are caused by our behaviour. Personalities can be shaped and moulded. This book is a guide toward achieving all the traits that we are lacking in our personality.

Using quotations and illustrations from actual events, the book eloquently explains each of these subjects. The book will assist one in developing lasting connections and becoming aware of one's nature. The main lessons learned will undoubtedly aid in an individual's overall development.



World Environment Day—Slogan Writing Competition



MANAV GIRIDHARAN GURU
Sree Sankara Vidya Peetam, Senior Secondary School, Mattanur, Kerala



SREENANDH K
VIDYATMIKA PUBLIC SCHOOL, PERUMANNA, KOZHIKODE, KERALA



FATHIMA SHIFANA R
Chinmaya Vidyalaya, Attukal, Thiruvananthapuram District, Kerala



ARADHYA R NAIR
Chinmaya Vidyalaya Badiadka, Kasaragod District, Kerala



DEVGUPTH P M
VIDYATMIKA PUBLIC SCHOOL, PERUMANNA, KOZHIKODE, KERALA



GOVIND H
Chinmaya Vidyalaya, Attukal, Thiruvananthapuram District, Kerala



NIRUPAMA P S
Chinmaya Vidyalaya, Attukal, Thiruvananthapuram District, Kerala



ANAMIKA MURALIDHARAN
Chinmaya Vidyalaya Badiadka, Kasaragod District, Kerala



SNIGDHA B A & ANANYAKUMAR L K
Chinmaya Vidyalaya, Attukal, Thiruvananthapuram District, Kerala



AADIDEV C
VIDYATMIKA PUBLIC SCHOOL, PERUMANNA, KOZHIKODE, KERALA



ARADHYA R NAIR
Chinmaya Vidyalaya Badiadka, Kasaragod District, Kerala



SOORYA DHARSHAN
Chinmaya Vidyalaya, Attukal, Thiruvananthapuram, Kerala



ANAMIKA MURALITHARAN
Chinmaya Vidyalaya Badiadka, Kasaragod District, Kerala



Moloor Central School, Moloor, Nelloya, Palakkad District, Kerala



Moloor Central School, Moloor, Nelloya, Palakkad District, Kerala



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