



SHAKTI

— BY SARVAM FOUNDATION —

THE POWER OF SELF-WORTH

PERFORMING ARTS ACADEMICS NUTRITION

Quarterly Report Q2 '19

July-Sept'19

Educate a girl. Educate a community.

Unleash a girl. Unleash Shakti.





A Message from The Founder



I come from a family where performing arts, such as Bharatanatyam, were considered to be just hobbies from one's days in school, which in my case stretched till the end of my university degree. It was only after my university that I began to study the form more seriously and travel with it. I realised how much exposure and confidence it gave me, but at the same time, how poorly supported it was. I have witnessed firsthand how, given half a chance, arts can flourish and help flourish. It was only the affluent people from strong artistic lineages that flourished in their respective 'gharanas' and had a monopoly over the knowledge of classical dance. I wanted more people to have access to this and I wanted artistes to get the respect they deserved instead of empty auditoriums and zero publicity. The performing arts of India deserved 'glamour' and interest akin to that of the film industry. This is the reason I started Sarvam Foundation. I began by teaching Bharatnatyam under a tree to marginalized and underprivileged girls from slums in Kishangarh, Rangpuri Pahadi and Mehrauli region of New Delhi. When we give more than we receive-we give more than we take-we share rather than keeping it to ourselves. These girls had no individual identities, they were just a statistic for our politicians and bureaucrats to use as they pleased. Classical Arts would be the last thing to reach them. I knew that giving these girls whatever knowledge I had would keep me happier, for I realized early in life that the greatest form of happiness is when we provided means of self-worth to those that need it the most. And thus began the journey of empowerment.

Through our intensive training in world-class Indian Classical Arts, the girls got the opportunity to learn teamwork, hard-work, discipline, responsibility, hygiene and cleanliness. They got to chance to appreciate their health and take care of their physical health through dance, Yoga, Chhau and various folk dances. They learnt mental agility as their memory improved due to the tough calisthenics of our ancient arts, learnt stories on India's mythology and got deeper in touch with their traditions and culture and began to value their connections as Indians. Through their international travels they became little ambassadors of India's culture on the world stage. They learnt to appreciate diversity and became celebrities in their communities! Through remedial academics their academic foundations improved and they started doing well in school. They were already choreographing in school for the school's cultural competitions but now they were also doing well in their studies! Through the nutrition provided at Shakti, their health improved as they became less anaemic, their energy levels were on track. Their parents were counselled on not to bring white sugar, fried food or 'dead' foods but instead were taught to budget their resources for the maximum nutrition possible. I have seen such immense change, it is quite hard to put it across in such few words. Most Sarvam Shakti girls came from houses where women don't have a voice, much less an identity. They had the spark in them to do something, be something-they just needed someone to fan the flame. They needed to feel that they matter and their life too is of value. They needed someone to believe that girls can become anything they wish to be, just like their male siblings are made to believe. As I always say, educate a girl, educate a community, but unleash a girl, unleash Shakti!

Nehha B

Nehha Bhatnagar
Founder and Managing Trustee



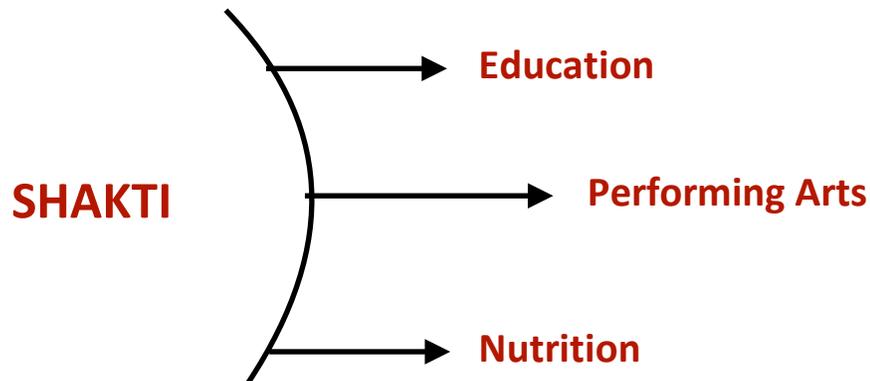
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The SHAKTI Programme

The SHAKTI Programme is a three pronged approach to tackle the systemic suppression of young girls with the ultimate objective of raising their self esteem and self worth.



All classes in **performing arts** are taught, under the mentorship of eminent Gurus, by their senior disciples. Dance forms of BHARATANATYAM, KATHAK, KUCHIPUDI, ODISSI and CHHAU are some of the arts taught to the girls. Each girl learns one art form very seriously and learns ancillary forms like Garba, Bhangra, Ghoomar, Western light music, Hindustani Semi-Classical music, Tabla, Sanskrit Shlokas, Yoga Asanas, Self-Defense classes and more. We have a wide network of tie-ups with various programs for which we train the girls. For example, some girls go every year to Poland for Brave Kids Festival. We will be sending a few to Milapfest in UK and Singapore for further training under a Guru for a month. We send them for recitals as and when we get invited from various organizations like WHO in their Vishakapatnam conference or ROAR by Feministaa in their Mumbai conference and so on.

We also consider quality **education** to be of paramount importance in the current times of a globalised and hyperconnected world. As such we have a wide network of teachers who volunteer their time for teaching the girls their weak subjects in academics. We wish to include more teachers on a payroll to be able to have a wider impact.

A holistic approach to any social issue requires the addressal of improper **nutrition**. Nutritional meal plans include food three times a week but for a healthier body, we aim to make this a 6 day a week plan. Post school meals provided comprising of a wholesome and nourishing diet, freshly juiced vegetables, fruits and herbs provided to fortify mind and body. We also conduct regular counselling for the families and the children on nutrition and hygiene by experts.

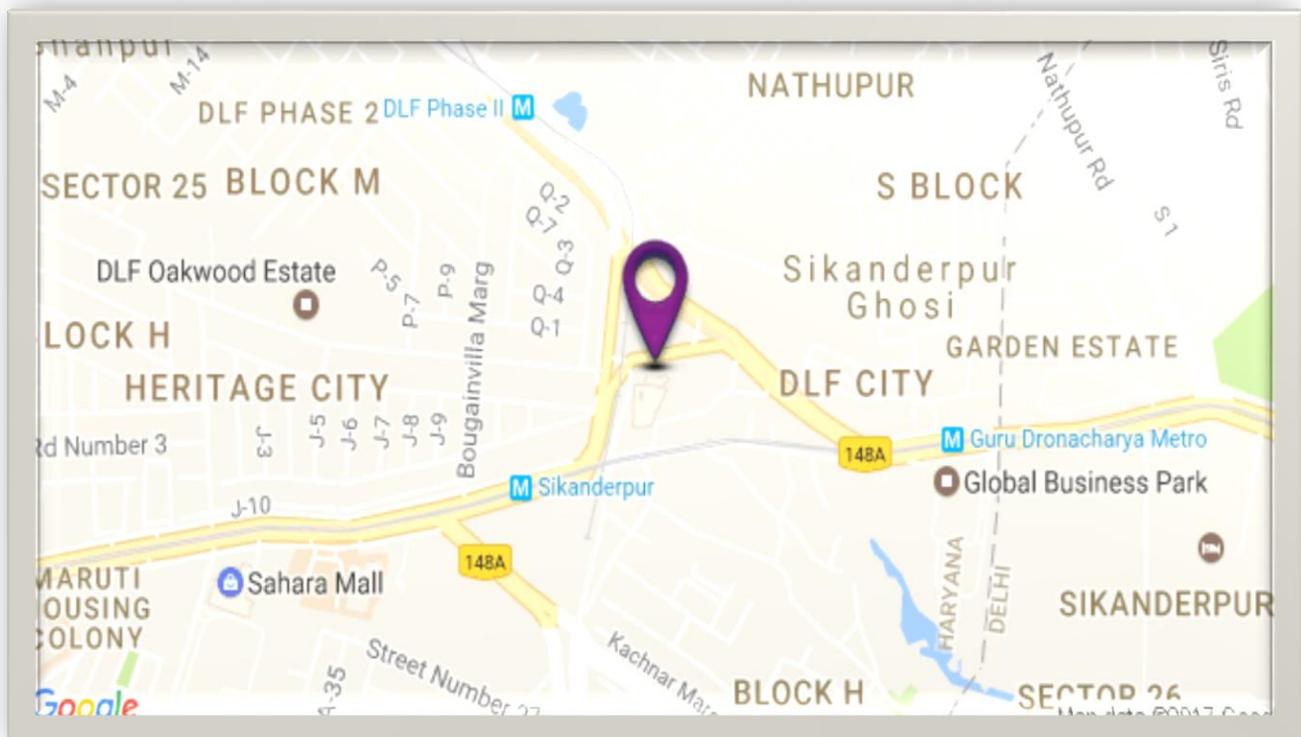


The senior girls are leaders in their own right. They conduct classes and training for the junior batches of Shakti too in ancillary activities like Yoga asanas and self-defense. We wish to be able to create more mentorship programs within Shakti where we focus on creating teachers from within the students.

Report of Activities QII- (July-September'19)

1. Induction of a new Sarvam Shakti Chapter

Gurgaon, famously called the Millennium City, when Delhi Metro dashes into Gurgaon, the first thing that catches your attention is the rural-urban divide that plagues the cyber city. There is Sikanderpur, a village that has metamorphosed over the years into an unplanned slum where old edifices compete with each other to add new floors having tiny rooms. **Sikandarpur Ghosi** is a large village located in the district of Gurgaon in the state of Haryana in India. It has a population of about 5,586 living in around 1,212 households.^[1](<http://www.geolysis.com/placeinfo.php?p=515005955&k=835496305>) This village is dominated by Yadavs and lies near the MG road. Like every slum, it has its own share of challenges and coping mechanisms to deal with the harshness of life. One of the biggest challenge confronting the city is that thousands of children from migrant families are ignored of quality education.





Sarvam Shakti Approach: A team of Sarvam Volunteers along with staff members visited the Sikanderpur slum areas and conducted a sample survey on the number of children in each house and also enquired about the schools they are enrolled into. After the initial survey, Sarvam had a list of schools serving the children of that particular region.



The School Principals were then Approached for appointments. After seeking the appointment with the school Principals and Administrative staff, a presentation was given to them about Sarvam Shakti Organization and then finally Meeting with the children at schools. At schools they were asked to visit the Sarvam Shakti center on dt:25-07-2019 along with their parents. Registration forms along with the submission date and list of required documents were explained. After the initial Registration process and all necessary documentation, they were inducted. Sarvam Shakti with this successful induction has been able to achieve its vision of **220 by 2020** (refer Appendix I for the complete list of beneficiaries) When most of the kids taking an afternoon nap after attending school, Sarvam children chase their dreams and work hard to achieve them.

2. Induction Programme

Sarvam Shakti had conducted an Induction Programme with a purpose to help children acclimatize with the new surroundings, inculcate in them the ethos and culture of the organization, develop bond with fellow children and staff members, sensitivity towards various issues of social relevance and imbibe human values so as to become the responsible citizens. Ensuring a well-designed Induction Programme will help both Organization and children for setting the pace of fruitful learning experience.



Like any other structured setting, we too adopted a settling-in period for the registered beneficiaries, bringing up to a full pattern of attendance sometime during the first two months. The challenges were quite a lot during the settling-in period, considering the fact that we are a Non- Governmental Organization and not a formal schooling institute. Despite all odds and continued efforts we have been able to convince the target group (parents and children especially) that it is for their own very good, Sarvam Shakti is here to extend its resources in order to reach out to their dreams. A Two-Day Programme was organized, it was rather flexible than fixed, to ensure every child's individual needs are met and parents

fully understand the rationale behind the process, this is particularly important for these children who may find it difficult to convince their parents about the benefits of our programmes. As most of our children are the first time school goers in their families, parents of most of the children have no or very little school experience (illiterate).

The Program included a guided meditation session by senior practitioners of the Heartfulness Meditation program, a relaxation technique session by Founder Sarvam, Nehha Bhatnagar and a Value based session by former bureaucrat and now Head of Ramakrishna Mission's values program- Anuradha Balaram. There was also a session by Co-Founder of Sarvam, Himangi Bhatnagar on Hygiene and Sanitation and two Peer to peer sessions with Senior Shakti Girls.





After a successful Induction Programme, we have been able to start the batch in full swing by the month of August. The batch commenced on 22-08-19. With the distribution of School bags and stationary supplies. We have started conducting Remedial Education, Value based Education and Yoga sessions here. The classes are going on in Gurgaon chapter for two hours a day and 6 days a week. Refer (Appendix II & III) for time table and value based sessions.







We ALSO conducted a **special workshop on SOCIAL MEDIA** and its perils for the senior batch of Shakti girls along with a body image questionnaire for assessing self-worth was conducted by senior students of Psychology from universities in Scotland and Italy. Various movies on the fashion world were shown to display the real techniques of sculpting body image in models. Tik Tok kind of platforms were shown and their dangers associated with it were spoken about. Effective means to promote one's talent in arts were discussed using the power of the internet.



3. Parent Teacher Meeting

Communication between parents and teachers is essential to children's success at school. As part of this communication, Sarvam emphasized that **teachers should be regularly meeting with parents** as they come from vulnerable segment of society, it becomes all the more important to meet parents more often so that they can also be involved in their child's progress. The objectives of the PTM were:

1. To discuss what is being taught and how the child is progressing.
2. To resolve concerns over a student's specific issues.
3. To discuss issues that may be interfering with students' learning and growth.
4. To discuss strengths and plan intervention programme to support children's learning

Keeping these objectives in mind we organized regular Parent Teachers Meetings for our Vasant kunj children. These meetings are conducted on last Sunday of every month in groups (Class-wise). Based on the feedback of teachers and parents an intervention module for each child is discussed and accordingly action plan is determined. We are glad to share that the scores of these children improved with continuous intervention. Not only it can be assessed with the marks obtained at the school, but it can also be assessed through other parameters for example:



- Drop in the rate of absenteeism at school and at the remedial class.
- With continued practice of Yoga before studying their Concentration and Grasping power improved, which is directly related to ***Readiness towards learning.***
- Keeping pace with school work, no home-work were left undone, no pending class works, timely submission of work at school etc.
- Improved Self Esteem.
- More participation by the children in school activities (Functions, events, competitions etc)





4. Mid Term Examination

Exams are a great way to reinforce and evaluate students' understanding of the course content and main ideas. All our beneficiaries (class 5th onwards) from both the chapters appeared for their midterm exams at schools.



Many of them were given extra tuition time because of exams. A heartfelt thanks to the Teachers of Sarvam Shakti for their continued support to these children. The results are expected to come in the month of October'19 and will be shared with you in the next quarter's report.





5. Students Achievements

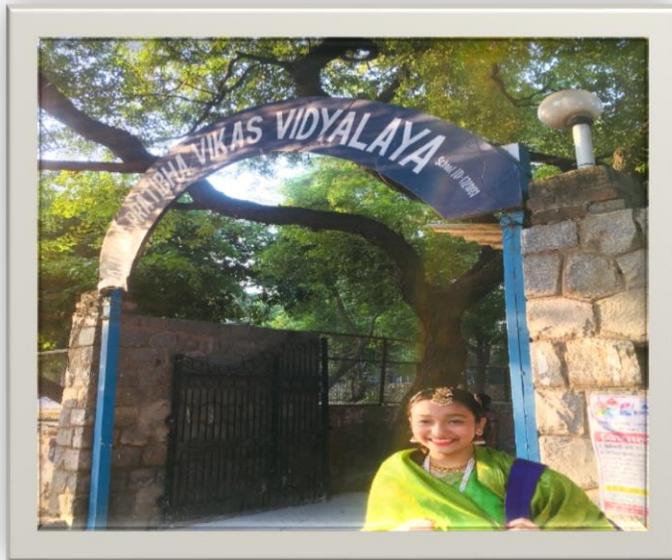
- Jyoti of class Xth stood third in Poem Recitation Competition at school.
- Karishma, student of Class Xth bagged fourth position in School play.
- Shaivani studying in Class IXth earned a certificate in Drawing Competition in her school.
- Pammi of Class VII secured IIIrd Position at Zonal Level in Sanskrit Poem Recitation.
- Anshika Bagged a medal and Certificate in Dance Competition at school.
- Laxmi VIII class Student, Won first prize in Sanskrit song Category at school.



- Sanjana student of Class VIII participated and represented her school at Zonal Level Music competition.
- Neha class IXth students selected in School Volleyball team.
- Khushboo VIII class student secured fourth position in Essay writing Competition at school.
- Shakti girls went for Auditions of a Star TV reality Show- Dance plus season 5. Although our kids were not selected but it was a great learning experience for children and staff members.



Besides all these achievements many students participated in different curricular and co-curricular activities at school like Annual Day, Yoga Day, Independence Day, Dance Competitions etc.



New bicycles!

Rotary District 3010 sponsored some Atlas bicycles for some of our girls. In this picture, the girl in the centre is Jyoti, a Presswala's daughter. She is grateful for the cycle as now she can deliver clothes faster on her bike which means more time is available for her studies and dance!!

Special International achievement!

An international achievement- our 12-year-old Lakshmi, a Bharatanatyam prodigy had a special film made on her at Brave Festival in Poland by the Founder of Brave, Grzegorz



Bral. This film is due to come out soon. It chronicles the experiences of Lakshmi over her two summers spent in Europe teaching and learning various art forms.



6. Twenty college interns at Shakti over the summer!

Shakti opened its doors to young college going interns this summer from colleges across Delhi and even the UK. From making animated films, short films, research reports, data analysis, blogging- the avenues of opportunity for young students to give back to society were immense. All in all, an immensely satisfying and creative process for all involved.





7. TEAM EXPANSION

With the expansion of our Program, Sarvam Shakti team also expanded. We are pleased to inform you that Mrs. Neetu Sethi joined in as a Head-Operations. In this position she will be looking at the Programme as a whole and will be point of contact for all our partners. She has strong background of social work. She has been active in welfare services for children. She has done M.Sc Human Development and has a work experience of 8 years in the field of research and development sector. In fact, 7 of her research papers have also been published in various national journals.

We have also appointed three new tutors and one yoga trainer in order to deliver the desirables to our beneficiaries. All the new appointments are well verse with their subject and have a fair track record of work. Our children also shares a good rapport with all these Joinees.



8. Impact

OUR IMPACT WITH MINIMAL FUNDING SINCE 2014

200



Confident & Professionally Trained Performing Artists

20,000+

AUDIENCES
Showcased to

200+

PERFORMANCES
Given by the Girls

5+

HOURS OF AIRTIME
National & International

180

FAMILIES
Impacted

9

ART FORMS
Learnt

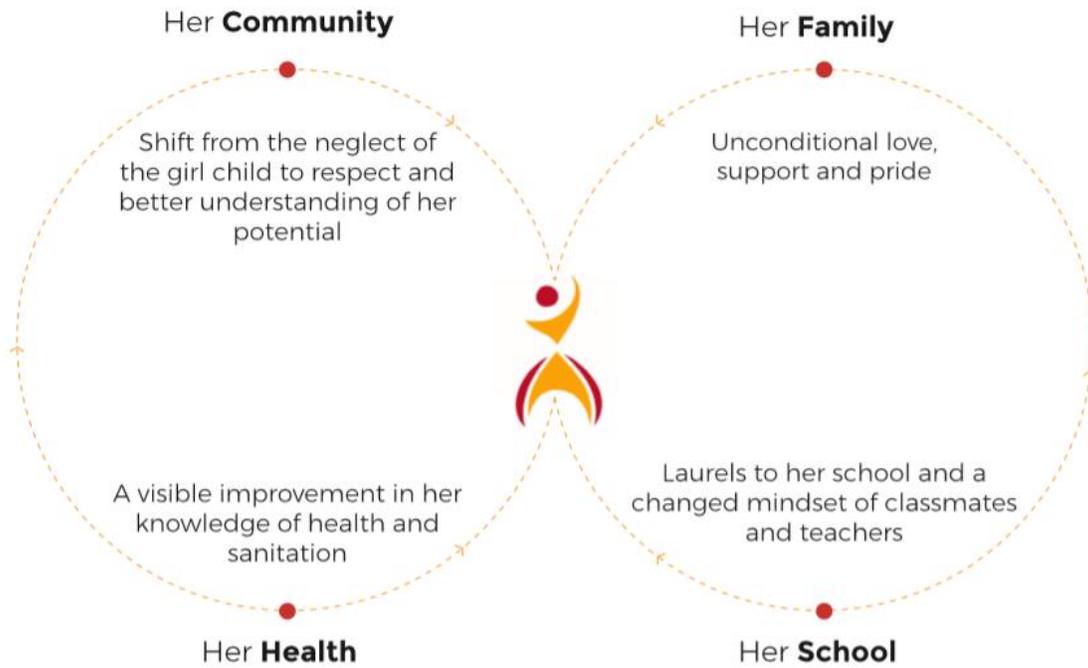
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REMEDIAL ACADEMIC SUBJECTS
Taught After School for Free

SELF-ESTEEM RAISED = PRICELESS



9. Impact Cycle



A SARVAM GIRL'S **IMPACT** CYCLE



10. SPECIAL STORY FROM Q2

“Your hopes, dreams and aspirations are legitimate. They are trying to take you airborne, above the clouds, above the storms, if you only let them “. - Willam James.

We believe the main ethos of Sarvam Shakti's project is the possibility of enabling the girl child to dream an impossible dream, expand her horizons and experience a whole new world, thereby arming her with confidence for a lifetime. We feel proud to share one of our success stories which motivates us to continue to work hard and make it possible for each Shakti Girl.



Meet Raveena- our eldest Shakti graduate. An 18 year old who stands by hard work for getting ahead in life. She hails from the urban slum of Kishangarh(Vasant Kunj, Delhi) where she lives with six other family members. Her father plays the Tabla in satsangs in the area and her mother is a housewife. They are 5 sisters, she being the eldest one. Four of them are the beneficiaries under the Shakti programme, the youngest one is just 1-year-old.

Her journey with Sarvam Shakti started in 2015 where she and 3 sisters were registered with Sarvam Shakti. Since then, the four have been beneficiaries of various Sarvam Programs and opportunities from time to time. **She was also one amongst the first batch who visited Poland for Brave Kids Festival in 2016 for the dance form of Kathak. In Poland she was selected to revisit as a Brave Kids Reunion Youth Leader** 🙏

She passed out her Class 12th in Commerce with Mathematics. Not only she has done wonderfully well in Academic examinations but she is also a very good Yoga student and a Hindustani Semi-Classical Singer. From Class 8th she has been taking training in Vocal music and completed her Junior Level Diploma in Vocal music in the year 2017. She will be completing her senior Level Diploma Examination in 2019, from Prayag Sangeet Samiti, Allahabad.

Currently along with her Vocational Training, she is pursuing her B. Com from (SOL-School of Open Learning) and is doing her internship as a Field Officer with Sarvam Shakti Program. **She is the role model, mentor for many young Shakti's. After her Graduation and Vocal Diploma she aspire to do B.Ed and work in reputed school as Art and Music Teacher. She would be the first generation of female bread winners in the family!**



We catalyze systemic change by creating meaningful interventions, enabling our children to bloom into confident, self-reliant individuals, while fostering in them the spirit of giving back.

10. Appendixes

Appendix I

S.No	Name	Date of Birth	Sex	Date of Enrolment (SARVAM)	Class
1.	Priyanka Chand	8/5/2004	Female	2012	X B
2.	Shweta	3/11/2003	Female	2012	X A
3.	Laxmi	30/10/2006	Female	2017	VIII B
4.	Karishma	7/14/2004	Female	2015	X B
5.	Jyoti	8/10/2005	Female	2015	X B
6.	Shivani Kumari	2/2/2004	Female	2015	IX
7.	Anjali Kumari	22/12/2004	Female	2015	IX
8.	Payal Kumari	3/30/2004	Female	2015	X B
9.	Neha	11/8/2004	Female	2014	IX C
10.	Akansha Kamat	4/7/2005	Female	2014	X F
11.	Pinki Kumari	1/1/2005	Female	2016	IX C
12.	Khushi	9/9/2004	Female	2017	IX C
13.	Sanjana Kumari	12/2/2005	Female	2017	VIII C
14.	Kareena	23/12/2002	Female	2016	XI
15.	Raveena kumari	9/1/2000	Female	2015	XII
16.	Pammi Kumari	11/3/2005	Female	2016	VII
17.	Pinki		Female	2014	-
18.	Rinki		Female	2014	XII
19.	Manisha	4/16/2006	Female	2014	V A
20.	Khusboo Kumari	3/12/2007	Female	2014	VII
21.	Neha Kumari	29/12/2007	Female	2016	VII
22.	Lipika Yadav	9/9/2009	Female	2016	V
23.	Eashika Yadav	11/11/2011	Female	2016	III
24.	Sneha Kumari	1/15/2009	Female	2016	V
25.	Priyanka Kumari	6/28/2007	Female	2017	VI
26.	Roshani Sahu	2/5/2010	Female	2017	IV
27.	Srawani Sahu	1/1/2008	Female	2017	VI
28.	Taniya Verma	16/12/2008	Female	2018	VI
29.	Rishika	3/10/2009	Female	2017	VI B
30.	Rani Kumari	12/15/2008	Female	2017	V
31.	Rakhi Rani	8/5/2009	Female	2018	V



32.	Shivani Kumari	9/17/2008	Female	2017	VI B
33.	Sanjana	7/2/2008	Female	2017	VI
34.	Anuragini Kumari	31/12/2008	Female	2018	V A
35.	Kritika Bhatt	3/18/2011	Female	2018	IV A
36.	Priya Dubey	12/10/2008	Female	2018	VI
37.	Vishakha	5/18/2011	Female	2018	III
38.	Sakshi Kumari	17/12/2005	Female	2018	VI
39.	Divyanshi Pal	7/17/2008	Female	2017	VI
40.	Annu Singh	19/12/2009	Female	2018	V
41.	Khushboo Kumari	5/10/2008	Female	2017	VI
42.	Prachi	21/11/2008	Female	2017	VI
43.	Tanisha	7/25/2008	Female	2017	VI
44.	Surbhi Chauhan	5/16/2008	Female	2017	VI
45.	Gauri Das	5/27/2008	Female	2017	VI
46.	Shikha Das	2/3/2009	Female	2017	VI
47.	Puspa Das	1/15/2011	Female	2018	V
48.	Ram Das	1/1/2009	Male	2018	V
49.	Manju Singh		Female	2018	II
50.	Anju Singh	1/1/2009	Female	2018	V
51.	Preeti	4/10/2006	Female	2016	VIII
52.	Harshita	12/9/2008	Female	2017	VI
53.	Arsita	3/4/2009	Female	2018	VI
54.	Aakriti	7/2/2011	Female	2018	II B
55.	Arti Kumari	9/19/2008	Female	2017	VI
56.	Bhawna	3/23/2008	Female	2017	VI
57.	Bhuvi	3/8/2009	Female	2017	VII
58.	Nandini		Female	2018	VI
59.	Punam Kumari		Female	2017	VI
60.	Poornima		Female	2017	III
61.	Ribha		Female	2018	III
62.	Mishiti		Female	2018	V
63.	Lalit		Male	2018	X
64.	Nandini		Female	2017	X
65.	Hemal		Male	2018	IX
66.	Dev		Male	2019	IX
67.	Sanika		Female	2018	VIII
68.	Laxmi		Female	2016	VIII
69.	Harsh	Year- 2006	Male	2019	VIII
70.	Vishnu		Male	2019	VIII
71.	Shivam Shah	11/16/2004	Male	2019	VIII
72.	Sakshi's bro		Male	2019	VIII
73.	Manshika		Female	2019	II
74.	Ritik Shah	11/17/2007	Male	2018	VI
75.	Laxmi Narayan	5/2/2006	Male	2019	VIII
76.	Sunny		Male	2019	VII
77.	Keshav	8/4/2005	Male	2019	IX
78.	Nandini Kumari	2/1/2005	Female	2017	X
79.	Lalit Narayan	3/2/2004	Male	2019	X



80.	Shubham	5/12/2003	Male	2019	X
81.	Dev Kumar	1/15/2005	Male	2019	IX
82.	K. Vaishnavi	5/24/2008	Female	2018	VII
83.	Satya Prakash Dubey	9/9/2005	Male	2019	VIII
84.	Harsh Singh	6/26/2006	Male	2019	VIII
85.	Arshita	3/4/2009	Female	2018	VI
86.	Shagun	8/28/2011	Female	2019	III
87.	Kanchan Kumari	9/5/2009	Female	2018	VI
88.	Shweta Kumari	3/11/2003	Female	2017	X
89.	Shivam Kumar Baitha	7/4/2008	Male	2019	VIII
90.	Anshika Bhatt	7/25/2007	Female	2017	VII
91.	Divyanshi	1/1/2012	Female	2019	III
92.	Deepika	11/9/2008	Female	2018	VI
93.	Nishkarsh	5/7/2012	Male	2019	II
94.	Vaishnavi		Female	2019	VII
95.	Any		Female	2019	
96.	Sashti		Female	2019	
97.	Kanak	1/18/2011	Female	2019	
98.	Vanshika		Female	2019	
99.	Shini		Female	2019	
100.	Gayatri		Female	2019	
101.	Ashiyana		Female	2019	
102.	Tanya		Female	2019	
103.	Shradha		Female	2019	
104.	Roshni		Female	2019	
105.	Satyam		Male	2019	
106.	Sapna		Female	2019	
107.	Ashish		Male	2019	
108.	Sumaiya	19/09/2007	female	24-08-2019	VI
109.	Khushboo	12/7/2008	female	24-08-2019	VI
110.	Neelam	1/1/2007	Female	24-08-2019	VI
111.	Sandhya	25/12/2009	Female	24-08-2019	IV
112.	Suraksha	18/07/2011	Female	24-08-2019	III
113.	Neetu	20/12/2008	Female	24-08-2019	VI
114.	Amrita	7/4/2008	Female	24-08-2019	VI
115.	Chandani	15/10/2009	Female	24-08-2019	V
116.	Nivedita	2/8/2008	Female	24-08-2019	V
117.	Riya Preeti Kullu	21/04/2010	Female	24-08-2019	IV
118.	Anjili	15/04/2007	Female	24-08-2019	VI



119.	Anuradha	1/2/2013	Female		
120.	Tanu	1/1/2008	Female	24-08-2019	VI
121.	Gudiya	4/4/2009	Female	24-08-2019	V
122.	KumKum	14/04/2008	Female	24-08-2019	VI
123.	Gudiya	3/5/2009	Female	24-08-2019	VI
124.	Rashmi Dayal	7/7/2010	Female	24-08-2019	IV
125.	Anshu	15/07/2007	Female	24-08-2019	VII
126.	Archana	27/11/2009	Female		VI
127.	Sophiya	15/05/2008	Female	24-08-2019	VI
128.	Shivani	21/05/2007	Female	24-08-2019	V
129.	Varsha	16/02/2007	female	24-08-2019	VI
130.	Rimpa	22/12/2008	Female	24-08-2019	IV
131.	Shanti	1/1/2006	Female	24-08-2019	V
132.	Kareena	10/4/2007	Female	24-08-2019	VII
133.	Simran rai	10/2/2006	Female	24-08-2019	VIII
134.	Anjali	12/10/2006	Female	24-08-2019	VII
135.	Habiba Lashkar	20/05/2005	Female	24-08-2019	VII
136.	Jaba Sarkar	2/1/2006	Female	24-08-2019	VIII
137.	Mampi	26/02/2007	Female	24-08-2019	VII
138.	Kumud	26/03/2006	Female	24-08-2019	VIII
139.	Vandana	21/09/2005	Female	24-08-2019	VIII
140.	Kusum	4/11/2005	Female		VIII
141.	Barna Sil	11/8/2005	Female	24-08-2019	VIII
142.	Sanjali	1/1/2004	Female		VIII
143.	Rajnandni	14/04/2005	Female	24-08-2019	VIII
144.	Viveka	7/7/2005	Female	24-08-2019	VII
145.	Muskan	12/2/2007	Female	24-08-2019	IV
146.	Neha	6/8/2006	Female	24-08-2019	VIII
147.	Priyanka	28/07/2006	Female	24-08-2019	VII
148.	Poly Shil	9/11/2003	Female	24-08-2019	VIII
149.	Simran	11/3/2007	Female	24-08-2019	VIII
150.	Anjali	27/10/2005	Female	24-08-2019	VIII
151.	Sakshi	10/1/2005	Female		IX
152.	Rakhi Rani	28/08/2008	Female	24-08-2019	VII
153.	Khushi	4/4/2005	Female	24-08-2019	VIII
154.	Khushi	15/02/2005	Female	24-08-2019	VIII
155.	Tanya	5/11/2005	Female	24-08-2019	VIII
156.	KumKum	12/7/2007	Female	24-08-2019	VII
157.	Aasna	10/2/2007	Female	24-08-2019	VIII



158.	Poonam	11/7/2007	Female		VII
159.	Khushi	8/5/2006	Female	24-08-2019	VII
160.	Vandita	12/9/2006	Female	24-08-2019	VIII
161.	Khushboo	24/06/2006	Female	24-08-2019	VIII
162.	InderJeet	1/3/2006	Female		VIII
163.	Rani Yadav	1/1/2004	Female	24-08-2019	VIII
164.	Kritika	3/5/2007	Female	24-08-2019	VII
165.	Ratna	28/12/2006	Female	24-08-2019	VIII
166.	Sonam	1/1/2003	Female	24-08-2019	VII
167.	Neeki Kumari	1/1/2006	Female	24-08-2019	VI
168.	Deepika	18/07/2004	Female	24-08-2019	VIII
169.	Sanjana	25/06/2008	Female	24-08-2019	VII
170.	Suhani	18/06/2009	Female	24-08-2019	VII
171.	Priya	26/11/2005	Female	24-08-2019	VIII
172.	Saniya	24/03/2006	Female	24-08-2019	VIII
173.	Nadini	22/09/2007	Female		VII
174.	Neha	21/06/2006	Female	24-08-2019	VIII
175.	Banni Shikha	7/7/2006	Female	24-08-2019	VIII
176.	Neelam	25/02/2005	Female	24-08-2019	VIII
177.	Manisha	6/11/2006	Female	24-08-2019	VII
178.	Anu	23/05/2005	Female		VIII
179.	Laxmi	15/01/2008	Female		VII
180.	Neha	21/06/2006	Female	24-08-2019	VIII
181.	Banni Shikha	7/7/2006	Female		VIII
182.	Manisha	6/11/2006	Female	24-08-2019	VII
183.	Anu	23/05/2005	Female		VIII
184.	Laxmi	15/01/2008	Female		VII
185.	Mehak	6/8/2007	Female	24-08-2019	V
186.	Punita	12/3/2007	Female	24-08-2019	V
187.	Khushi	5/12/2006	Female	24-08-2019	VI
188.	Muskan	1/3/2007	Female	24-08-2019	VI
189.	Manisha	12/2/2007	Female	24-08-2019	VIII
190.	Shabnam	23/01/2002	Female		VIII
191.	Nishu	1/1/2008	Female	24-08-2019	V
192.	Sultana	30/10/2009	Female	24-08-2019	V
193.	Khushboo	1/1/2006	Female	24-08-2019	V
194.	Anjali	1/1/2007	Female	24-08-2019	V
195.	Pooja	13/09/2008	Female	24-08-2019	III
196.	Suman Kumari	8/8/2001	Female	24-08-2019	X
197.	Rinki	1/1/2008	Female		VIII



198.	Reena	1/1/2006	Female	24-08-2019	VIII
199.	Anshu	15/07/2006	Female	24-08-2019	VIII
200.	Kajal Kumari	5/12/2004	Female		IX
201.	Preeti	1/1/2005	Female		VII
202.	Radha Kumari	24/10/2003	Female		IX
203.	Kajal kumari		Female	31-08-2019	V
204.	Anju				VIII
205.	Dipika				
206.	Gudiya	15/10/2006	Female	31-08-2019	VIII
207.	Mehak	9/5/2006	Female	31-08-2019	VIII
208.	Kashish		Female	31-08-2019	VIII
209.	Subarna	25/12/2006	Female	31-08-2019	VII
210.	Preeti	8/5/2004	Female	31-08-2019	IX
211.	Nishu	12/4/2007	Female	31-08-2019	V
212.	Masoom	4/11/2010	Female	31-08-2019	III
213.	Vanshika		Female	31-08-2019	VIII
214.	Gunja		Female	2/9/2019	VIII
215.	Pooja kumari	16/08/2006	Female	3/9/2019	VII
216.	Kushboo Kumari	9/6/2008	Female	3/9/2019	V
217.	Anshika	16/08/2007	Female	13/09/2019	VII
218.	Ambika	04/06/2009	Female	23/09/2019	V
219.	Anjali	08/01/2010	Female	23/09/2019	V
220.	Koml kumari	10-09-2006	Female	13/09/2019	VI

Appendix II

Time Table_Gurgaon_2019-20					
Month- Sept'2019 (Theme for the Month- Hygiene)					
Day	Time	Time3:45-4:15		4:20-5:30	
		III-VI	VII-X	III-VI	VII-X
Monday		weekly off			
Tuesday	5:30-5:45 (Preyer and snack)	Theme Based	Remedial	Remedial	Theme Based
Wednesday	5:30-5:45 (Preyer and snack)	Yoga	Remedial	Remedial	Yoga
Thursday	5:30-5:45 (Preyer and snack)	Remedial	Remedial	Remedial	Remedial
Friday	5:30-5:45 (Preyer and snack)	Remedial	Yoga	Yoga	Remedial
Saturday	5:30-5:45 (Preyer and snack)	Theme Based	Remedial	Remedial	Theme Based
Sunday	5:30-5:45 (Preyer and snack)	Theme Based	Yoga	Yoga	Theme Based



Appendix III

Sarvam Shakti (Life skill Education)			
Month	Theme	Components	Methodology
September	Hygiene	Oral, Personal, Habit, Laundry, Dressing, Bathing, Surroundings- (Room, Home, Community), Meal Preparation etc	Role play, Group Discussion, Audio Visual Aids, Workshops, Storytelling, Structured Games, Situation Analysis, Poetry, Songs and Dances, Miming, Debates, Resource Talks etc
October	Discipline	Setting goals, Time Management, Self-Control	
November	Communication	Modes of communication, Inter personal skills, Tolerance, Fear, Mistrust, Effective Communication skills, Understanding nonverbal signals (verbal abuse, sexual abuse, drug Abuse), Mastering the art of saying No, No violent conflict resolution	
December	Empathy	Helping, Caring, Feeling the pain of others, emotional attachment, Peer pressure, Aligning with the wider world	



January	Travel	Learning, Real Life exposure and problem solving, Research and Planning, Team Coordination, Leadership
February	Self-Identity	Self-awareness, Personal Identity (Racial, Ethnic, Education) Self esteem