



The Satsang Foundation

with our minds put together, may we understand

July 2019 Volume 6.

Satsang Projects Update

The Satsang Rural Vidyalaya

Siriguntalavaripalle - AP

FREE EDUCATION • NUTRITIOUS MID DAY MEALS • HEALTHCARE

The Satsang Rural Vidyalaya (SRV) has had a vibrant year at the school: emphasis on community-based learning and engagement with families continued in 2018-19 with over forty children enrolled in classes 1 to 7.

From free bus passes to uniforms, books and stationery, to health services through the Satsang Swasthya Kendra, we continue to provide an environment for holistic growth and development of the children of the communities we serve in the hilly hinterlands of Ma konda.

The overarching theme this year has been embracing the formal academic curriculum of the Andhra Pradesh state

government while retaining our hand-on experiential learning and community engagement based approaches.

A typical day in the school begins with meditation and mandala making with prayers, followed by sharing previous day's experiences at home or school. Academics is balanced with sports, art and craft, and the performing arts. Games, both indoors and outdoors, remain integral for our children's physical well-being as well as for learning the value of team-work. Kho-kho, cricket, kabbadi, and chess, carom, and puzzles remain perennial favourites.

This year, SRV conducted its first science fair where children worked tirelessly for several days to display their

projects on the solar system, digestive system, rain water harvesting, drip irrigation and soil erosion, as well as sensor based devices. Primary school children made finger puppets of animals, as well as models on different shelters. Learning was facilitated through songs and dances.

Field trips this year included visits to:

- ✦ An organic farm, Prakruthi Vanam, to learn about different kinds of cows and their support in agriculture, organic farming practices, oil extraction, and rain water harvesting.
- ✦ Gurramkonda fort to study forts and architecture.
- ✦ Vayalpadu temple to study history



and temple architecture

- ✦ Smokeless village of Bysanivaripalle to observe how solar energy is beneficial to us and learn about the bio gas system.
- ✦ Madanapalle tomato market, India's largest tomato mandi, to learn about the pricing and marketing of tomatoes.
- ✦ Post office to learn about the postal department and letter writing.
- ✦ District court, super market, and other places to learn about different people who assist us in our daily life.

We continue to foster a sense of responsibility and empowerment

through activities like school garden management by children. Festival celebrations like Ganesha festival include creating awareness on pollution and implementing eco-friendly practices in community. International yoga day is celebrated with much enthusiasm as is Independence and Republic Day.

Engagement with our parent community remains a critical aspect of our school: a parents' meet is conducted every Friday where about the children's academics and other development related issues are discussed.

In addition, awareness programs on toilets, audio visual classes for parents and children on pollution, junk food,

health and nutrition are conducted.

A formal parent-teachers meeting was conducted in June where in depth discussions on children's progress was discussed.

Health care activities this year included:

- ✦ De-worming for all the children with parent's approval.
- ✦ Dental checkup and a follow up
- ✦ Blood check-up for the children and staff, and free medicines dispensed, when required.

We look forward to another invigorating school year ahead!

Satsang Skill Development Centre (SSDC) Madanapalle

SSDC is building a bridge between theoretical knowledge and the need of the hour i.e., to provide job-oriented skills.

The 2nd batch of 22 students (Between 18-25 years of age) began their classes on the 12th of April.

A lot of effort was undertaken by the faculty to reach out to the underprivileged and rural applicants. They visited far flung villages to connect with the families of the applicants and to make sure that the selection process

reached the needy.

Strengthening critical thinking through building Life Skills, Spoken English, Computer Science, Accounts keeping, Mathematics for cognitive thinking, and Yoga. This combination is building individual and social awareness, at the same time equipping the participants to find job placements.

The course has a strong component of participatory approach - through group discussions, role plays, interviews and interaction with guest faculty.

Understanding the human physiology and personal hygiene are taught to facilitate better self awareness and enable the students to develop self-esteem.

The 1st Batch of 12 students were all successfully placed in Bangalore and Madanapalle with an average starting salary of Rs 11,000 per month.

We are ensuring that all the 22 students of the current batch are also placed, as was promised at the beginning of the course.



Satsang Swasthya Kendra

Six Months 2019 : Outpatient Department Beneficiaries : 4525; No. Of Camps: 22

SPECIAL PROGRAMS

Interactive session on Female Reproductive Health - Physiology and Pathology:

On 4th June, 2019, 15 participants, mainly from Skill Development Centre participated in an interactive session on female reproductive physiology and pathology right through menarche to menopause. With focus on menstrual hygiene to appropriate use of hygiene products, numerous queries were answered patiently by Dr. Rajani Padmaraj. She also explained about few common ailments surrounding reproductive age, how to prevent them and if they unfortunately get them, how to deal with them and attain medical advice on time. There were some common beliefs surrounding the menstrual cycle and they were also adequately explained and myths busted.

Fifth International Day of Yoga - 21st June, 2019

The Fifth International Day of Yoga was celebrated at Satsang Madanapalle with enthusiastic participation. The day started with arrival of Mr. Santhosh, Yoga instructor from Bangalore. First programme was at Satsang Rural School at 11 am. 41 students participated and session started with shantipath and the tiny tots were introduced to Surya Namaskara followed by sukshmayayama and short Yoga Nidra session.

Evening session was held at Satsang Campus between 4 pm and 5 pm. Participants included SVM teachers and students, SDC staff and students, SWECHA staff, Satsang Support Staff, TSF Staff, Beneficiaries of SSK, SRS Staff, SSK Staff, Residents of Satsang

Campus, and Yoga enthusiast from around campus. The session started with welcome speech by SSK Staff Nurse Chandana who also informed the participants about general guidelines of Yoga to be followed before, during and after doing yoga.

Invoking the blessings of the Source, Guruvandana and Shanthipath were chanted. Customised to all the participants a session of asanas and pranayama was conducted.

Vote of thanks and token of our gratitude was presented to Mr. Santosh for volunteering and participants were thanked for their enthusiastic participation and they all pledged to incorporate yoga in their daily routine with sankalpa of wellness. Around 68 participants benefitted from the event.



Camp Details:

Camp	Expert Invited	No. of Camps	Beneficiaries
Ayurveda Camp	Dr. Chaitanya	6	136
Deworming Camp	SSK	1	240
Gynecology Camp	Dr. Rajani Padmaraj	1	16
Total		8	392

Satsang Foundation Mumbai Kendra has launched the MyTree Initiative with a new twist.

Faced with the challenge of getting an open space to plant a large number of trees, the **Mumbai Kendra** has found a **creative** way to **plant trees** in India's most populous city -- having **children grow trees** in their **balcony, terrace and garden**.

The Mumbai Kendra volunteers have

been organising **20 minute** interactive sessions with **children** where they show **short films**, answer questions and discuss new ideas. The films' feature scientific experiments that demonstrate trees to have feelings, and encourage kids to **see a 'friend' in a tree**. With this message they **distribute 'MyTree Kits'** which include a **pouch of seeds, a recyclable pot and a bag of manure and mixed soil**.

In partnership with other local groups, the initiative has successfully **distributed 950 kits and 250 kids** have grown their plants and submitted Selfies with their new found 'friend'. Upon the raising the plants the Mumbai Kendra gives them a certificate of participation, and if given permission, the tree is planted in the society where they live.

250+ Young Hearts with



your Friendship card



Young Heart's mytree KIT



Contents:

- Refillable & Recyclable Pot
- Bag of manure mixed soil
- Pouch of seeds
- '5 Star' chocolate
- TSF mytree Certificate

3	NGOs
26	Classes
1001	Children
100+	Teachers
200+	Parents
950+	KITs given
250+	mytree grown

Contact

If you wish to contribute your time, energy, contacts, financial or other resources, to any of the Projects, we look forward to hearing from you.
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