

# Newsletter

## Glimpse of First Quarter

April - June 2023



### Flying Dreams

Confused and lost, Khushi (name changed), aged 6, rescued from railway station arrived at Karm Marg in 2013. Life had taken a 360 degree turn for her. Accustomed to street life, Khushi found it difficult to adapt to an institutional life. She made desperate attempts at running away but each time her plans were foiled.

Gradually, Karm Marg's staff won her confidence with their love and support. Indu, a former team member of KM, has played big role in transforming Khushi's life, giving her a sense of belonging in Karm Marg.

Khushi who's now passionate about dance & theatre is currently in 9th grade. She is determined to achieve her dream of becoming an airhostess.

She is also an avid enthusiast in Frisbee. Karm Marg has given her wings to fly and soar high - sky isn't the limit for her.



### A word from Volunteer

"I was overwhelmed by the hospitality I received in Karm Marg. I found such a dedicated team working for children, so sincerely. I loved the whole time of my stay there. Thank you so much. It is very difficult to deal with so many children daily; you people are doing a great job".

By Keertana (volunteer from oasis movement, stayed at KM for six days to conduct life skill session for children)



## Challenge to fly high

**Tripti** (name changed) arrived KM at the age of 17 (going to be 18 in couple of months) with mental health issues including conflict with laws. She was disowned by family due to her personal choice to live life on her own terms. Baffled and lost **Tripti** came to a totally different world which she was not familiar to. She is adjusting and trying to live in KM till her problem resolves. It's difficult to understand the trauma **Tripti** is going through - navigating between the two worlds. She is trying to make a home with KM which is not her permanent home while the actual home where she belongs to is not accepting her as family.

One of the biggest challenges, Karm Marg faces, is the steady footfall of short stay children. During this quarter, 10 young girls under the age of 18 years came to KM from the child welfare committee. Most of them came with mental health issues, underage marriage (by choice) issue, conflict with laws and facing social trauma. Keeping these young individuals engaged and dealing with their mental health issue is a big challenge for us. They don't want to be part of the daily activity happening in KM as they are not interested in it.

They also come with the mindset of returning home after 6 to 8 months, which makes it even more difficult to impart skills and literacy effectively.

Our **Jugaad** unit and skill training in-charge, **Shabila**, plays an important role in keeping them engaged by doing creative activities with them. She also does practical maths & computer literacy program with them. Slowly and steadily with whatever time is available, we try to make a difference in their lives so that they can think differently and take wise decision.

<https://jugaadkoolmaal.com/>



## Flying Frisbee -Spotlights

The long-awaited project, Ultimate Frisbee, funded by EMpower foundation started in April 2023. Karm Marg has partnered with Y-ultimate, an organization providing life skills education to children through the sport of Ultimate Frisbee, Ultimate Frisbee is a non-contact, self-refereed team sport played with a flying disc (Frisbee) mainly in a mixed-gender format.

This impactful initiative focuses on improving understanding and practice of nonviolent communication skills, collaboration skills, and conflict resolutions through a gender lens for young people. Also addressing mental health issues of children coming from traumatized backgrounds.



It has only been a few months but the impact in the participants', viz, changed behavior is very much evident. The game has unleashed a fresh bout of enthusiasm among the children and adolescents. For instance, we can see new development in **Raj** (Name changed). He is taking initiative in managing classes and resolving team issues. Likewise, we are certain that this unique sport will also touch lives of other participants.

To learn more about this transformative project, please visit <https://www.yultimate.org/>



## Floating Art

The six months of “Art-reach India” workshop, led by Tilottama, a teaching fellow artist, came to an end in April 2023. All the children who participated in the workshop arranged an in-house exhibition where they displayed and described their work with other children. A short animation video made by them was also showcased. Children have gained so much confidence while doing all this. We look forward to new teaching fellow to share their art with our young ones.

For more information, visit  
<https://www.artreachindia.org/>



## Fun Maths Mela

4 aspiring young adults organized their first Math mela at a local secondary government school. They have been training with Aavishkaar for the past three years to teach math in a fun way to peers and younger student so they can easily understand the fundamentals of Math. Game stalls like Ganit Mala, Jhapata Maar, shape making were put up in the school to explain addition, subtraction, multiplication, division and also the shapes through games. 83 students had participated – 11 female and 72 male. As this is the first STEM mela with the school therefore Girls were hesitant to participate, we will try our best to increase the confidence by provide safe environment so more girls will participate in the presence of Boys.



Learning counting's through 100 Mala Game



4 operation game



Learning shapes

### Impact:

The students enjoyed the mela immensely. It was an amazing experience to find the much dreaded subject of Math actually was not all that frightening once they understood the concepts. It opened their eyes to a new ways of understanding math.



## Team capacity building

### Flight with Life Skill

In May, **Shabila** and **Pooja**, attended a 2-day life camp future facilitator training workshop at Don Bosco Institute organized by Oasis Movement, a Vadodra, Gujarat based organization, works on Character Building/Self Leadership Education for children/youths with the central philosophy of "**Heart of Education is Education of Heart**". A key takeaway of the workshop was how best to inculcate a nonjudgmental attitude towards children/youth and foster an inclusive environment where everyone feels safe and valued. They also facilitated a 3-day Life Camp for KM children conducted by **Keertana**, focusing on life lessons.

The focus is to train two **KM** educators in character building who will further facilitate life camp for KM children and community children to spread character building/self-leadership education to as many children as possible.

**Website:** <https://oasismovement.in/>

### Pooja's feedback:

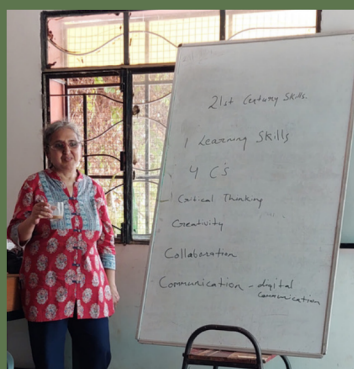
The workshop brought out my inner strength and helped me realize my potential. It was a truly transformative experience to discover the untapped capabilities within me.



## Understanding 21st Century skills

An orientation session with Karm Marg team members on 21st century skills was organized on 24th May 2023 by Manju Manak. The focus was to make them aware of life skills and how to use them in betterment of the children and doing future planning for the young adults. It is a new topic for the KM team, so it is important for team members to have in-depth knowledge of the skill.

A half-day session was held, and the workshop was attended by 8 team members and 2 management members. The team discovered the significance of 21st century skills such as learning, literacy, and life skills. The session concluded with review questions and a follow-up session scheduled for the third quarter of this year.





## Going Forward

One of Karm Marg's learning's during the last 25 years is that the children should have the opportunity for livelihood-based skills training. Academics alone will not fetch a job or provide livelihood.

Going forward, Karm Marg wants to become a learning center of excellence. We endeavor to offer quality skill training to Karm Marg's resident adolescents and also to those from the community. In continuation of our skills training, courses like Bakery, computer learning, mobile repairing, and urban gardening will be offered.

A comprehensive curriculum will be developed which would include technical, management, entrepreneurial skills, and financial literacy. Additionally, the trainees will go through English language, computer literacy and personality development training. Life skills education will cut across all the courses. Placement for jobs or guidance for start-ups will also be offered. This requires a huge investment.

Thus, Karm Marg plans to have a staggered roll out plan which would minimize the risk exposure by allowing us to test the product, assess marketability, get feedbacks, and make improvements before a full roll out. We plan to start with Bakery and computer learning this year and gradually expand, based on our performance, demand generated and resource availability.



## Star volunteer

Inspiration to many youth, every Sunday Sourabh, Sahil and Jatin who are in their twenties, visit KM to spend their weekend with children by sharing their skill with these children. They travel one and half hours to reach Faridabad from Delhi on a local transport to make KM children healthy and fit by teaching fitness exercises.

Its been 2 months and they never missed a day. Despite the long commute to reach our campus, they wholeheartedly devote their time and energy with children on increasing their physical and mental fitness and all the children look forward to their visit. This includes **26** participants (**Male - 17, & Female - 09**)



**Feedback- Mohan** (Name changed), **Saurabh bhaiya** gave me directions to remain fit and look after our bodies. He also guided us that along with physical health, mental and emotional health are important too, and we must take care of them also.

## Our Gratitude

We are so great full to **Mukti foundation (UK)**, **Scomi (Netherlands)** for their annual grant.

Thanks a lot **Josie Taalman** (Nelleke's Son) for your kind support.

We are grateful to **Guruprasad Mohapatra Foundation (Delhi)** for helping us to add more books in KM library.

Our thanks to **Girish Narang**, **R Singh Associates**, **Peter Dascoli**, **Manish Sisodia**, **Poojita Bagga**, **Rajiv Bhatia**, **Madhuri Jindal** and many more who helped and supported KM.





## Glimpse on Jugaad

**Jugaad** is not only a skill training and income generation program, but it also plays an important role on KM youth for their future planning and engaging new girls who come to KM under short stay project. Around 10 new girls were involved through various activities under Jugaad to keep them engaged. As most of them go through mental trauma about leaving their house, conflict with law and social pressure, this creative engagement gives them confidence, time to heal and build trust in us. Slowly they start expressing themselves, which gives us an idea how to resolve the issue and resettle them with their family.

Apart from this Jugaad also engages girls from the local community to provide them a space to come and explore their creativity. Shabila teaches them practical math which covers solving day to day math problems. Computer literacy is also included in our curriculum.

"**Jugaad** gave me a platform and the confidence to spread my wings, enabling me to become whatever I aspire to be. Coming from Jharkhand with no exposure to basic education rights, Jugaad identified my true talents and equipped me with education and livelihood training, which are crucial for my survival. I am immensely grateful and prepared to confront the world."



Visit us : <https://www.karmmarg.com>

