

# NEWSLETTER (OCTOBER to DECEMBER 2022)

## Karm Marg Charitable society



### Introduction

It has been tough for us to deal with the pain of losing our beloved child, Sidhartha while helping the children to process grief and their sense of loss. The children need proper counselling and Individual attention.

We needed a person who could hear them out and can understand their feelings. That's how Manju didi came here to provide support and healing touch. Children are feeling better now because they have a space to express themselves and manage their feelings.

We are immensely thankful to **Sir Shobha singh Public charitable trust** for sponsoring counsellor fee. It has been a huge support.

**However, as they say life goes on and we must move forward, so here is a story of hope.**

### An Inspiring Tale –



**Sohan** was rescued by Childline while begging on the street at the age of 5. A shy and loveable child, he blended well with other children. After 6 months of home schooling he was admitted in school. Sohan was good in studies and often praised by teachers but as he grew older his behaviour started changing. He became very stubborn, aggressive and not listens to anyone. He was not enjoying academic studies and stopped attending schools. We got very worried, started talking to him and asking about his favourite hobby, passion which turned out to be sports.

After a few months with little guidance and support, Sohan started taking active participation in various activities. He encouraged smaller children to participate in sports activities under his guidance. Sohan also became responsible for their general wellbeing including children's School homework/ sports activities and sometimes organized quiz to enhance their general knowledge.

On the occasion of children Day he organized games and fun activities for staff and children.

Sohan is much calmer and focused now and we are very proud of him. Clearly, he worked very hard on himself and setting an example for others.

## News from Home

A Final Goodbye -Mahua & Vijay, two icons of Karm Marg who were recently moved to Pingalwara trust for better care. It was a tough decision and we are so heartbroken. No one can ever forget the *Jadu ki jhappi* (magical hug) from Mahua, that greets you when you enter into the KM campus followed by an offer of chai from Vijay with a smart smile on his face because he knows if you accept the offer, he will get it too. We will all undoubtedly miss them.

Mahua has lived in KM for the last 23 years, while Vijay has lived here for more than 10 years. Mahua is deaf and mute and has an intellectual disability, while Vijay is physically and mentally disabled to a large extent.

KM served as their permanent home, and we never considered moving them elsewhere.



However, as they grew older, their needs changed, and they now required more specialized care. We cannot provide that kind of care while operating a child care facility.

Through their journey while living with us, they impacted our life very strongly. While Nurturing and taking care of them, we learned so much about life, our perspective changed towards people living with any kind of disability, we became wiser, patient, empathetic and kinder people. All of the team members are now more open and accepting of people with disabilities. For example all the children and team members learned sign language so we can communicate with Mahua easily.

We hope they get what they deserve and have a wonderful and healthy life ahead.

## Beneficiaries of the Quarter

<b>Permanent Children</b>	<b>34</b>
<b>Short stay children</b>	<b>07</b>
<b>Rehabilitation</b>	<b>09</b>
<b>Total</b>	<b>50</b>
<b>Community</b>	<b>28</b>



**Community engagement**

## Major Updates

**KM Strategy Planning-** since a year and a half we have been thinking about future of Karm Marg. We reached a point where we needed facilitation to move forward. So we decided to revisit our Vision, Mission and Goals and develop a strategic plan for next 10 years. We are grateful to Empower for their generosity in supporting us in our strategic planning endeavour. .



We have embarked on this process since October 2022 with Bhaswati Chakravorty, an experienced professional in this field, making strategy for Karm Marg.

**Again a heartfelt gratitude to EMpower for sponsoring this process. It's an extremely impactful support for us.**

**EMpower** team USA visited Karm Marg home in November 2022. We had a fruitful discussion on the programme and its potential impact on the children. We had organized an interactive session with the children as well. Overall, the Empower visit was productive and a highly rewarding experience for Karm Marg.

To know about Empower pleas go through the link- <https://empowerweb.org/>



**EMpower Team**

## Quarterly Activities (October – December 2022)

- Women and Child Development department Haryana organized a District level Inter Child care Institution sports Festival Children from different NGOs participated in this event.

Karm Marg Children also took part in various activities like cricket, Badminton, Race and carom board.

Nargis won 1st prize in Badminton.

Sohan and Tushar participated in 400 metre race and won.

Sachin and Shivam participated in 100 metre race. Sachin won 1st prize and Shivam 2nd. Raju participated in carom board and won.

Abhishek, Vishal, Sachin, Raju, Nargish, Rahul and Sohan won a cricket match.

The children came with the shields and it was a very proud moment for all at KM.



## The Champions

• **Children's Day:** India celebrates Children's Day on November 14 to commemorate the birth anniversary of the first Prime Minister of India Pandit Jawaharlal Nehru. At KM all Children and Staff had a great time. Everyone participated in the games and fun activities organized by Sohan.



## Educational Activities:

**Anjali and Nidhi** - Aavishkaar fellows - have been conducting online math classes for the children of grade 3rd to 8th. Children are overcoming their fear of Math's since the concepts are explained with real life examples.

**Diya and Shibi** as Aavishkaar fellows have joined KM to educate and develop children's mental ability to learn and understand Math and Science in addition to other subjects.



## Workshop & Events

**Artreach:** Six months of Artreach workshop organized by Akshay Sethi came to an end in October. All the children who were a part of the workshop went to Humayun's Tomb to wind up the workshop. The children had learnt to make various kinds of Masks with different material. It was an amazing workshop and loved by all 12 participants.

Children also met their new Artreach teacher Titottama who will be conducting workshops from November.

We are Thankful to Artreach India for providing Karm Marg with such an amazing opportunity.



### **Kolkata Sanved** - Dance Movement Therapy

5 days' workshop took place in h November and December led by Shubham and Sumit (DMT practitioners). This was followed by lots of free body movement, voice movement and fun games to understand their emotions and able to name the emotion they are feeling and share. 16 children participated in this workshop.



**Workshops and Events:** Eco Savera, Faridabad organized an exhibition on "Let's restore our Earth". Eco Savera aims at devising master plan for city waste management and implementing. Many exciting competitions were organised at the exhibition. Dance, Drama, singing, skit and painting competitions were part of the exhibition.

Sohan, Raju, Sachin, Shama and Geeta participated in Painting and Craft Making workshop. They all had fun filled day. There were stalls of environment friendly products which was one of the main attractions for the visitors.

Jugaad had also put up stalls to showcase its products.

**Sanjhi Khushi** -Winter Carnival: A much awaited event. Many children at Karm Marg were preparing for this event for months. This is a platform where various NGO's working with the children come together to celebrate this day. This year we had 6 NGOs Jagriti, Adarsh Samaj, Vision Unlimited, Prabhat, Creativity Adda and Karm Marg with 400 children participating in the event. . There were performances, music, great y food and a lot of fun games.

The Children performed with their hearts out. They received story books, clothes and shoes. It was a day of fun, games and dance.

We cannot thank Tanushree didi enough to make this day happen. She is the person behind all this happiness.



### **Festivals and Celebrations:**

Birthday Celebrations: Shama and Anamika celebrated their birthdays. They welcomed ahead the year with Cake and Dance.

Dussehra marks the triumph of Rama over the demon king Ravana, who abducted Rama's wife, Sita. On this day Children got to learn about how good always wins over evil.

In Karm Marg, to protect the environment, the effigy of Raavan is not burnt, instead children celebrate it with dance and music. A garba (folk dance) night for all the children was organized. Everyone enjoyed themselves and had a lot of fun.



**Diwali** is one of India's biggest and most important holidays of the year. It's called the festival of lights. Nelleke didi bought clothes for all the children. All the children enjoyed purchasing and selecting their own cloth.

Christmas and New Year Eve: Christmas was special. Good food and no school was fun. The children made delicious gajar ka halwa for New Year's Eve. All danced and enjoyed the day.



## Donors & Supporters

• A Special Thanks to Sir Shobha singh Public charitable Trust for the following donations

Ecco Car- This donation has been a life saver for us. . Besides emergency use, we are now able to send children to school on time. .

We are also thankful for cooking gas and Milk sponsorship.

• Manjiri Didi, an old friend of Karm Marg hosted a delicious lunch for the Children.

• Nelleke sister, a KM well-wisher and friend visited KM home along with her family. They played games with children and enjoyed lunch with them.

**Apart from this we also received following donations and we are humbly grateful for the constant support.**

### INR -

- Grant from APPI
- Somfy India
- Manish Sisodia
- Girish Narang
- Rajiv Bhatia
- Manish Kanth
- Santosh Singh
- Adarsh Sharma
- R Singh Associates
- Meenakshi Ratnakar
- Rajender Kumar
- Preeti Mehta

### FCR -

- Grant from Empower
- Donation from Mukti Foundation
- Donation from SCOMI
- Donation from the Rug Company
- Donation from Nelleke

## Jugaad:

Jugaad has started doing moderate business. They were invited at various places to showcase and sell their products.

- Jugaad showcased and sold their products in Eco Savera exhibition.
- Jugaad was invited by Manav Rachana Faridabad to display and sell their

