



Newsletter Jan -June 2022

Karm Marg Charitable society



Apologies for not sharing the first quarterly report (Jan22 to March22) on time. Am now combining the first and second quarter into a six month report (Jan 22 to June 22) of this eventful year.

Highlights..

With immense gratitude we are very happy to share with you that Karm Marg has completed 25 years, at this achievement a small thank you note from our Founder **Veena Lal**

In the year 1997 on 7th Feb without knowing most of you, KM was born. A few children who were living on the street wanted to hold my hand, to guide them, so that together we find our identity with dignity. I didn't have a clue how it was going to work and how to move ahead but knew that we had to do it. And since then the children and I have become "We".

We are completing 25 years of our journey on 7th Feb 2022. All of you and many more joined us in this journey and supported us to achieve the dreams which we had seen. It has been a roller coaster ride.

We have seen successes and failures, good days and bad days. We laughed together and cried together and reached here, where many children and young adults see their dreams coming true, many have flown high and many more waiting to take off. Our work was appreciated and applauded by many people and organizations.

In these 25 years, we all have made KM, a place which, is not only child-friendly and owned by the children, but also a place to do all sorts of experiments, explore creativity, practice environment-friendly activities, practice equality, without hierarchy,, while keeping our dignity intact. This was possible only because you stood by us, trusted us, and worked hard to support us.

A big thanks from the bottom of my heart to all who believed in us and supported us.

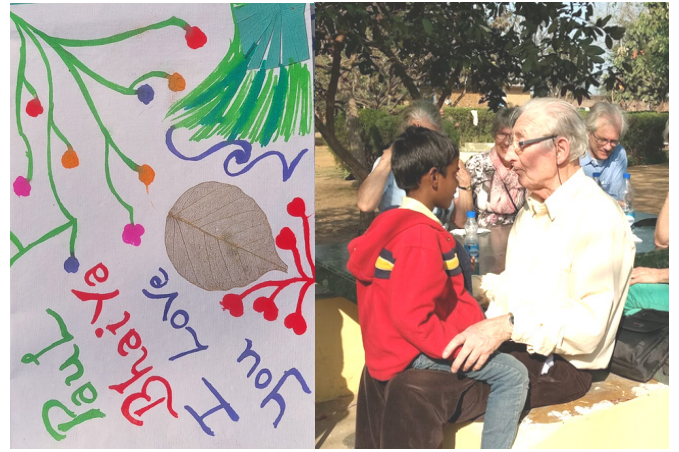
A Big hug

Lost a dear one

As we were planning & preparing for the big day celebration on 7th February 22, News came from the Netherlands that we lost our greatest supporter and best friend **Paul Bakker**. Paul had been with us through thick and thin during this 25 year long Journey. This news was shattering for us all.

We trust that he is up there somewhere and blessing us with his kindness and laughter.

May he rest in peace, eating his favorite candy and playing with kids.



CELEBRATED 25TH YEARS OF JOURNEY

We postponed the big celebration to April due to Paul bhaiya's death and a sudden spurt in cases of Covid -19 . We finally celebrated on 9th April with friends, supporters, associates & also donors from abroad.

We were lucky that they could join us on this big day, along with the alumni of KM, members of the local community and classmates of our children.



Anish (Alumni of KM & yoga instructor) mentored our children for more than two month to perform five dance shows. We were especially happy to see the boys who are always shy to perform in front of people, do their magic and put on a superb performance..



WALL PAINTING

Deepak KM alumni an artist did outdoor wall paintings with the children, together they turned KM into a beautiful space so when you walk in to KM you now see vibrant colorful images related to our surrounding nature and Indian folk art.



THEATER PERFORMANCE

Jay a young theater person held a month long workshop and they presented a show on various issues faced by children in the modern world. It turned out to be a very impressive performance, loved by all.



Studio Roof from Amsterdam sent a three member team to volunteer for an art workshop. They painted a wall with the children drawing a pair of wings with recycle cloth as a symbol of freedom.



WINGS IN MAKING



ANGLE WINGS



WALL ART

Our children took pics in front the art work so it looked they have the wings to fly. With these pictures they made a collage which we displayed on the annual day for everyone to see.

CHANGES HAPPEN

Pappu (10 years) came to KM through referral by the child welfare committee, Faridabad in September 2021. He was rescued from the street and needed urgent care.

He arrived at KM with intellectual disability & specking disorder. In the beginning, apart from his disorder he had several behavioral issues as well. He just don't want to stay at KM, was crying all the time and refused to go inside the room, he needed constant supervision. It took us weeks to gain his trust and make him comfortable. Gradually we put him into a structured schedule with other children, in the beginning he showed reluctance , refused to participate in the activities but after a year we saw a drastic change in his behavior. He is now a happy child who loves to take small responsibilities is happy to help, tries to communicate with others and the best part is that he takes care of other special needs adults.



For us it is always a big challenge to work with these kids as they need one to one care, attention and supervision. Due to lack of funds we cannot afford more care-givers and the responsibility comes to the current team members. They try their best to provide the children with the care they need and most of the time we see positive changes in the children.



PROJECT UPDATES

Kolkata Sanved team visited KM to do a five day residential workshop with the children who are part of DMT (Dance Movement Therapy) for last one year. This was the first physical workshop after doing online workshops for one whole year due to Covid.

During this 5 day workshop team members Rashi , Tillotama and Shubham first observed each child and based on that Rashi created a database which lists each children's interest, their discomfort area and how this workshop was impacting them. The children's feedback was that physical workshops are more effective than the online workshops. They were unable to connect with the philosophy behind the DMT workshop.

Please visit link to know more – <https://kolkatasanved.org/>

No of Participant: 16



What they learnt



- Group Building, Focus, Creativity and Communication
- Identifying Emotions, Connecting with Self
- Trust building and empathy
- Self-Care, Celebration, Mind Body Connection

Aavishkaar Himachal – After two years of doing online classes and strengthening the foundation in math & Science our core team (6 beneficiaries) and Primary math team (15 beneficiaries) went to Aavishkaar Campus to do face to face workshops about what they had learned in two years. The children visited Aavishkaar in May & June .

During these days they again understood the concepts of Math and Science and why we need to understand them, in simple way. They learn Addition/ Subtraction, Division/ Multiplication/ Square and Rectangle, Friction through various Games. They also learnt how we can measure our heart beat through different nerves. They also did a solar walk in which they played roles of sun and planets and got to know about the specialty of each planet ..

The Core team organized a Math and Science Mela based on different games & activities for the Primary group. They set up different games stalls, it was lots of fun and playing games. Our kids also learnt about the world of Bees and why they are important for our environment. Their visit ended with sightseeing, visiting the Baijnath temple, and the paragliding sites at Bir and Billing





Practical Math team visit – We started this project with the help of Aavishkar for the members of our our **Jugaad** team and associate beneficiaries to learn math which is applicable in our work area & day to day life. This project is going on since last one year and during their 5 days stays at Aavishkaar they explored Excel, Google sheet, spreadsheet and Canva. They also learn Measurement, Costing.

Rani Rauat was part of the Core team who were engaged with Aavishkar for the last two years to understand Math & Science better and pursue these subjects academically. She was selected by **Sanjhe Sapne**, a sister organization of Aavishkaar who train young girls coming from disadvantaged backgrounds as teachers, to teach Math & Science in simple and fun ways.

During her training she will learn teaching techniques, how to engage children and handle them, apart from this she will also improve her English, Communication skills and basic Computer skills.

We wish her a great future ahead.

To know more about Aavishkar pls visit <https://aavishkaar-palampur.org/>



Special thanks to Aavishkaar team members for hosting, caring and providing a comfortable space to our children to learn and grow more. Especially for the delicious food, which the children loved

All these projects are funded by Empower Foundation USA.



Disability and Direct Support Training Program: A 4 day workshop on Disability and how to deal with it. This workshop was organized by Shaurya Foundation Trust at Karm Marg. The purpose of this workshop was to train care workers and other team members of KM. They covered awareness about disability, their laws and Challenges. This 4 days' workshop was eye opening and very informative. we learned so much during this workshop.

No of Participant- 10

What did we learned

Types of Disability-
Autism/ADHD/Cerebral Palsy/Down Syndrome
Aachaar sanhita (Rules and regulations)
Decide boundaries/ Give time Frame/Solution/Flexibility
Goal setting



Reconstructing – After the workshop we sat together to redesign the existing daily schedule of our special need children/adults. We also changed our patterns of dealing with them and we saw a positive impact but there are still various issues which need to be worked on.

Now they also learning skills like gardening, painting, following the time table. We made a chart for each one where they put a star when they follow the time table and a wrong sign when they did not follow it.

They are also getting their hands on gardening and Ghanshyam bhaiya is helping them learn this new skill.

They planted some plants for themselves and are watering them daily.

To know more about them visit here <https://shauryafoundationtrust.org/>



Manzil Mystic- The Manzil Mystic project came to an end, it was a one year partnership with them to teach and get children interested in Music. Most of the classes were online but they visited KM to recrod the songs that the children hand learnt online. After the recording a small presentation was conducted online. Other partner NGOs and the KM Children's performance was showcased.

Life Skill workshop by Manju Manak

- Manju Started taking sessions as a volunteer with 15 children to make them understand and develop life skills.

Topics which were covered:

SWAT- Strength, Weakness, Opportunity and Threat
Likes and Dislikes and learn about 10 life skills.

Relationship/ Attraction
Abuse – Physical, Emotional and Social abuse
Response to Conflict

We are very happy to see that children are actually enjoying this workshop and would like to say a very big thank you to Manju di for this amazing and informative workshop.



FESTIVE CELEBRATION



HOLI



REPUBLIC DAY

News from the Garden

The Coverage- A short film about Our Organic Farm and Karm Marg was made By Down To Earth India and released on Youtube . As a result of this we are getting lots of visitors and meeting good resource persons for KM. **This video got 407K views.**

Spring was short this time but flowers were blooming everywhere. Serene and Beautiful.

