



# VOICE OF VIDYA

MUMBAI

APRIL AND MAY 2020



## COMMUNITY EDUCATION GOING DIGITAL

The last few months has enabled VIDYA to reinvent itself and to continue educating digitally. It has been challenging, as our underprivileged beneficiaries and students do not have resources and ease of access to technology. They are not adept in the digital world. Despite the various challenges faced by us to connect, and continue to educate our community, we have found a way to circumvent the difficulties. Teachers reached out, supported, and educated students through WhatsApp, Zoom calls and webinars. They have created videos which have been circulated on WhatsApp. VIDYA has also focused on training teachers to improve their computer skills which in turn will help current and future students. This move to instil the importance of the digital world in the VIDYA community and educate them through various available modes of technology is a step forward.

Apart from improving the education and skills of students and beneficiaries, we at VIDYA believe it is important to keep up the spirits of the community. Keeping this in mind, we have also undertaken various creative and stress busting activities with the aim of uplifting students, beneficiaries and their families.

## TABLE OF CONTENTS

DIGITAL EMPOWERMENT  
PROGRAM

MARGAM

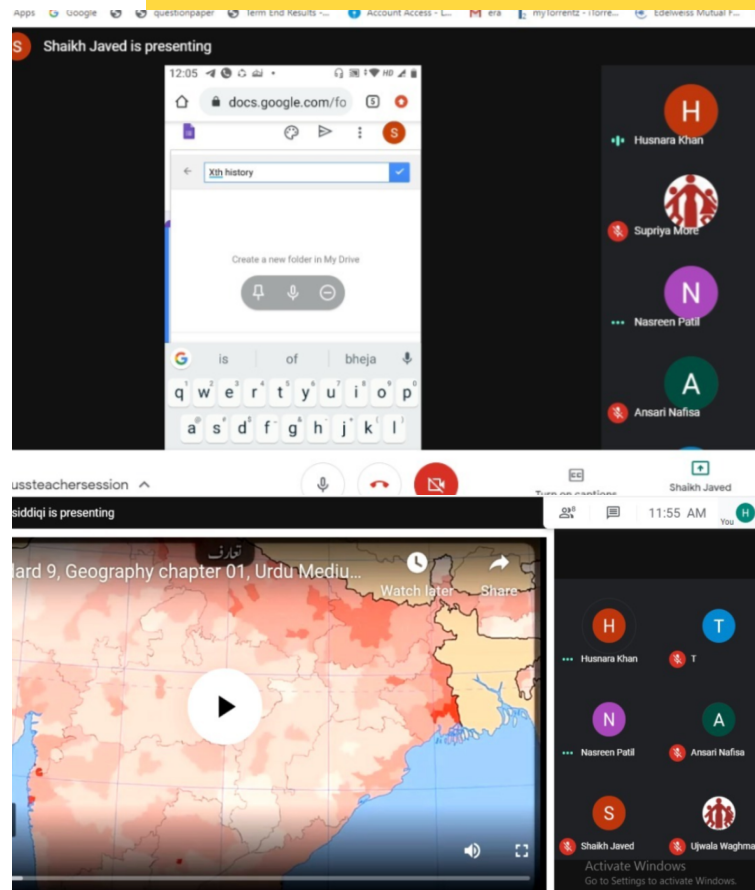
YOUTH PROGRAM

VIDYA WEBINARS

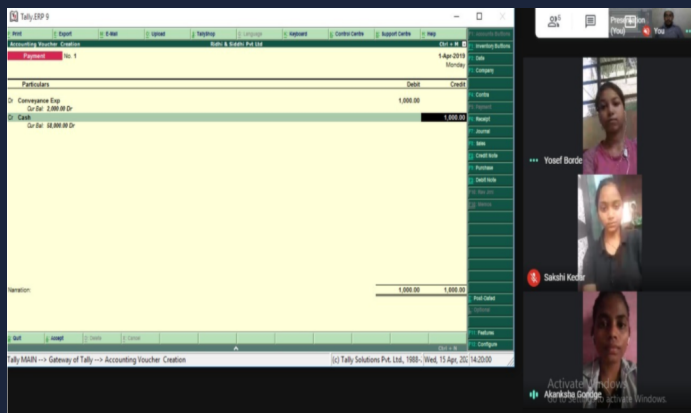
## STAYING CONNECTED

### Activities during this phase

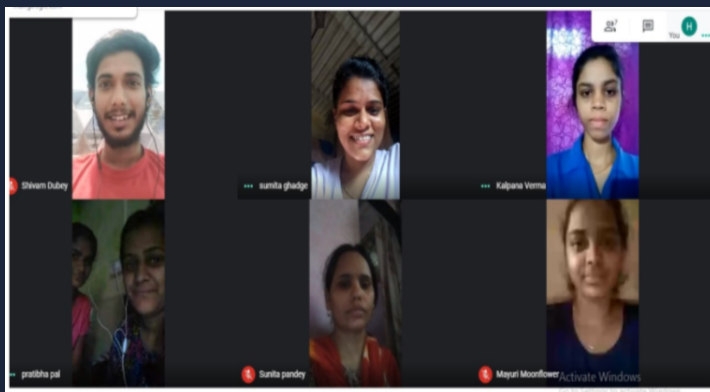
- Teacher Training in Python, Basic Electronics, HTML & CSS, Advanced Scratch was conducted over a 2 month period starting from 16th March.
- Alumni Tracking - 200 students (CN & MN) were enrolled.
- The end of term assessment was completed for 60% of the students for whom reports have been generated.
- Regular online batches for the youth commenced on 10th April in all centres with a total batch size of 254 students.



## DIGITAL EMPOWERMENT PROGRAM



### ONLINE ADVANCED TALLY SESSION



### ONLINE STUDENT SESSION

#### Extract of Covid-19 Blog by Priya Dubye ( Milind Nagar student)



"Only I was 'trained' to help my mother in household chores and cooking, but I have relocated to Mumbai now," says her 25-year-old daughter, who works in financial services. "So lockdown or no lockdown, she does everything on her own. Everyone just assumes she'll get it done, even though all of them are at home. It's like all her effort is invisible."

Sapna, a domestic worker in South Mumbai, finds herself in a similar situation. Her husband, a driver, lost his job a few weeks before the 21-day lockdown. Living with them in their small kholi in Dadar is also her aged mother-in-law. For two days after the Janata Curfew imposed by Prime Minister Narendra Modi on March 22, Sapna continued to cook and clean vessels at the homes she works at, fearing her employers will deduct her wages. She was relieved once assured that she will be paid in full, but the uncertainty of life ahead worries her. She does not know when her husband will find a new job and running the house with limited resources will be challenging.

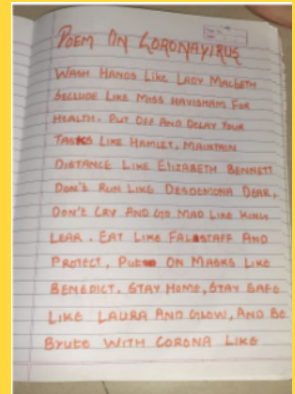
"Not that he is much help to me otherwise," she says, describing how her days—even under normal circumstances when she has to report to work—involve cooking, cleaning, washing clothes, caring for her mother-in-law, stocking up on groceries, medicines and other essentials.

## WORKING BEHIND CLOSED DOORS

***As we have not yet been able to open Margam Centres, our teaching and support continues online.***

Some of the work done during this period is outlined below:

- Commencement of online classes on stitching, mehendi, spoken English, hand embroidery and Warli painting. The training is being done through videos made by skilled trainers and is sent through WhatsApp, which most beneficiaries can access. We are getting a very good response for these classes, especially from young girls.
- In between sessions, beneficiaries participated in creative activities such as drawing, painting and writing poems which helped them give expression to their feelings on the pandemic.
- There was an overwhelming response to a session conducted where trainers encouraged beneficiaries to cook interesting recipes and send pictures with their families.



## MARGAM



Our teachers are sending YouTube videos of how to take measurements and how to draft. Few have tried stitching and they have made beautiful blouses, pants etc.



***Centers were closed due to lockdown but there were activities galore in the Beyond School Program.***

- Digital Summer Camp included events like gardening, stitching, creative writing, quarantine fitness routine dance and a Digital Finale. In the Masterchef competition, the children enjoyed cooking any dish of their choice with the help of their parents. All this was accomplished by sending videos of activities which they watched and replicated. We reached out online to help students with their studies.
- We even did a story reading and grammar workshop with the students.
- The teachers prepared all the lesson plans for grades 1 to 10 in the 5E format.



## **BEYOND SCHOOL PROGRAM**



- There was a Digital Finishing School for the students who completed tenth grade to help with a smooth transition from school to college. This included sessions in lifeskills, social skills and grooming. Ria Vaidya, GM, VFS Global spoke about grooming. Anupam Chakraborty HRD head of Citi Bank took a session on CV writing. Arnob Banerjee CEO, CEAT spoke about "How to be successful in life"
- We have collaborated with the Bhavisyayaan program and are now doing the sessions jointly.
- We also distributed rations to the families of the students in need.



***Centres continue to be closed and NIOS exams have been postponed. However, wherever possible the activities have continued digitally.***

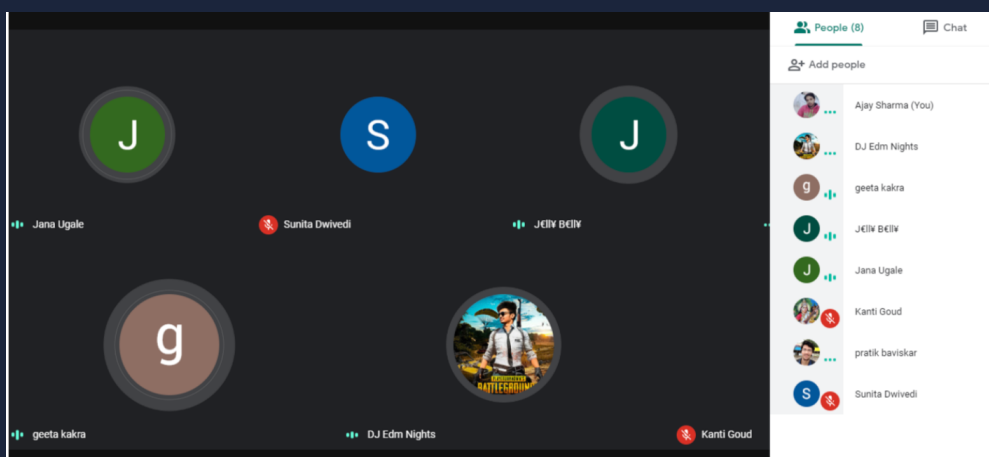
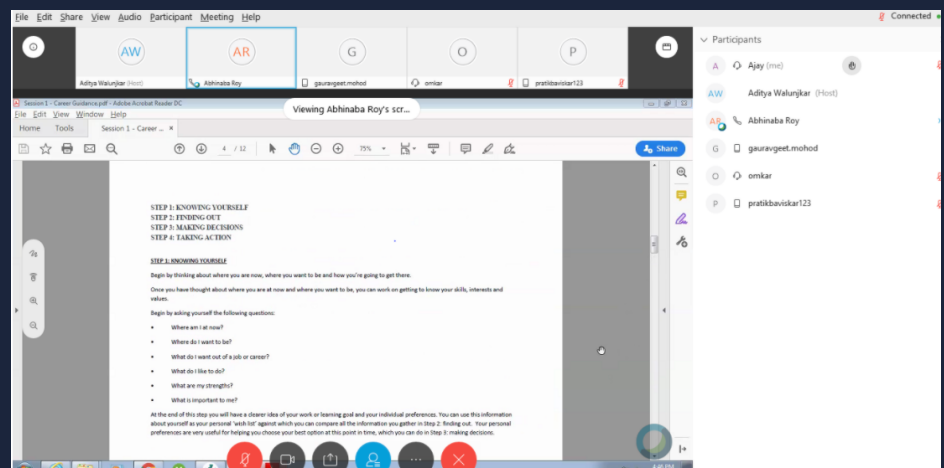
- Out of the sixty NIOS students, thirty seven will be appearing for exams. Twenty four of these students have been attending online classes through zoom, google meet and WhatsApp video. Worksheets are being sent to those who don't have access and they are using their parents' phones.
- Spoken English and Business Study classes are being held thrice a week. Soft skills sessions are being conducted once a week by a corporate donor.
- Scholarship call interviews were conducted for four students by United Way,
- The challenges being faced by some students are lack of connectivity due to lack of access or network issues. Some are having online classes from college and therefore cannot attend and some are working.



SPOKEN ENGLISH CLASSES WITH YOUTH FORUM STUDENTS.

## YOUTH PROGRAM

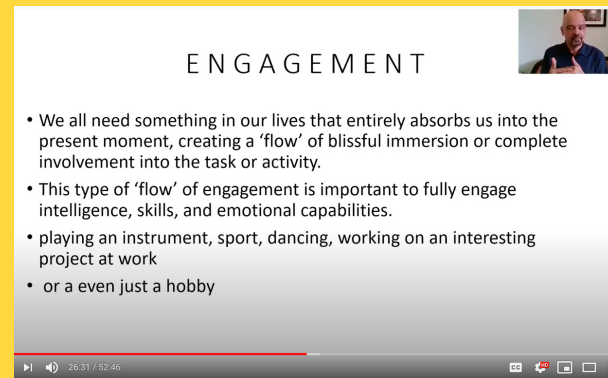
## WEEKLY SOFT SKILL SESSIONS THROUGH WEBEX.



## NIOS ONLINE LECTURES

## POWER OF POSITIVE AWARENESS AND ACTION COACHING

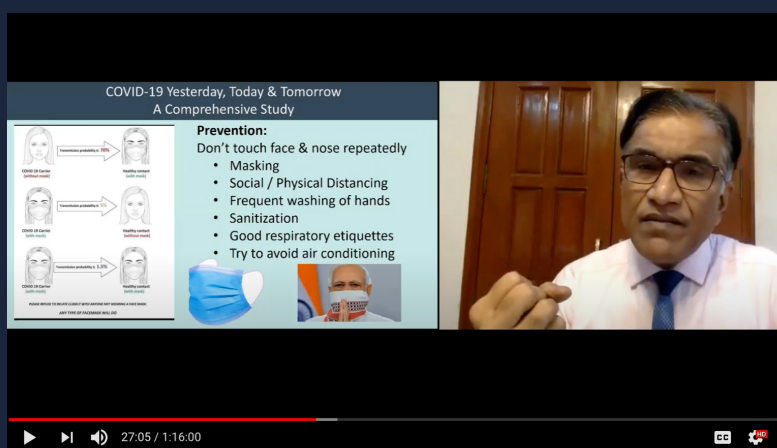
With the emergence of this unanticipated pandemic, there is also an impending threat of unprecedented deterioration of mental and emotional wellbeing amongst people. To address this issue, we invited renowned psychiatrist and founder of The Mindful Life, Dr. Rajendra Barve on 19th May 2020 to conduct an hour-long webinar on 'Power of Positive Awareness and Action Coaching (PAAC)'. Being a mindfulness teacher and a believer in the power of positive psychology, Dr. Barve delivered an inspiring self-help session intended to guide the audience through having more joyful experiences even in apparently challenging situations.



***"Positive psychology is not about floating over the turbulent tide but learning to surf, to use the kinetic power of the tidal waves."***

## VIDYA WEBINARS

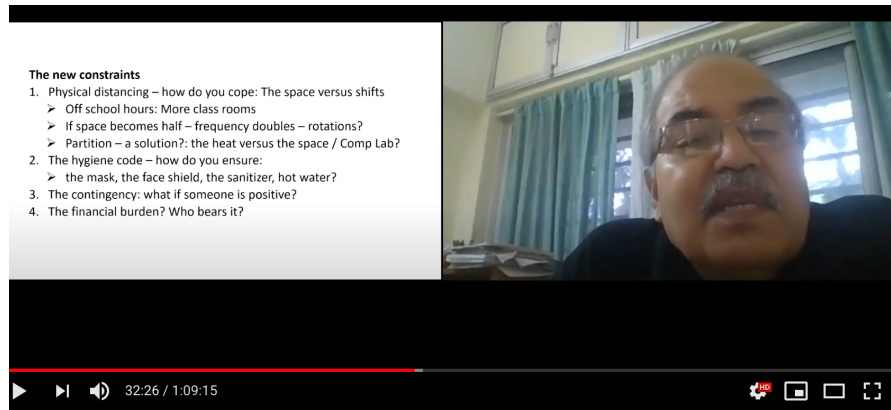
### COVID-19 YESTERDAY, TODAY AND TOMORROW- A COMPREHENSIVE STUDY



As we all are gradually coping with the reality of this global pandemic, it is crucial to stay informed and spread awareness about the mental, physical, social and economic impacts this situation could have and is having on us. With this aim, Senior

Consultant Pediatric, Neonatal Surgeon and Pediatric Urologist Dr. RJ Totla conducted an insightful session on the topic of 'COVID-19 Yesterday, Today and Tomorrow - A Comprehensive Study'. Delivered on 26th May 2020, the webinar extensively covered all aspects of the disease - causes, preventative measures, consequences on life and guidelines for safe living. Dr. Totla helped break down some of the most fundamental and frequently asked queries regarding the pandemic, busted myths and addressed fears and significantly helped provide clarity on this most talked about subject today.

## POST COVID-19 EDUCATION CHALLENGES AND OPPORTUNITIES



While several industries struggle to stay afloat during this global crisis, the historically rather rigid educational sector demands radical amendments. To enable implementation of the same, we invited IIT Bombay Professor Satish B. Agnihotri to deliver a webinar on 'Post COVID-19 Education Challenges and Opportunities' targeted at a wide audience, especially teachers at VIDYA who are providing off-school support to students as a part of Youth Support Program and Women's Empowerment Program.

Prof. Agnihotri began by narrating his experiences with education that led him to striking realizations and insights and then went on to cover the following topics:

- The ways in which the pandemic has changed how we live and learn, and brought in new, unforeseen difficulties
- Tackling these difficulties through digitalization, e-learning and innovative methods
- The existing issues with online learning techniques and the new constraints
- Imaginative methodologies and resources that can be used to cope with these obstacles
- How we can derive effective educational experiences through the opportunities that have surfaced since the spread of the virus. The engaging session explored aspects of education that are likely to require a high level of agility in order to be sustainable during such demanding circumstances.

**VIDYA**

**WEBINARS**

## MAGIC OF MINDFULNESS

Learning to identify and process turbulent emotions and negative thoughts is an imperative aspect of life. On 9th June 2020. Mrs. Jhanvi Vissanji, a VIDYA volunteer who possesses several years of experience across wellness-related fields as a teacher, consultant, mentor, certified hypnotherapist, psychotherapist and NLP practitioner, elucidated for us the 'Magic of Mindfulness'. After a comprehensive talk on the cause and consequences of stress and practical tools and suggestions to alleviate the stress, Mrs. Vissanji guided the audience through a short, soothing meditative session.



The webinar laid a foundation for individuals and organizations to cope with one of the most pressing and prevalent issues we face as a society today.



# HELPING COMMUNITY DURING CRISIS

Through donations, we have raised Rs 2,00,000. These contributions have helped us continue to distribute groceries to the underprivileged in the VIDYA community. With the ongoing COVID crisis, the need to support the underprivileged continues. Help us in our goal to support the community during this crisis.

We look forward to supporting more families.

## DONATE NOW!

<https://pages.razorpay.com/covid-mumbail>



**Vidya Integrated Development for Youth and Adults,**

Gurukrupa, Room No. 10, Hare Krishna Road, Opp.

Konark Bldg, IIT

Market, Powai, Mumbai – 400 076.

Contact: 02225787317

email ID – [mumbai@vidya-india.org](mailto:mumbai@vidya-india.org)

---

For Volunteering opportunities, Please contact:

Ankit Bhuptani - 9920879663

[ankit.bhuptani@vidya-india.org](mailto:ankit.bhuptani@vidya-india.org)

---

For any other queries, please contact

Priyanka Mathur - 8826288169

[priyanka.mathur@vidya-india.org](mailto:priyanka.mathur@vidya-india.org)