

## Jan Madhyam Newsletter: October November December 2023

The year has slipped away in the blink of an eye!

The end of the year has been very rich and full. Not only with celebrations (Dussehra, Diwali, Christmas and New Year) but also with many first-time experiences.



**Ramayan** on Dussehra took an innovative turn. There was a Zomato order from Panchvati, A mobile phone for communication with “home” and even a rocket launch to the moon!!The script was worked out by the trainees and they really enjoyed twisting the tale.





A concerted effort was made in this quarter to push physical boundaries. The Vedanta Delhi Half Marathon this time saw 22 children with their buddies participate.



**An adventure Park** where Zip Lining and Wall climbing and other adventures were offered with generous hospitality. This was an exciting day with many “first” experiences.





There was a **Sports Event, organized by Umoya Sports**, at Modern School, Barakhamba Road. It was exclusively for all challenged persons. Our young challenged sports persons ran races and took part in many events. **Congratulations to all of them. The Jan Madhyam Trainees came away with 8 medals!!!**



**An outing in Anandgram:** Being in the open in the beautiful surroundings of Anandgram and looking at their museums was a rich exposure followed by drawing painting.





The Parents were not left behind, they have now formed a core group of leaders who are taking initiative to organize meetings.

### **An Inhouse Mela on Ability Day**

a very well thought out immersive exercise to learn about the “market” “costing” “pricing” “advertising” and “selling. It was like a mini-MBA for under 14 age group.

There were x stalls, selling food made by the stall holders (trainees). The per plate price was fixed and very reasonable so that everyone could afford it.

They all came away with some profit and some understanding of economics.

The focus was on access and participation.

There was an upgraded version of the same “mela “with greater emphasis on “whole sale”, and Inclusion of Challenged peers. This time the Parents got very enthused and worked side by side with their disabled youngsters. It was a promising experiment which will continue to grow. It was a great showcase of Ability.

The motivation to “save” has been building up. It began by making a “gullak”. Now several trainees have savings accounts in which they have a clear goal for putting aside money for the future.





At Thyagraj Stadium- Divya Utsav, organized by Social Welfare Department, on **Disability Day** to showcase the products of Challenged persons. Jan Madhyam also had a stall for two days. It was an experience for the Staff as well as the trainees to be part of such a big event.



### Visit to Gonda and Basti

Annual visit to the village project saw a team from Delhi spend a week in both the Centres.- Laxmi our Katha Peti Expert gave many storytelling sessions in mainstream schools in Gonda and Basti.

Jolly ji and Ranjana ji took some training sessions. We introduced new ideas; Organic farming, plogging, making environment friendly bricks, knitting and crochet.

Networking with local organisations and Government Departments is very fruitful in the villages. Health services, educational department and now even the Agricultural Support department has been approached. It was a very busy and productive week.









All the festivals were celebrated. An enormous Rangoli was made. It took 28 people to encircle it! Diwali was made special with the Diyas made and fired by the children themselves. No one had to buy diyas. The Christmas tree made was unique.



The focus was on community activities to build togetherness like Community Cooking, (poori aloo, and multi grain khichri). The rice planted by the trainees at the experimental organic farm plot, was harvested. The other focus was the environment. To understand the value of resources and recycling; they converted waste paper into papier mache and plastic waste into cushions and cement bricks. These were new and important skills



## The Therapies

**Dance Therapy.** These three months were too much fun and all the children got to perform at all the events and celebrations. We wish our wonderful facilitator all the best .... she is expecting a baby.

**Occupational Therapy** has done David a lot of good. Some months back when he began, he could not sit still. Climbing onto the window, on the stairs, clambering over things....it was hard to keep up with him. After many patient sessions it is wonderful to see the same David, sitting attentively for an hour at a time. This breakthrough means he can now focus, follow instructions and learn. The numbers are growing.

The home visits and outreach have brought many more children in need of such services into our ambit.

**Puppet Therapy:** A group of 8 boys were selected. Going from raucous, exuberant hyper activity...they were led from one media to the other. They finally calmed down and created a meaningful puppet character and expressed themselves with it. In the last session of the season, it was inspiring to see them collaborating, containing their energy in a very productive activity- baking. A delicious cake was made together and then enjoyed.

## Art Therapy

The group of trainees work silently and attentively and most of all regularly on their art. Their work will be exhibited for all to appreciate their perceptive eye and development.





## Gardening

This is the season to work at planting seasonal vegetables. Spinach, Lettuce, Bokchoy, Radishes, Mustard and many other vegetables have been planted.

The neat rows are maintained by the trainees under guidance from Dhiraj Bhaiyya, Vinod Bhaiyya and Radhika ji.

Maintenance is a never ending but very important chore. The stage and fibre awnings were leaking! Big jobs and small were all done to satisfaction. Everything is looking spick and span and well cared for.

Nutrition remains very important to the health, growth and development of the children.

They learn about it by simply making healthy meals and sharing them. Multi grain khichri, poha, upma, idli sambhar, choley chawal.... The list is long, varied and very tasty!

The vegetables grown by them at Jan Madhyam are ofcourse added to each nutritional meal.

Cooking, eating together and making things with your hands is the basis of community and socialization. A full day is dedicated to this.

**Teachers and all staff** also had a "Socialization Day". The program had discussions, games and more games. It was fun to see Jolly and Ranjana hopping in the sack race. Everyone participated with enthusiasm and joy.





Before the end of the year, a calendar and a new year's card was made and sent to all our members, trainees, staff, neighbours, parents.... the entire Jan Madhyam Family.

**For the first time – A Science Fair was organized and held in Jan Madhyam.**

It was an interactive-in house effort, led by staff. Many exciting experiments were showcased. The children were amazed and their eyes were wide with disbelief!



We were invited to visit Sapna Foundation, Alwar District and conduct three workshops. The gathering was very wonderful. The Workshops were deeply appreciated by Sapna Foundation.





## Basti Centre

Soil was given for testing from two different fields in Basti, to the District Department for Soil Testing. The purpose is to apply scientific procedures to improve agriculture.



## Celebration: Gandhiji's Birthday





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