

Jan Madhyam Newsletter: April, May, June 2023

Despite the searing heat, it was a very colourful 3 months in Jan Madhyam. The exams loomed, but soon they were over and Summer Holidays here!

There were many Celebrations: Easter, Mother's Day, Eid and Earth Day were celebrated.

Maintenance of the Aya Nagar Building: It needed badly to be painted and took full two months for the job to be done. Now we have a fresh clean look.

Activity highlights

The children worked hard and the garden in Aya Nagar has yielded a field full of corn and Millet, Pumpkins, Lauki etc. The bananas are about to bloom. The Jamun trees are dropping plump purple fruit.



In Aya Nagar

A survey is done annually to search for children who need Jan Madhyam's services. Many homes were visited and new admissions have been registered in Jan Madhyam.

On the other hand, many in Jan Madhyam were now ready to move to mainstream schooling. Their admission in the Government Primary School, Aya Nagar was facilitated. After many long years of work in this community Jan Madhyam has goodwill and is able to represent the cause of Inclusion in the schools very successfully.

Scholarship: Students graduated from this program and new ones specially from the village program were added.

Work in the villages: In the Nora centre and Govt. Schools of Andretta village, Himachal.

a series of summer workshops were held. Children learnt mask making and theatre. .



In Gonda and Basti: Cleanliness, plastic garbage, recycling were the themes.

Self Defence Training was organised once again with the support of the Police Department



Disaster management training was done in Aya Nagar, with mock drills

Cyber crime, Earthquakes were the disasters we all learnt about.

Cyber Crime: what is it? what we can do to protect ourselves, how to seek redressal.

A mural with do's and don'ts acts as a constant reminder.



Games are so important for physical and mental development. Gonda Basti children have the space to play all kinds of games.

So are Yoga Vipassna and Pranayam. International Yoga Day, on 21st June, was celebrated in the school. It was attended by a huge number of children and teachers. Vipassna is a regular feature.



New Learning-Hindi typing app

Computer usage was taken up another notch. They applied their skills in making Excel sheets to make their time tables, expense sheets, shopping lists, stock taking etc.



All of us also tried to understand AI and Chatgpt

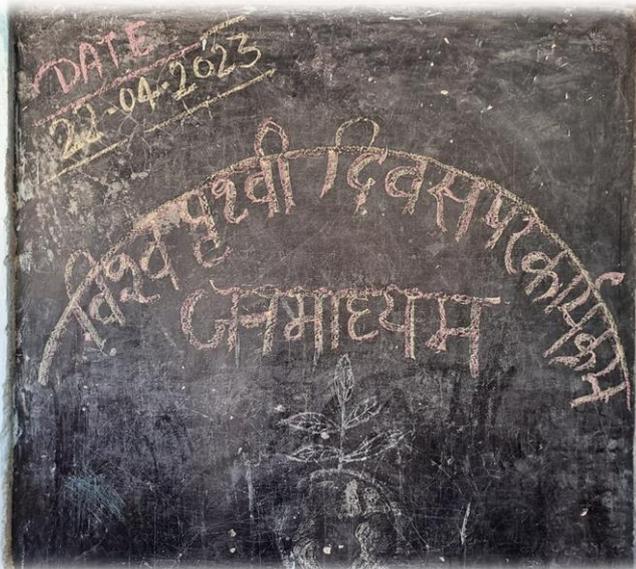
Environmentally friendly practices:

Earth Day was celebrated in a

big way specially in Gonda and Basti. Global warming affects the farmer directly. Understanding the impact through observation, discussion and dialogue.

Recycling old things, clothes, bottles, jars etc.

Making masks with environmentally friendly material and natural colours. The most creative and interesting masks have been created.





Srijan's environmental friendly workshops in Himachal and in Delhi taught a large number of children to make solar lights, repair them, Solar lights have been very popular in the rural belts as the power is unstable and electricity cuts are common.



Developmental Art Therapy: a small group of children leaned under experienced guide to draw. You can see rapid development in each one of them.

Gender education- tentative steps using dolls and story telling to open difficult subjects. Creating intimate safe spaces for sharing. Acknowledging difficulties and even trauma.

Theatre activities for confidence building and inclusion

A Five senses game: blindfold and taste, smell and touch.

Making models of the solar system, the planets and the earth

The village children have gone really far and performed for large audiences in Schools and Administrative offices. For them it was a huge milestone in confidence and achievement. JM work in the village is getting them places. Their theme was Sanitation. Children created a performance on this theme and took it to Schools in neighbouring villages.



In Aya Nagar: Masked activities and made their own story and then performed it. The theme was friendship.

Katha Peti: A new communication tool made like a story box with painted panels. This was taken to schools through Srijan activities. Mohammadpur, Aya Nagar and Sarojini Nagar



A Special Event: a Marathon



Dr.Lalji Foundation organised a Marathon specially for challenged persons. It was a very enabling experience as care takers and parents were not allowed to accompany their wards onto the tracks. The running was only for the special children. The parents were alarmed and then amazed and finally thrilled at the achievement of their children!!!

Inclusion

In the world of work is going to be our focus this year.

We are making resumes for the work ready youngsters, looking for vocational counsellors and participating in job portals such as the one Richa (a volunteer) has introduced us to.

Keeping healthy: Nutrition is very important.Fcus on summer foods, cooling drinks, traditional foods like Sattu.Trainees learnt how to make a meal without using gas or electricity. To be independent and confident in the kitchen. They have made excellent progress over the summer.Shreyans is making rotis, burgers and many other items.

Staying clean,washing and keeping cool and saving water at the same time.

Household tasks like poncha,sweeping,washing clothes etc: all important self help skills.



Mentoring for preparedness in the world of work with Specialist, mentor: Meetu Chawla. In this session children had the opportunity to express their dreams for their future. Self Advocacy: Shobhna (physically challenged) has demanded support for her further education to sit for IAS exams..

Deepak (Intellectually challenged) would like help in applying for a Govt, Job

Rajesh (physically challenged) is linking Shobhna to a free training facility in Jamia.

Donor Support: Donors provided caps to protect children from the sharp summer sun. | Vision and Smile Foundation helped individuals with their specific needs.



Teacher Training: it is time to refresh our skills. Training from peers in specialised areas: Vocational Training, Special Education .A three month training was given by Aastha and Shaurya.Important areas that

were touched upon were behaviour modification, systematic approach to teaching, individual observation and identifying teaching goals.



Future goals?

Parents were asked thought provoking questions; where do you see your challenged youngsters in the next 5/6 years. Some parents needed to think this through while others had a clear idea.

This was in preparation of the parents and the youngsters to move gradually to the world of work. They were shown a film “ I am Kalam”, which led to discussions on different professions. Future plans should be made taking into consideration the interest and ability of the child. A plan may be concretised with parents participation.

Increased communication during this period began with home visits to prepare children and parents for the Summer Holidays. Parents were encouraged to “report” the child's involvement in household work (something which is a part of living skills training.) It is wonderful to see daily videos of Meenakshi cooking, Deven folding laundry, Nimma cleaning....

Parent Training

A Certificate course for Parents and Siblings of Challenged Persons was conducted by Shaurya Organisation. The course helped in motivating parents and build a positive attitude. Thus they will be better equipped to understand the needs of their challenged child/sibling. This will also help parents to communicate with their child and resolve Behaviour issues etc.



Outreach: Keeping the goals of rehabilitation of our older trainees in mind an extensive outreach plan was drawn out.

Starting with sale outlets like MESH, we turned to Vocational Training Centres like Okhla Centre, Shaurya and Muskan, Training institutions like NIMH and NGO's working in similar communities like JM-Aastha. We got an opportunity to learn from their experience and activities.

Engaging with the Government Schools: formal applications were put in for working on Inclusion in the Government Schools (Delhi Government and Central Government Schools) at the MCD Civic Centre.

We are applying to place a shadow teacher in the Primary Schools and to work on Inclusion in 4 different Government schools.**The process was long,tedious,repitive but there is a light at the end of the tunnel.**

Donors List 1st April 2023 to 30th June 2023

Ms. Kanchan Singh, Mr. Praveen Gupta, Mr.Shailendra Kumar Hajela, Mr. Anurag Rohatgi, M/S Essel Social Welfare Foundation, Ms. Manshi Bidani, Ms.Ranjeeta Rohatgi, M/S Krishna Electrical & Hardware, Ms. Ranjana Pandey, M/S A2z Filtration Specialties Pvt. Ltd. M/S Delhi Institute of Advanced Studies, Ms. Jolly Rohatagi, Ms. Meeta Kapur M/S Sud- Chemie India Pvt. Ltd., Dr. Seema Sen, Ms. Shefali, Ms. Veena Ganju, Mr. Vijay Kumar Mehta, Mr. Sanjeev Kumar, Mr. Mangal, Ms. Pana, Mr. Liladhar Bhatt, Mr. Dinesh Kumar Singh, Mr. Bharat Kumar, Mr. Davender Singh, Mr. Arvind, Mr. Bijender, Mr. Govind Ram, Ms. Saroj,Mr. Dayal Singh, Mr. Dherendra Kumar, Mr. Anagd Shah, Mr. Shailender Pandit, Mr. Surender, Mr. Sunil Paswan, Mr. Gokul Rai ,Mr. Raghuvveer Singh, Mr. Shankar Kumar, Mr. Rajendra Kumar, Mr. Devanand , Mr. Virender , Mr. Firoz Khan Mr. Mahesh ,Mr. Umesh Singh, Ms.Mansha, Mr. Ashim Barla , Ms. Arti, Mr. Bibhuti Bhushan Panda, Mr. Manoj Prasad Singh, Mr. Jai Prakash Singh Mr. Amit Ekka, Mr. Pramod Kumar, Mr. Deep Chandra, Mr. Md. Salim, Mr. Pankaj Tiwari , Mr. Shimbhu ,Ms. Seema ,Mr. Kishan Kumar, Mr. Harpal Singh

Donation in Kind 1st April 2023 to 30th June 2023

Mr.Sanjeev Kumar, Ms.Deepali Dalmia, Ms.Shonali Mazumdar ,Ms.Savita Mehta Ms.Veenu Shah ,Mr.Shailendra Hajela, Ms.Ranjana Pandey, Ms.Santoshi Bidaliya

Visitors 1st April 2023 to 30th June 2023

Mr.Sajid ,Dr. Manju ,Mr. Vishal, Ms. Preet , Ms.Tanya Chaudhary ,Mr. Gaurav Dhaka Mr.Chandan Upadhyay , Mr.Ekagra Agarwal ,Mr.Chitr Kunwar , Ms.Sunaina, Ms.Pooja., Ms. Monika, Constable Mr.Rudra Pratap Singh, Lady Constable Ms. Khushboo Yadav, Lady Constable Ms.Rupali Gupta, Mr.Chandra Mohan, Mr. Ashok Bharti, Mr.Ramayan Yadav, Mr. Rakesh Kumar, Mohd. Rizwan, Mr.Devinder Jaiswal