

Shala- Beyond Books...

A concept of Adolescent education which is not limited up to books and the academic knowledge..

The understanding of CHANGE, of Growth, not just vertical growth but also in dimensional and deeper levels with a more meaningful purpose

Since 2015-16, Muktaa Charitable Foundation has started working on this Adolescent Education for teen age from age of 12 years onwards till 16 yrs. Working with the school children of std 7th, 8th & 9th helps us reach this age group, where along with interaction, Role play, story-telling activities and question-answer sessions we make them aware about various changes the person undergoes while passing through this teen age. We provide Life Skill Education along with a touch upon important aspect of Sexual health, various Sexually transmitted diseases and their preventive behaviours. To provide a back up, we promote it with a Helpline number 9850-3434-20 (Mon-Sat 4.30-5.30pm)

Topics covered:

1. Self identification & Self Awareness
2. Swachhta/Cleanliness of Body, surrounding & food along with internal cleaning through meditation
3. Inter personal relationship (Family, Friends & Love relationship)
4. Communication skills (Assertive sentences & ability to say NO)
5. Drug Addictions & Substance abuse
6. Sexual Health (development Physical, Intellectual and Psychological/ emotional)
7. WHO guidelines regarding Sexual Diseases- Prevention and Behaviour care

Methods Used:

- ✓ Group discussion
- ✓ Story telling
- ✓ Role Play
- ✓ Q-A sessions
- ✓ Personalised telephonic counselling if required

Achievements:

Taking help of UNICEF and WHO guidelines for LIFE SKILL EDUCATION FOR ADOLESCENTS' MCF has prepared its own set of modules for this project.

Schools from ZP to private, urban to rural all have welcomed MCF team for this project. MCF has conducted sessions in schools from city like Ahilyadevi, Modern School, Satyanarayan English School, Nav Maharashtra school along with rural schools from Saswad, Jejuri, panshet and remot place of Whelhe.

Almost all feedback from school students as well as principals and teachers are positive about need of such module for today's adolescent generation. A few of the feedback are attached along.

Our Reach & Our Aspiration:

In year 2016-17 we had covered some 3000 students, but due to lack of volunteers' man power, could catch only some 1000 students in year 2017-18.

For year 2018-19, we again aspire to reach more than 3000 students in and around Pune.

Along with schools, we also hope to reach this population through hostels, tuitions classes, study group libraries

In this year, we also want to tie up with ZP schools for faster action in school planning (as lot of time goes in approaching and getting permission from any school)

We plan to conduct Interschool gathering by holding an event with Essay writing or Street Play activity.

What we need:

Dedicated volunteers (housewife/ professional working person, no age bar, only interest in interacting with children and fluency with Marathi is expected)

Financial Help: As we do not ask for any fees from the schools where we conduct the sessions, we do need financial help for the long term running of the project.

Two committed counsellors/ facilitators with salary of Rs20- 25000/- month will help us gear up the project.
