

## Shala- Beyond Books...

Growth is always beautiful and is the main sign of LIFE. When it comes to growth of an Adolescent, its further more fascinating. The understanding of CHANGE, of GROWTH, not just vertical growth but also in dimensional and deeper levels with a more meaningful purpose. The development is same for a boy and a girl at intellectual and Psychological level, there are a few differences in physical growth, we become anxious of the difference and forget to appreciate the growth.

We as volunteers observed the depth of this awareness among teenagers and their parents. So we decided to reach out to society for the same. Though it's required to work with the parents as well as the child for getting the loop of 'Healthy Growth' completed, it's easier to teach the child. And we started with the project Shala-Beyond Books for teen age children age 13-16 in various schools from year 2015. Now we are in position of requesting schools to invite their parents for such work shop so that even parent's end is open to change, to communicate their love for the child.

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 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> 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 Modern School, Vision English Medium School, Satyanarayan English School, Nav Mahashashtra school along with rural schools from Saswad, Jejuri panshet , Khandala SHirwal and remote place of Velhe.

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

***Highlight of the year 2018-19:***

- A) Bal-Yuva Mahotsav in association with Modern College Pune (details given separately)
- B) De-Addiction Drive awareness sessions for colleges (BMCC, Modern College, Rao Saheb Patwardhan College, Katariya College Pune, Saswad, Velhe,

**Our Reach & Our Aspiration:**

In this year, we covered some 6600 students, more than our target of 5000 with help of volunteer's support.

For year 2019-20, we again aspire to reach more than 5000 students in and around Pune.

Along with schools, we also hope to reach this population through hostels, tuitions classes, study group libraries. We've already started one with some 26 children at Girijashankar society on 9<sup>th</sup> April. Second one planned on 10<sup>th</sup> May.

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:**

- a) **Dedicated volunteers** (housewife/ professional working person, no age bar, only interest in interacting with children and fluency with Marathi is expected)
  - b) **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.
  - c) Two committed counsellors/ facilitators with salary of Rs20 - 25000/- month will help us gear up the project.
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