

# RISE

Remedial Innovation in School Education

*"It is easier to build strong children than to repair broken men" - Fredrick Douglass*

Though he wrote these lines in the context of slavery, but it also holds true in relation to education. Education gives strength to the children to become strong adults and be successful in future. Education is so much important in a child's life that it marks the foundation of his success later in life and decides on whether he will turn out to become a happy and content adult or an emotionally shattered and depressed individual. We will one day hand over the control of our nation to our children and if they are not educated well to take up the responsibility, the goals that we have set for development will be remain unaccomplished. The purposes of education in a child's life can be many- learning skills, developing curiosity and creativity, instilling discipline, developing strength and endurance, communicating, building confidence, aspiration, observation, competition and personality development to name only few. If we give our children the opportunity to good education; we are handing them the key to their success and the success of the nation as well. RISE believes that education decides that how a child behaves, faces challenges and threats, learns, introspects, aspires and above all has a desire and will to achieve. So we in RISE, will keep striving towards holistic development of every child we have!



## Fighting diseases



Deworming day is a day dedicated to deworming all the school going children of the country to give them a healthy digestive system. It is a government mission held on 11<sup>th</sup> of February aimed to reduce the cases of worm infection among kids all over India. National Deworming Day 2020 was observed all over India on Sunday, 10<sup>th</sup> of February. Various programs and events were also organised on the occasion showcasing the importance of worm free lives and maintaining sanitation. Children and adolescents were given Albendazole 400 mg tablet of all the centres. Maintaining adequate supply of Albendazole tablets at healthcare and Anganwadi centres. Organizing a monthly meet of lady supervisors to administer Albendazole tablets. The target of this programme in 2016 was to cover approximately 27 crores children. Along with administering albendazole tablets, some other activities are also performed such as behaviour change practices, cleanliness and hygiene guide, use of toilets, wearing shoes or slipper, washing hands before eating food and after using toilet, etc. in order to reduce the incidents of re-infection. In 2017, it is estimated to cover around 34 crore children under ministry of health's National Deworming Programme to reduce worm infestation hampering

the growth of schoolers. National Deworming Day is observed in our country to reduce the cases of worm infections among kids. Kids are vulnerable to the worm infections in their childhood, so it is very necessary to save them from worm infection through good habit (hygienic) practices and deworming tablets. Digestive system disorders (especially infection) are very common to anyone especially children as it is the only system has to tackle with raw and cooked materials (food and water) from outside that may be dirty National Deworming Day is a big initiative campaign run by the government of India (Ministry of Health and Family Welfare) to make people aware about worm infections, its bad effects on the health and cure and prevent further infection through deworming tablets. Worm infection can make children anaemic, malnourished, weak, sick, and tired with poor concentration. This campaign is implemented by the Ministry of Health and Family

Welfare, Government of India in all the schools and preschools (anganwadis) across India on 10<sup>th</sup> of February. It is implemented aiming to combat parasitic worm infections among school going kids (preschool, school) using albendazole (400 mg). It is a chewable tablet distributed to the children at all government, government-aided, and private schools including anganwadis. It is found that some states in India are more STH prevalence such as, High prevalence (>50%) states are Arunachal Pradesh, UP, Sikkim, Chhattisgarh, Nagaland, J&K, Dadra & Nagar Haveli, Mizoram, Assam, Uttarakhand, Daman & Diu, Lakshadweep, Telangana, and Tamil Nadu. Moderate prevalence (20% – 50%) states are Delhi, Andhra Pradesh, Haryana, Karnataka, Himachal Pradesh, Kerala, Manipur, Jharkhand, Andaman & Nicobar, Bihar, Maharashtra, Goa, Odisha, Puducherry, Punjab, Gujarat, Meghalaya, West Bengal and Tripura. Low prevalence (<20%) states are Madhya Pradesh and Rajasthan. So, in order to ensure safety of children from worm infections, deworming is very necessary. Everyone must involve and support this campaign to make it a successful health programme of India and to make this nation worm infection free. At RISE centres we provided our children with Deworming tablets to all the children (1 to 19 years) on 10<sup>th</sup> of February to ensure that all the children are dewormed. This initiative has a specialty that it will be followed again by a 'mop-up day' on 15<sup>th</sup> of February





in order to distribute the deworming tablets to the children who were left or absent (due to absenteeism) in the school on 10th February. All the children (from age-group 1 to 19 years) are benefited under this campaign. Children of age group (1 to 5 years) are distributed tablets at the Anganwadi whereas children of age group (6 to 19 years) are distributed tablets in their respective RISE centre. Other children, who are unregistered or out of the centre, also received tablets at the anganwadi. Children of age group 1 to 2 years are given half of tablet (albendazole 400mg) with water, children above 2 years are given 1 full tablet (albendazole 400mg) to chew. We at RISE told our children about how to keep their eating habits good and gave them information about all the different ways to be clean.



## Learning Meditation



Traditionally, to keep traditions alive we as people celebrate all the festivals in different manners. But Mahashivratri is of a different significance celebrated with grandeur, devotion and love. Mahashivratri, the one that occurs in February-March is of the most spiritual significance and is the most important festival for the millions of devotees of Lord Shiva. The festival has been accorded tremendous significance in Hindu mythology and it says that a devotee who performs sincere worship of Lord Shiva on the auspicious day of Shivratri is absolved of sins and attains moksha. Legends apart, Mahashivratri celebrations are of tremendous significance since this festival is considered to be a powerful time for prayers and prayer fulfilment, spiritual awakening and realization. Whether one seeks worldly happiness or spiritual wisdom, Mahashivratri is considered as an auspicious day to seek the blessings of God! RISE centres in Sangam Vihar also celebrated Mahashivratri with complete devotion wherein all

educators & students in activities for praising lord Shiva and his virtues. The day started off with the students assembling in the centre for an hour long session on yoga. Students were taught the importance of daily exercise and how yoga could help them in increasing their concentration power, attention span and inner strength. Students were taught the positions of various yoga asanas first by a demonstration by the trainer followed by group exercise rounds. Students moved through the progression of poses from surya namaskar to naukasana thus engaging all muscles in their body.

It is said that the yogic tradition – not only the one with asana, but also the path of the self-realization – began from him. Shiva is considered to be the spine that was the source for all spiritual knowledge. Thus, students were told the benefits of yoga and that yoga keeps the spine erect and helps experience a powerful upsurge of energy. Yoga can be used to further one's receptivity to this energy. It is best to assume a yogic pose that keeps the spine erect, but one that's simple enough to remain

comfortably in the pose for a longer time. Children performed yoga asanas and meditated for longer hours on this day to honour the festival. Post the yoga session, students were taught about the various types of prayers and chants devoted for worshipping lord Shiva. Students were also shown the clippings of celebration of Mahashivratri at Mahakaleshwar. Additionally, what followed next was a colouring and drawing activities by children. Children made figures of Lord Shiva doing tandav, meditating Shiva, Shiv Linga, and Damru etc. Some of the paintings were so artistic that it left teachers spellbound by the talent of the slum dwellers.

The holy day ended with meditation by teachers, children and parents as meditation and surrender bring peace and solace to us. Since Lord Shiva symbolizes truth, peace, beauty, and infinity, he represents the essence of our soul as well. It is what we are made of. It is believed that Mahashivratri is a time of deep rest for the body, mind, and ego. According to Indian astrology, there are certain days and time frames in



a year that are conducive to spiritual growth and meditation. Mahashivratri is one such day. Students were made aware of meditation that gives access to something beyond the scope of the mind and intellect. There is a point during meditation when we experience space: a space of nothingness and love. Students were taught to expel ignorance and become aware of self and the universe. It is important that we understand the significance of each festival and its purpose and imbibe the spirit of this great festival in our daily life.

## Training of the Trainers



A teacher is a learner before he/she is a teacher. The spirit of bettering oneself is what defines an educationist. In this regard, it is essential for teachers to upgrade themselves, attain a set of differential skills, and improve upon practiced strategies. Teachers are at the heart of all centers' activities and their role as the most important contributor to the self-esteem of a child is undeniable. The holistic development of community, society, nation and universe is dependent on educational system and it is in the hands of teachers which has a symbiotic relationship with teacher education as teachers are the frontline providers of quality education.

A one day workshop was conducted by RISE team for preparation and planning talk with educators, discuss and then activities to be finalized as per interest of students. The team also guided educators in adopting more efficient ways of teaching, planning, and strategizing their lessons and activities so as to

maximize learning for students. Selection of activities had been discussed, day to day need of the children and teachers was assumed in the training as well. In workshop educators were motivated to incorporate the four A's: **avoid**, **alter**, **adapt** and **accept** in order to understand the children and to take them to a different level. RISE team and educators also had a discussion on PBL which would help for future planning also. Aims of education were also discussed.

The main objective of the training was capacity building of teacher educators which mentioned the necessity of intermediate check of the course content for students' benefit; to ensure the objectives that have been declared at the time of beginning of classes; planning, formation of course content and evaluation; remedial education of poor students. The training was focused on to strengthen the teachers in planning and visualizing lesson & preparing concept /mind map, designing worksheet and knowing learning gaps. The training also aimed at helping RISE educators understand and appreciate diversity

in children and accept their shortcomings more positively. In training RISE team focused on teacher responsibility and accountability, teaching strategies, regular assessments and evaluation, child psychology, making of the child-centered learning materials, etc.

The training saw an active participation from educators who shared their experiences and showed commendable team spirit in planning out activities. RISE team stated "with the learning, there is a strong need of unlearning, relearning how to teach the new generation students in this highly technological world. Educators in this liquid society must be 'a meddler in the middle' and the process of teaching is mutual learning for both teachers and students. We should move from the attitude of 'I do, you do' to an effective and inclusive approach of 'we do.'" RISE team felt that availability of all information at the click of the mouse for the students made the 21st century teaching a very challenging one and teachers should mould themselves to the required environment. It was a hands-on training with educators preparing their own teaching tools in groups and reviewing those of others. The educators also got an opportunity to share their own teaching innovations with their peers in the field. The ultimate aim to share and grow was addressed again through yet another workshop.



## Parents - Teachers Interaction

Parent Teacher meetings (PTMs) are organized on quarterly basis in RISE centers as a regular activity of RISE Academic Calendar. These meetings serve as a connection platform for parents, teachers and community. Moreover PTMs are a wonderful time for parents to meet with child's entire teaching team. These meetings also demonstrate to a child that s/he can trust his/her teacher, because their parents do. PTM can help to make student teacher relationship a strong and rewarding one.

RISE aims to train the students under its umbrella so that they may emerge as civilized member of society and contribute for the betterment. To achieve target we polish the skills and abilities of students from time to time. Learning starts from home, whatever is learnt at home, stays with the person throughout lifetime. Therefore parents are counseled to play their active role in the personality development of kids. In this regard, some suggestions were shared by RISE educators such as: cleanliness



& personal hygiene, punctuality, regular study time at home, respecting others, avoid negative talking and behavior in front of the children, give respect and regard to the children, etc. The PTM came to an end with the conclusion that the progress of the students depends on the joint effort of parents and teachers. Educators were happy to note that as teachers of their students, their efforts to make the students creative, confident and hardworking was being well appreciated unanimously by all the parents.

## Breaking barriers - Neelam

Mrs Neelam Singh started working in RISE centre at 18, as an educator. In her family she has her in laws, husband & her 2 kids hailing from Sultanpur, U.P. Inspired by her School teacher, she always had a dream to teach the children for their good & she joined RISE again last year. In her past years, Mrs Neelam has piloted years-long transformational journey for her kids. With a willingness to do something good for the community and children, she joined RISE as an Educator. Today she's founded what she always wanted to do to support children who have the eagerness to study & solve their biggest challenges using their unique talents. The children of Neelam and of course she herself are very multi-talented. She along with studies also teaches the children moral values, extra-curriculum activities too. Her centres is always ahead in taking part in any kind of competitions. Her teaching is a good impact on children that fosters them to use their mind, heart and hand to solve the most pressing issues of the 21<sup>st</sup> century. Her journey in RISE is commendable as together with her husband's support Mrs Neelam has culminated in a self-initiated & independent woman.



Mrs Neelam even thanks AROH-RISE and shares, "RISE is on a tremendous track for supporting children and people. It works tirelessly with no avail. Like mine, RISE has built many careers & futures of kids & females. I'll always be grateful to RISE."

## Smiling & Inspiring “Kashak”

Kashak Kumari, 11 years, hailing from Moradabad District of Uttar Pradesh, is studying in class 4<sup>th</sup> in RISE centre from last 2 years. Her parents work as a daily wage laborers and the family has 3 children. Income of the house was not supporting for his two daughter's education. Though all 3 children were enrolled in government school but instead of being a bright learner, Khushi was not supported in extra classes. When Mr. Matlum got to know about RISE centres, he was more than happy to enrol all his 3 children in RISE. Khushi has, as always, been a pro student in RISE too. Her school marks have improved. She has developed as a person too as she participates in all cultural and sports activities within RISE. Her parents are also active in all PTMs and feel proud of their children.

Mr. Matlum says, *“RISE has been a boon to many parents like me. Our children are performing better. They speak better English. Children are active, happy and performing well in studies too. We would have never been able to afford this otherwise. I thank team RISE for the support they have lent to us.”*



**Agriculture Insurance Company of India Limited (AIC)** was incorporated under the Indian Companies Act 1956 on 20th December, 2002 with an authorized share capital of INR 15 billion and paid up capital of INR 2 billion. AIC commenced business from 1st April, 2003. AIC has taken over the implementation of National Agricultural Insurance Scheme (NAIS) which, until FY 2002-03 was implemented by General Insurance Corporation of India. In addition, AIC also transacts other insurance businesses directly or indirectly concerning agriculture and its allied activities. AIC also works towards upliftment of marginalized sections of the society. Project RISE is CSR initiative of AIC which aims to provide better educational opportunities to underprivileged children.



**AROH Foundation** is a leading national-level NGO, strengthening government programmes and CSR initiatives of several corporates and PSEs by providing total integrated solutions - consulting, planning and implementing - for sustainable, inclusive development and growth of the needy and marginalised communities in several states of India for the past 12 years. AROH is an ISO 9001:2008 Certified organization, registered under Societies Registration Act, 1860.

RISE is a pioneering initiative designed by AROH Foundation, which recognizes the nation's concern of improvement of learning outcomes and universalisation of elementary education as of paramount importance, and strives to bring the deprived and marginalized or educationally backward children in backward villages and slums under the safety net of education through an innovative approach and Project-Based Learning Methodology.