

# RISE

Remedial Innovation in School Education

*"Yoga is the journey of the self, through the self, to the self."*  
—The Bhagavad Gita

Since its inception in the year 2015, June 21<sup>st</sup> is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. RISE has been striving hard to foster emotional, psychological and educational well-being of its children who, otherwise in daily life are going through stream of stress. Working in the same track, children of our Rise took part in the International Yoga Day on June 21<sup>st</sup> in the Yoga Session that was organized by our Prime Minister at Connaught place. The aim of Yoga Session was Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya) and happy and relaxed face of children after exhaustive session ensured we would attain what we are aiming for.



## Celebrating Our Real Heroes - Father's Day



"Father! - A guiding light whose love shows us a way"

No one can deny the fact that there's something very intriguing and special between the bond that is shared between a father and child. The relationship between a father and child is so very strong that it cannot be compared to any other relationship in the world. Like Mother's day, Father's day has a history that goes well beyond greeting cards. We often forget the sacrifices and contributions of our fathers and male figures have made in our lives. Thus, **Father's Day** gives us the opportunity to show and express our love, adoration and gratitude to these special people which is celebrated on the 3<sup>rd</sup> Sunday of the month of June worldwide to recognize the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting. Nevertheless, there are men who are taking up fatherhood alone without the presence of a mother in the most inspiring way. And, all those fathers who take up fatherhood with courage and provide all the love of both father and mother. Father's Day 2022 is the time

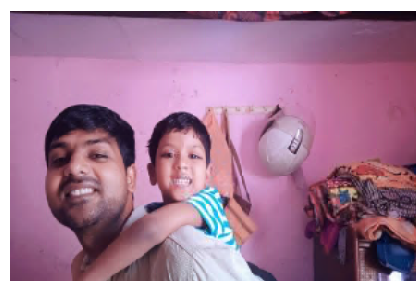
to make the occasion special for all those audacious single Fathers. Males are generally not supposed to be good with managing the kids, family and work and if a father has taken up the task with grace, it definitely needs to be celebrated. Like every year this year also RISE marked the date and celebrated Father's Day on 19<sup>th</sup> June.

At RISE we understand the relationship between a father and child is so very strong that it cannot be compared to any other relationship in the world including those with friends, lovers and spouses. Children share similarities with their parents, not just when it comes to how they look, but also in the

way that they behave. This is because children inherit traits from their parents. In addition to that, as the child is growing up, he or she observes the behavior of their father and mother.

So, on this important day, RISE Educators ensured that Fathers were called upon at the centres, appreciated for their selfless love and sacrifices and were counseled further towards healthy parenting.

To thank the fathers and their immense love children made beautiful cards and presented to their Fathers and observed that they felt special during the event celebrated organized for them. Children ended the celebration with the bigger smiles on their Fathers' faces which somehow motivated the kids as well. The whole event was soaked in love and respect.



# World Food Safety Day



Access to sufficient amounts of safe food is key to sustaining life and promoting good health. Foodborne illnesses are usually infectious or toxic in nature and often invisible to the plain eye, caused by bacteria, viruses, parasites or chemical substances entering the body through contaminated food or water. Food safety has a critical role in assuring that food stays safe at every stage of the food chain - from production to harvest, processing, storage, distribution, all the way to preparation and consumption. With an estimated 600 million cases of foodborne illnesses annually, unsafe food is a threat to human health and economies, disproportionately affecting vulnerable and marginalized people, especially women and children, populations affected by conflict, and migrants.

World Food safety Day is an international day is an opportunity to strengthen efforts to ensure that the food we eat is safe, mainstream food safety in the public agenda and reduce the burden of foodborne diseases globally. This year's theme, 'Safer food, better health', stresses that production and consumption of safe food has immediate and long-term benefits for people, the planet and the economy. Recognizing the systemic connections between the health of people, animals, plants, the environment and the economy will help us meet the needs of the future.

For Food safety everybody has a role to play from farm to table to ensure the food we consume is safe and will not cause damages to our health. Through World Food Safety Day, we at RISE informed everyone the importance & role of food in our lives especially during COVID when people are dying for not getting sufficient food to eat.

While there is currently no evidence that suggests that the transmission of the COVID-19 is associated with food, we at RISE suggests everyone that proper food safety etiquette should be followed in general. This includes follow the COVID-19 guidelines like washing your hands with soap and water for 20 seconds before preparing or eating food, and keep strict checks on the possibility of contamination of food products during storage or packaging.

# Festival of Health & Wellness



Yoga is an ancient Indian body of knowledge, originated with a 5,000 year history in ancient Indian philosophy. It is considered that Yoga began in India in the pre-Vedic period which is all about harmonizing the body with the mind and breathes through the means of various breathing exercises; yoga poses (asanas) & meditation. Yoga is a physical, mental and spiritual practice that evolved over thousands of years to embrace a wide range of styles and disciplines, aims to transform human body and mind. It is a science that is designed to cultivate health and happiness, a greater sense of awareness and higher consciousness. So, Yoga is an ascetic discipline which is practiced for good health and relaxation. Some people think Yoga is only a physical exercise. No, it's not true.

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Yoga is a science; it is a systematic process which gradually dissolves all the illusions of mind so that the mind becomes a dynamic center of direct perceptions. Through this practice one can understand and experience the supreme Truth that God is within us. So we shall have to offer something spiritual to our mind and soul and if we stop giving, it will revolt. This ancient spiritual science offers a calmer, happier and more fulfilled life for a person. We should let our kids know about the benefits of Yoga as well as practice Yoga in daily routine as since thousands of years Yoga has been part of the Indian lifestyle. It is India's heritage. Yoga has the power to unite the entire human race as it is a perfect blend of knowledge, action and devotion. Countless people all around the world have made Yoga a part of their lives knowing its benefits & advantages to health. June 21<sup>st</sup> has been unanimously declared as the "International Yoga Day" by the United Nations General Assembly on December 11, 2014. The declaration came after the call for

adoption of this day by Indian Prime Minister Narendra Modi during his address to UN General Assembly on September 27, 2014.

Narendra Modi says "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day."





International Yoga Day was celebrated by the students and teachers at RISE with great enthusiasm. Students demonstrated various asanas followed by Omkar chanting. Warm up exercises were taken and all the students performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with synchronized recitation of shlokas and speech by RISE educators. They encouraged students to practice regular yoga to remain fit and improve concentration. The students of RISE celebrated International Yoga Day on 21<sup>st</sup> June at their home by performing various yoga asanas and breathing exercises. They found themselves doing various asanas with great gusto. Most found it hard to believe that such asanas that could be done by anybody could improve memory, focus and concentration as well as help a person have a fit and healthy body. Even though it was a short yoga session, each student became one with them, and managed to find a connection between their mind, soul and body.

*"In a healthy body dwells a healthy mind"* – is a saying that has been repeated since times immemorial, and is true at every level. Taking forward this salubrious thought, RISE has been encouraging mental and physical fitness, and one such endeavor in that direction is the active celebration of the International Yoga Day.

# Environment Day



*Ecosystem Restoration*, the theme for this year's World Environment Day laying a special focus on creating a good relationship with nature. Ecosystems support all life on Earth. The healthier our ecosystems are, the healthier the planet - and its people. The UN Decade on Ecosystem Restoration aims to prevent, halt and reverse the degradation of ecosystems on every continent and in every ocean. It can help to end poverty, combat climate change and prevent a mass extinction. It will only succeed if everyone plays a part. Vibrant ecosystems provide benefits from food and water to health and security that our growing population needs today and will need in the future.

Today we are facing multiple challenges and natural calamities caused by loss of biodiversity and the whole humanity is under lockdown to fight deadly Corona virus. We are made to reflect upon our growing population and urbanization which resulted in indiscriminate felling of trees and clearing of forests and wild life. The mass urbanization, especially over the last few decades, has led to over-exploitation of nature and environment, thereby causing pollution and climate change. The ill effects of all these hazards coming together caused a heavy loss of biodiversity in all parts of world. Ecosystems can be

large, like a forest, or small, like a pond. Many are crucial to human societies, providing people with water, food, building materials and a host of other essentials. They also provide planet-wide benefits like climate protection and biodiversity conservation. But in recent decades, humanity's hunger for resources has pushed many ecosystems to the breaking point. Today, one million species are facing extinction due to man-made perils on earth. The reduced biodiversity leads to reduced ecosystem services and eventually poses an immediate danger for food security for humankind.

To spread more and more awareness RISE team initiated by celebrating the day each year by conducting various activities at their home only. RISE children celebrated the World Environment Day through plantation drive and pledging to reduce the usage of plastics, recycling the waste, conservation of water, soil and electricity. Following the day, a special assembly was conducted by RISE students describing the importance of the day and that of tree planting through a skit and an especially composed song "*vrikshalagao, paryayvaranbachao*"

on the occasion. Children participated in creative activities like slogan writing, card making, poster making and poem writing displaying their artistic and linguistic skills while showcasing their awareness about conserving water, electricity and environment. Children encouraged people to make their nearby surroundings safe and clean to enjoy safer, cleaner and more prosperous future. Next, the children explained various community members about the feasible techniques of sustainability like choosing energy efficient appliances and light bulbs, conserving water; completely turning off equipment like televisions and stereos when not in use, reducing the usage of





plastics etc. The children were then taught various art & craft activities they can do by using waste plastic. RISE beneficiaries made beautiful flowers and flower vase using discarded plastic bottles which was then taught to other children too.

## Rising & Shining -Lataji



Lata, 41 years, has been a very dynamic educator of RISE since long-time. She hails from Kotdwar in Uttarakhand, has a daughter and her husband, Mr. Yogendra Bisht works as an Accountant in a private firm. They all live in a joint family of 8 members in which only two people work because of which it was difficult to spend in the house. But after having children, she was, like most of the women in India, was restricted only to household chores. But she always felt that her education and life was going in vain. Thinking for a good change she started searching for a job to do near her community and one day she received a notice of a vacant post of a teacher from any of RISE's children. When she applied for the post of teacher in RISE, she was instantly chosen after

looking at her enthusiasm. She now is a working and independent woman and not even compromising with her family responsibility as her office is just next to her home. So now in that large family, her income serves a lot towards living and education of her kids. She has built a trusting and interactive rapport in the community and parents have full faith in Lata that she would lead her children towards a brighter future.

In all contentment Lata says, *"RISE has given me an opportunity to stand and work. It has helped me to develop my own identity. And I feel content to teach these needy children along with taking care of my own children and family easily. After joining RISE, I do not only teach the children, but I've also taught myself too and many positive changes have occurred within me as well. The change is so good that I am very confident of talking to the person in front of me today."*

# Courageous Chetna



Courage is the quality that best defines the story of Chetna's family that won against all odds. Chetna Gupta a 10 years old girl lost her father at a very young age. Undeterred by challenges of life, her mother Mrs. Sangeeta Gupta pulled her kids together with AROH-RISE to help them receive education. Chetna's mother works extremely hard as a nurse in one of the Government hospitals. She doubles up her duties to provide best lives to her kids. When Chetna sees her mother working this hard she gears up to study more carefully and courageously. Chetna is currently studying in Class 5th in Government Girls' school of Delhi.

Chetna has a dream to be a lawyer in future, but knowing the lethargic teaching learning condition of a Government schools, she was far away from her dreams.

It was then, that RISE Educator came in contact with the miserbale family and promised her mother to help Chetna pursue her dream of becoming a lawyer with better learning outcome at RISE with no cost.

Today, very courageoeos Chetna is doing far better in her studies, taking care of her mother and siblings and going near to her dreams everyday. Her mother says, "We were helpless. Free education at government schools only assure your attendance but no education. It was RISE, that we now have a hope for future. We hope that now Chetna can become a lawyer in future and help our family survive better. Thanks to Farhin Madam and RISE AROH team for reaching out on time."



**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.