

Annual Report

2014-15



EDUCATIONAL & SOCIAL TRUST

Reg.No. F 36649 (Mumbai)

***“I can do things you cannot, you can do things I cannot,
together we can do great things”***

- Mother Teresa

About Us

Khushi Educational And Social Trust is a voluntary organization working towards bringing a change for the betterment of under privileged women and children through the most powerful medium, that of education “To dutifully serve the society that we live in is true social service”. Khushi Trust is the result of coming together of social conscious persons who firmly believe in this ideology.

Khushi Educational And Social Trust was registered under The Bombay Public Trust Act 1950 in 2007.

Our Vision

Our vision is to play an active role towards building an educated, socially aware, self-reliant and a healthy society.

Forward from Trustee

Khushi is constantly engaging the youth with productive dialog, during the course of a programme and even otherwise. Youth are encouraged to come forward with their ideas and ideologies and share them with their peers. The interactive dialogue sessions are great learning experiences for all. We are persistent with the interactive sessions which are meaningful and have a right direction. What we achieve through the medium of these activities is significantly more important than the activities themselves. We wish to channelize the energy of the youth in a right direction and develop a society based on education, scientific outlook and tolerance.

We are taking steps towards building a new society by working with the economically weaker and deprived class. I strongly believe that this is a small but important contribution of Khushi Trust towards betterment of our society.

**Jayant Diwan
(Trustee)**

Body Literacy Project

This is the second consecutive year of our Body Literacy Project in schools. We conducted the project in 10 schools from areas of Bhandup, Kanjurmarg and Vikhroli. This Year, till 30th January 2015, we have conducted workshops with students from 9 schools which saw an enthusiastic and active participation of 1,554 students, with 807 boys and 747 girls. All the schools were private schools and Marathi medium schools except one.

Need for the Workshops: The objective of the Body Literacy Project is to impart knowledge to growing children about their bodies in correct and appropriate ways. Due to lack of appropriate information, children try to obtain information from varied sources. Physical attraction and wrong behavior are fast becoming common tendencies. Most of the students of these schools belong to lower middle class families and reside in slum areas. We received many complaints from the teachers and principals of these schools about physical abuse, illicit relationships and harassment etc. The increasing openness between boys and girls at very young ages without any knowledge about morals



and consequences is a cause for worry and concern.

Workshops for Boys: The two hour workshops were initiated by making the students feel comfortable by engaging them in general discussions like their routines, food habits etc. We addressed the tendencies of male domination and related mind-set and explained the difference in male and female physical structures. We provided information on physical attraction, sex, love, gender equality and respect towards women. We also provided information about the ill effects and consequences of physical abuse and immoral relationships.

School Name	No. of Group	Number of Students		
		Boys	Girls	Total
SandeshVidyalaya Vikroli (E.)	2	65	85	150
ParagVidyalaya Bhandup (W.)	2	127	83	210
SahyadriVidyamandir Bhandup (W.)	4	132	126	258
SarswatiVidyamandir Bhandup (W.)	2	75	75	150
MadhyamikVidyalaya Vikhroli (E.)	1		50	50
AhilyaVidyalaya Bhandup (W.)	2	47	58	105
DurgamataVidyamandir Bhandup (W.)	2	59	54	113
JijamataVidyalaya Bhandup (W.)	1		55	55
Br. NathPaiVidyalaya Bhandup (W.)	4	242	221	463
Total :	24	747	807	1,554

Workshops for Girls: In the workshops for girls, we discussed topics like the physical changes that take place in the body as they step from childhood into youth. We explained about hormonal changes and how they affect the mind. We imparted information on menstrual cycles, why they occur and superstitions related to them. We discussed topics like love, sex, illicit relationships and also discussed about child marriage, underage sex and its consequences. We imparted information on physical abuse and the difference between appropriate and inappropriate touch. We also explained the importance of exercise, sports and a balanced diet during growing years.



Science Fair



This is the fourth year that Khushi has organized the "Science Fair". The objective behind the Science Fair is to create social awareness and instill scientific temperament in children. We organize the Science Fair every year on the occasion of National Science day. The topics we covered in the previous three years were 'Transit of Venus', 'Body Literacy' and 'Superstitions'. We conduct the programmes via workshops and poster exhibitions.

This year, we chose the crucial topic of '**Plastic Pollution**'. The programme was conducted in a total of 5 schools of Bhandup, Kanjurmarg and Vikhroli for children of classes 5th to 7th. A total number of 2,675 students participated in the fair, which was organized from 2nd to 27th February, 2015.

We made the children aware of the hazards and dangers of pollution caused by plastic. Through the medium of posters, we discussed about the invention, production of plastic and its harmful effects on humans, environment and animals. We made the children aware of facts like it takes about 1000 years for a plastic bag to get completely destroyed, how many animals and fishes die to the ingestion of plastic etc. We showed them 3 short films, conducted a paper bag making workshop and organized a drawing competition. Children participated in all the events with eagerness and motivation.

Gandhi Story Telling Competition



We have all read about the history of Mahatma Gandhi. However, to get a better understanding of his values of life and his dedication and commitment towards them, we need to read about his personal life. Many writers have written about the same in form of stories. Not only do they help in understanding his personality, the incidents depicted in the stories also show outline his inspirations.

Khushi Social and Educational Trust organized a story telling competition on Gandhiji's life on 29th November 2014. The objective of the competition was to spread his teachings and messages through the medium of stories, as Gandhiji had stated "My life is my message". The competition was organized in 14 Marathi medium schools of Bhandup, Kanjurmarg, Vikhroli and Powai. Children were divided into two groups according to their ages. 57 children (42 Girls & 15 Boys) participated in the competition. They recited stories that were selected by us like 'Gandhi Ganga', 'Gandhiji' and 'Rashtrapita Gandhi' etc.



The examiners of the competition were Professor Datta Awhad and Professor Pradip Kasurde. The competition was conducted by Ms Archana Kamble and Shri Daniel Mazgaonkar was the guest of honour.

Sports Camp

Sports activities are healthy, engaging and entertaining. They are also an excellent medium for physical, mental and behavioral development in children as well as being conducive in development of social skills. Today, as open spaces and play grounds are diminishing due to development and urbanization, children are getting more and more engaged with passive and idle mediums of entertainment like television, computer games etc. Some organizations conduct sports camps during summer vacations for a fee. There is an underprivileged section of our society who cannot afford to send their children for paid camps. For such children, Khushi Educational and Social Trust conducted a Sports Camp during the summer vacations free of cost for children.



Camp Details: The free of cost sports camp was organized in Janata Vidyalaya, Vikhroli East, which is a Marathi Medium School in Tagore Nagar. The camp was conducted from 7th to 11th of April and had a participation of 103 children (58 girls and 48 boys) of classes 6th to 9th. Outdoor games like cricket, dodge ball, Racing, Relay, and Badminton were played and children were made aware of the importance of physical activity and exercises. To exercise their minds, children played chess and solved mathematical puzzles like Su Doku. Children were also taught about using readily available materials to make and play games like 'Tic Tac Toe'.



Children were divided into five groups of White, Blue, Red, Green and Pink colors. All the groups comprised both boys and girls. All the games were played by boys and girls together. Most of the girls were playing the game of cricket for the first time and they were delighted to make runs for their team and even took wickets. Girls also proved that they are not any less than boys when they won the relay race and the sprint, in which they outdid the boys. Breakfast

and snacks were provided to the children on all the days of the camp. The Blue Team with the highest number of points was the overall winner. Prizes to the winner and runner up teams and tokens of appreciation were given to all students.

The most significant achievement of the sports camp was that the children thoroughly enjoyed themselves and enthusiastically participated in all the activities and games throughout the five days of the camp. They understood the importance of outdoor play and physical fitness. Group play helped develop their social and communication skills and they understood the importance of co-operation. Boys were encouraged to cooperate with their female teammates and girls, by winning the races, showed that they are not less than boys in any sphere. Also, no child felt left out as tokens were given to all children. The camp was a resounding success and the children look forward to more such camps.



Collective Reading Class

Under the '**Body Literacy Project**', we conducted a programme on collective reading for women. Ordinarily, women are too busy with their household routines to give any attention to knowledge imparting need of reading. The objective of the programme was to inculcate a habit of reading in household women. Reading in any form, newspapers, books, magazines etc. is a source of information and knowledge.

Women of Ambedkar Nagar, Kanjurmarg participated in this '**Collective Reading Class**' programme, which was conducted for an entire year. 26 women participated in the programme in which the classes conducted every 15 days from October 2014 till June 2015. The women were encouraged to read and we gave them newspapers on articles on healthcare, education, social status and rights and books published by National Book Trust. One or two women would read the articles and others would listen. Discussions were held after the reading sessions to encourage the learning process and copies of articles were distributed to them.

Educational Trip

A picnic and outing basically means a time for fun and entertainment. Khushi Social and Educational Trust have always organized picnics in which are fun as well as educational. On 23rd November 2014, we organized a picnic for children which was great fun as well as filled with learning experiences.

We organized a picnic to Nehru Planetarium, Nehru Kendra (Discovery of India), Kamala Nehru Park and Girgaum Chowpatty. The outing, which was conducted free of cost and a total number of 100 students (67 girls and 33 boys) participated in the outing. The children were accompanied by 23 social workers.



Thanks



We sincerely and whole heartedly thank our sponsors, Principals and Teachers of various schools, Facilitators, Resource Persons, Social Workers, students and all those who helped us and worked with us to make our porgrammes a grand success.

Contact Us

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