

Annual Report

2015-16



EDUCATIONAL & SOCIAL TRUST

Reg.No. F 36649 (Mumbai)

Body literacy Project

At the age of 12 children are on the verge of stepping into puberty. They begin to experience changes in their physical bodies and emotional states. They can intuitively understand some of these changes and some they cannot understand. At this stage it is necessary that some adult understands their needs and explains these changes to them. But this is something that rarely happens. As a result, children of this age search for information from any source they can find and sometimes end up getting the wrong and misleading information.

Body literacy project is one such medium through which the youth can discuss issues which are not only not discussed in the families most of the time, but rather swept under the carpet. As a result they are deprived of vital knowledge and information about sex that they should receive at this age. In our sex education project all these issues are openly and frankly discussed among adolescent girls and boys. The discussion is not limited to just bodily physical changes, but also associated psychological and emotional factors, diet, hygiene and cleanliness.



This is the third year of our body literacy project. Between the academic years 2013-14 to 2015-16, we conducted this project in 37 schools covering 4,350 students. In the academic year 2015-16, we conducted this project only for girls of Class 9. A total of 1,177 girls from 22 schools participated in this project. The project comprises a workshop of 2 hours where discussions are held with the help of short films, slide shows and posters.

We discovered that girls receive very little information from their mothers about menstrual cycle and as a result the girls become victims of all kinds of superstitions and misinformation and have incomplete knowledge about cleanliness. This carelessness could cause minor health issues or even sexually transmitted diseases. All these issues are therefore covered in the workshop.

When all issues are discussed in a friendly informal atmosphere, the girls come out openly to express their doubts and ask questions. Attraction towards the opposite sex is also one of the factors at this age, especially in view of the kind of open exhibition in the media of our times. It won't help to turn a blind eye to this issue. We have to explain the difference between love and lust; therefore, this issue is also touched on in the workshop.

Eighty percent of girls are targets of some form of sexist lurid comments, sexual abuse, or eve teasing. In the workshop we explain to the girls who they should talk to about these experiences and who should they turn to for guidance and discuss their problems? The girls also freely share their experiences in the workshop. Books and literature on all these issues is also given to the girls to read; a book in Marathi, **"Swathala Janun Gheyua !"** (Let Us Know Ourselves) is also given to them.

Sexuality Education is the need of our times as well as the need of the growing children.

English E-teach Programme

This programme is for the school children studying in regional languages. Principally an initiative of the BCPT, we implemented this programme this year in schools between Mulund to Ghatkopar. Under this programme we provide free English DVDs prepared by BCPT based on their English syllabus to students of Classes 1 to Class 3.

The aim of this initiative is to provide every section of the society equally good quality education that they are entitled to receive. Due to the craze and demand of English education, the number of students studying in regional languages is dwindling. That is why we find that students in such schools belong to the depressed and under privileged of the society. While we believe that children should learn in their mother tongues as it is easier for them to understand the subject matter, they should also be taught English in a way that is easy and interesting.



This year we conducted such programmes in about 38 schools. We trained the teachers for a year with our facilitators being available for their assistance. DVDs were shown using equipment such as computers, T.V., projectors, whatever was available with these schools. We got the expected cooperation from teachers.

Some teachers reported that due to this programme, the students reported to the class regularly. The students of Marathi medium school learnt to pronounce English words correctly. This feedback from the teachers is evidence that this programme is a success.

The schools and teachers who ran this programme with a lot of interest and extra efforts and those students who showed a lot of enthusiasm and worked hard were felicitated by us. Thus two schools and 15 teachers were felicitated. We have decided to conduct this programme in Thane and Kalyan during the academic year 2016-17.

Medium	No. of School	Classes	Students
Marathi	32	175	6,770
Hindi	4	12	292
Gujarathi	2	8	220
Total :	38	195	7,282



Vigyan Jatra (Science Fair)

These fair are arranged so that the children develop an interest in science and cultivate a scientific outlook in life. Like we have been doing for last four years, this year also we organised fair all through the months of January up to February 28th to celebrate 'the National Science Day (February 28)'. 3,260 students from five schools run by the municipal corporation participated this year.



This year's subject was "**Astronomy – sun and its functions**". Our solar system, its various planets and their satellites, solar and lunar eclipses, superstitions associated with eclipses, were some of the subjects covered during these fair. The subject was explained with the help of slides, posters and other equipment.

The students observed the sun through a sun filter. A model of the solar system was used to explain the position of the earth, sun and other planets. Other methods were used to explain the phenomenon of eclipses which threw light on the existing superstitions around this phenomenon. Our accomplishment is evident in the enthusiasm, cooperation and the feedback from teachers.

School Name	Medium	No. of Students
Tagore Nagar (Vikhroli east)	Hindi, Marathi, Gujarathi, Tamil, Urdu, Telgu, Kannad	787
Dorkyad (kanjurmarg west)	Hindi, Marathi, English, Kannad, Urdu	1236
Nehru nagar (kanjurmarg east)	Hindi, English,	150
Kanjurvillage (kanjurmarg east)	Marathi	68
Tulshet pada (Bhandup west)	Hindi, Marathi, Urdu	1019
Total :		3,260



Sports Camp



Sports, besides being a form of exercise, is also important for mental growth and personality development of children and therefore should not be seen as an instrument of entertainment. We believe that through sports we help inculcate discipline in children, and also develop leadership qualities, team spirit, sportsmanship,



values of gender equality in them. This year we conducted this camp in Br. Nath Pai Vidyalaya, Bhadup, where 97 students participated. Five groups of 20 students each were formed. There were both boys and girls in each batch and they played together in such sports as leg cricket, kho-kho, dodge ball, langadi race, badminton, races, and relays. Points were given to each team on winning.

On the final day the winning team and the runner up was given prizes. The children enjoyed this 4-day sports meet from 12 to 15 April. It gave us a lot of pleasure to see the confidence with which the girls participated and the team spirit in the whole group. That itself indicated the success of the sports meet and fulfilment of our goals.



Science Quiz Competition



For the first time this year we organized a science quiz in collaboration with SOSVA. This quiz comprised three rounds of questions and answers based on class 5 to class 9 syllabuses. 1,250 students of Class 9 from 25 schools participated. Twenty-five students from five schools were selected for the final round. Of these students from five schools, three schools received the first, second and third prizes. Student's preparation and enthusiastic participation

are motivating and inspiring us to organise such competition.

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 programmes a grand success.



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