

KARM MARG QUARTERLY NEWSLETTER

APRIL-JUNE 24'

A story of change

Rohan, a spirited and athletic young boy, was found alone on the streets at five years old. He has always had a passion for sports. Initially, he loved playing football, wrestling, and kabaddi, and now he's training in ultimate Frisbee.

After a year of homeschooling, Rohan joined a school. He started showing signs of aggression, rudeness, and social withdrawal when he entered his teenage years. He would get angry over the slightest things, his behavior drastically impacted by teenage hormones.

Then Veena Di began providing Rohan with special mentoring and guidance, and it became clear that he had traumatic memories of witnessing his father's violence against his mother.

Through three years of dedicated support, life skills workshops, and heartfelt conversations, we slowly helped him confront his issues. Frisbee training became a vital outlet, channeling his anger into positive energy. This sport has given him the focus and drive to follow his dream of becoming a sports coach.

Gradually, Rohan transformed. He became disciplined, calm, and understanding.



He now leads his team and excels in his studies. Rohan dreams of becoming a Frisbee coach, and we are all cheering for his dreams to come true.

Exciting Update: Successful Completion of the First Batch of the Paid Mentorship Program!!

“Earning through Learning”

As highlighted in our previous newsletter, we launched our first three-month Paid Mentorship Program Started in March end, for our young adults and youth. The program focused not only on skills learning but also understanding of essential job skills like etiquette, discipline, self-development, hard work, time management, and commitment, all of which will benefit their future careers.



Screen Printing



Stitching



Baking



Teaching

As mentioned, it is a paid mentorship program, successful participants would receive a small amount at the end program, which will be deposited into their accounts for future use when they leave Karm Marg. This way they also learn how to save for the future.

Out of eight youths, five have successfully completed their internships in these programs: Baking, Teaching, Screen Printing, Stitching, and Gardening. This marks a significant milestone in our efforts to equip our children with practical skills that will help them in their future careers. In the coming months, we look forward to expanding the program.

Summer vacations Hot Highlights

Drum Circle with Roy

The children kicked off their summer vacation with an enthusiastic drum circle by well-known drummer Roy and his team. They used various kinds of junk items available at KM, like old oil tins, plastic bottles, bamboo sticks, and empty paint containers, to create beats and rhythms. They also learned how to make beats using their hands, legs, chests, and mouths.

Children had a blast and were thrilled to participate in this workshop. They were so engaged that nobody realized how quickly time passed. Roy is an excellent entertainer and knows how to engage children. Despite the heat, the three hours flew by without anyone noticing.

Thank you so much, Roy, for such a fantastic experience. The children are now practicing almost every day.

Insta handle: royfullpower



Puppet Workshop with Anand Kumar.

It was a really hot summer this year, but despite this, Anand Kumar, a puppeteer, traveled for nine days from Delhi to Faridabad to teach KM children about puppet making. His dedication to teaching the children tiny details and presenting a small show at the end of the workshop is remarkable.

During the workshop, the children made puppets using waste materials like cardboard, wool, and newspapers. They also learned how to create storyboards and perform shadow puppetry. It was beautiful to see how much they learned and how amazing their presentations were.

We are very grateful to Anand Ji for introducing the art of puppetry to the KM children. We hope to work with him in the future as well.

Insta Handle: anand_puppeteer_87



Clowning workshop with Sheetal ji

For three joyful days, the children immersed themselves in the art of clowning with Sheetal Ji. In this workshop, they learned funny acts, physical comedy, and the art of making others laugh. This workshop not only boosted children's confidence but also unlocked new, fun ways for them to express themselves. It was a heartwarming and transformative experience! We at KM are thankful to Sheetal Ji for giving this visual art exposure to our children despite the extreme heat.

Insta Handle: sunshine_sheetal



Kathak Lessons with Shubham

When we shared our idea with Shubham Srivastava to teach Kathak, an Indian classical dance form, to the children, we feared that no child would be interested. These Days, every child seems to be interested in learning modern dance moves to fast and loud music. Kathak, however, is about body postures, patience, and discipline. Surprisingly, most of the children showed interest in joining Kathak class, in fact, the boys were more enthusiastic about learning Kathak than the girls.

Throughout the month, they learned the basic names of hand postures, movement names, how to do Namaskar, footwork, and chakkars. Now, we want to continue this program for a year with Shubham so the children can learn with more focus and dedication.



And a special thanks to our Dear **Shubham** for helping us plan the summer program and connecting us with facilitators for conducting such amazing workshops.

Waste Management by Chintan NGO

An eye-opening workshop for all of us, we learned so much about the vastness of the waste management problem and its impact on our earth, environment, living beings, and especially human lives. It is necessary to keep all children aware from a young age so they can understand how to produce less waste, how to segregate waste, and how to treat waste.

Karm Marg is very thankful to the Chintan organization for hosting a wonderful workshop and showing the depth of the problem along with solutions to our children and staff. To know more visit : <https://www.chintan-india.org/>



Initiative taken by KM team

Workshop for special abled youth
And we didn't forget our differently-abled youth and very young children; **Shabila** took charge of engaging them in various art workshops like clay modeling, leaf painting, storytelling through newspapers, and painting. It was a beautiful workshop that enhanced the children's creativity.



Menstruation awareness

As we know, menstruation awareness is essential for every girl. Recognizing the need for our growing girls to be informed about this, Bhaswati Di conducted a workshop on this topic.

She explained the menstrual cycle by drawing of the body, changes that happen in the body, and the importance of hygiene during this time. The girls had many questions, which Bhaswati Di addressed. Fifteen of our girls benefited from this workshop.

Good - Bad Touch and Early Age Menstruation**

Teaching younger children about good and bad touch is an essential part of our program, and we do it regularly. Summer vacation is a good time for this due to the holidays, so Veena Di took this opportunity to conduct a workshop on this topic.

Through animation videos and role-play, she made the children aware of different types of touch. The children raised many questions about the difference between good and bad touch.

Additionally, she addressed the issue of early menstruation in girls and how to deal with it, speaking to all the children above 10 years old. Twenty children participated in this workshop.



Water Crisis Awareness

The water crisis is a major problem in India due to rising temperatures, and it's expected to worsen in the coming years. Veena Di took the initiative to make children aware of this crisis and teach them how to save water and recharge rainwater to increase groundwater levels. She showed a few movies on heat waves and the water crisis in India. After watching the movies, a deep discussion took place among the children about heat waves and water conservation. They all decided to create a rainwater recharge system on the Karm Marg campus.

Impact: This kind of workshop expands children's knowledge and makes them aware of the seriousness of the situation.



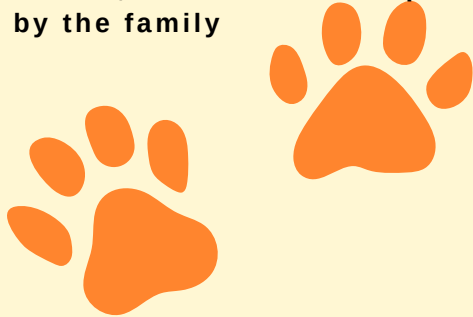
Caregivers support workshop

As an organization, we understand the challenges of working with children and youth and recognize the importance of staff mental health. Therefore, we decided to provide training on coping with stress, managing anger, and promoting good mental health for our caregiver team.

Thanks to Kolkata Sanved conducted this workshop for our care workers, hosted by Shubham Srivastava. Eight of our care workers participated in the workshop.

Impact:- These workshops support care workers in improving their mental health and fostering a positive attitude. When care workers are healthy, it creates a better environment for the kids.

Bulbul, rescued and adopted by the family



Gratitude

Thanks to all our supporters and donors for helping us during this challenging time. Your support is making a difference in every life that comes to KM.

Our International donors

- SCOMI
- Mukti
- Empower
- One word Association

Our Indian donors

- Jugaad
- R Singh Associates
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- Leena Bhavnani
- Arushi More Designs
- Subhash Chander Gupta
- Arun Damodaran
- Neelu Bhullar

What happened at Jugaad

KM Youth engagement through skill training

Alina joined Jugaad's three-month mentorship program to learn stitching and embroidery while assisting Shabila with daily tasks. She eagerly started with basic hand stitching and embroidery, then moved on to the sewing machine for more advanced skills. Although health issues forced her to drop out, she remains enthusiastic and hopes to rejoin the next mentorship session to continue her learning journey.



At the end of the quarter, we began sampling Rakhis as Raksha Bandhan approaches. Shabila designed various types of Rakhis, followed by a photoshoot to create a catalog for buyers. We hope to receive a good number of orders to generate funds.

Meanwhile, Jugaad completed a few orders received this quarter from Inerpad (an international travel group), The Shop (a retail chain across metro cities in India and internationally), and Daram (a Bangalore-based production house).

Sales Report of the quarter -

