

Karm Marg Newsletter

July-Sep 2022

The boy who left us all numb

In the month of July and Aug we all went through a terrible and painful experience, we lost **Siddhartha** on 21st August. Siddhartha was diagnosed with acute leukemia on 22nd July and underwent treatment in AIIMS. He suddenly fell sick after taking first chemo on 11 th August and was admitted in ICU in critical condition on the 13th of August.

After a week he left for his heavenly abode on 21st August morning.

Siddharth, age 17, came to KM in 2018. He was an orphan & adopted child. His adopted father is not mentally fit and used to beat him a lot.



He referred to us through CWC since he was not safe at home. Even after going through so much trauma and abuse he was full of life and had big dreams. He dreamt to be part of the Google team one day. Very intelligent with lots of questions & curiosity, always ready to learn and with gentle leadership qualities are few of his traits. He has always been helpful to others. One of KM gems and we had great plans for him.

His stay with us was short but he enriched all our lives with his presence. He always curious to explore new things. Dance, drama, playing Congo were few of his favorite passions. He was loved by all. His memory will last forever. He has left an irreplaceable void in everyone's lives at **Karm Marg**

In this difficult time many volunteers and supporters stood by us, few gave their blood & plasma as Siddhartha needed it on every day basis. AIIMS doctor was very cooperative and gave their best to treat Siddhartha. It was very difficult for us to do the treatment and follow up and would not be possible without everyone's . We all are always thankful to all who stood by us at this difficult time.

CHALLENGES TO DEAL

Sidhartha sudden death really impacted children mental health as most of them very close to him and shared a strong bound with him. He was there to lead them. Sidhartha passing made big vacuum and we are trying hard to fill it.

Some of children showing sudden behavior problem or they are in bad grief, mood swings are big changes we are seeing in them.

All Children were inconsolable and needed an individual attention So our first priority was to look after children and be with them to give them mental and emotional care and strength.

Nobody wanted to go to school for a month and participated in any activity. It was a big challenge for us to make them understand the reality and getting them ready to do things. Things are gradually getting better for most of the Children. Few Young adults are still overcoming. We hope they will be in a better place soon.

NEW FROM HOME

Though all the KM staff and Children faced difficult time we decided to continue with some activities which were good for Children mental and emotional health.

HEALING AND WELL BEING WORKSHOP



Kolkata Sanved conducted DMT

(Dance Movement Therapy) workshop for five days at Karm Marg, with 19 adolescent girls and boys.. It was held from the 23rd of July to the 27th of July. The main objective of the workshop was to enhance Children's ability to regulate emotions and manage stress and reduce hesitation. Through the sessions, they learnt about cooperation, focus, coordination, creativity, listening, teamwork and concentration.

To know more about Kolkata Sanved click the link - <https://kolkatasanved.org/>

MASK MAKING WORKSHOP – ARTREACH INDIA

under fellowship teaching art program Artreach organized a five month long mask making workshop which is still going on, facilitate by Akshy Sethi. Children used cardboard, papier-mâché, magazine to make mask and showcase their creativity. These kinds of creative workshops help Children open themselves through their artwork.

They increase their creativity and help them in cognitive development.

About Artreach India here is the link --<http://www.artreachindia.org/>



LIFE SKILL WORKSHOP

life skill workshop organized for current batch of teenager and young adult, workshop conducted and facilitate by **Manju Manak**. This workshop helped them a lot to understand emotion and express it & feel it.



Through this workshop they got to know about how to overcome, deal with it and let go of it. In our life skill workshop we also done a series of workshop with children to understand feeling and how to express it So children can come out of their sadness.

Thanks a lot Manju Manak to be with children & staff in this difficult time.

NEW INITIATIVE TO CONDUCTED CLASS FOR INTELLECTUALLY DISABLE



Slowly & steadily **Poonam** is now trained to take regular class for these children with less supervision. She is too from low intellectual capability background but has good leadership qualities. She is very much proud to take her new responsibility & role.

She writes report and takes part in staff meeting as well to update monthly routine, progress of the children.

In this way we are trying to make them self-reliant & confident among their peers.

PARTNERSHIP WITH GOVT

Poshan Abhiyaan , a Govt. scheme was launched on 8th March 2018. This is to ensure good health for all the children in every Child Care Home. Medical team form Govt health department come to Karm Marg for routine check-up for all the children in the month of August. Apart from three children all the children health is fine. .

AKASH. He was suffering from cleft lip and palate since birth. Surgery was done in August and he is doing well now back to his daily routine.

Alka and Komal both have symptoms of Anemia. Both of them just started their puberty and due to this they got anemic. Ayurveda treatment is going on for both the girls. They are improving and doing well.



FESTIVALS AND CELEBRATIONS:

Rakhi Festival (symbol of celebrating bond between sister & brother) celebrated by all the Children on 11th Aug. Rakhi (amulet bracelet) tied by both gender to each of them; they also tied Rakhi to their loved one like their pet, some trees and to Veena di to show their love & bond with them.

Children enjoyed homemade ladoos made by them for the festival. It's delicious and everyone loved having it and they had special lunch for this occasion.



RAKHI

All the children celebrated **75th Independence Day of India on 15th August**. They done the flagged ceremony at Karm Marg campus first in the morning., sung national anthem. Intellectually disabled children/adults participated in the painting competition. They made a beautiful flag of India. Sweets &snacks was distributed by staff member.

On 75 th Independence Day occasion Shama, Simran, Nargis, and Geeta won prizes in multiple categories at their school.



These small activities help in increasing teamwork and also instill basic skills in these young adults.

STORIES FROM JUGAAD:

Shabila conduct a day long workshop with all the children to make Rakhi (Bracelet making out of thread) for the festival. Around 50 children made almost 500 hundred Rakhi to celebrate the festival. It was so much fun and the same time difficult to stop them making more.

We tried to make homemade chemical free utensil cleaner and floor cleaner for Karm Marg kitchen and campus, which is quite successful and we are using it on regular basis. To save our environment it is very necessary product for us.

As the covid lockdown is getting over and businesses are back to their normal routine, we are seeing a jump on receiving new order. Especially Jugaad partnership with Travel Company is started again as the traveling business back to normal. We got the reorder from Intrepid Company after almost three years of gap.

In near future under Jugaad so much change is going to happen and we are in process of changing product line totally. Due to three year of closer and very sharp drop in business there is so much change happen and due to other various reasons. Women group also shattered, raw materials price hike, inflation impact and youth are not much interested in learning handmade product are some of the key point which make us rethink of our product line. We are in process of strengthening Jugaad and will update about it soon.



DONORS & SUPPORTERS

A warm and heartfelt thank you to our donors and supporters who are our backbone.

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