# **VIDYARANYA & YOU**

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Official Newsletter of Vidyaranya



## **Everyday Learning**

#### HEALING THE WORLD ONE DAY AT A TIME

By taking part in activities like picking up litter and planting trees, we're making our world a happier, healthier place to live. Using upcycled cloth for tailoring, re-using plastic, planting drives, conducting regular awareness sessions are some of the eco-friendly habits we inculcate at Vidyaranya.



#### MENTAL HEALTH & WELLNESS SESSIONS

Mental health is a topic we particularly stress upon. It's the key factor is rehabilitating our victims. We had <u>Mr. Gerry Anthony and his classmates from Montfort Institute of Advanced Studies,</u> conduct an orientation for our folks at Vidyaranya to build awareness and to learn a few wellbeing practices. Three sessions were conducted based on the target audience.

- Flow For Children: Theme- It's ok to feel emotions. Learn to manage them.
- Flow For the Elderly: Theme- Newness in aging.
- Flow for Women at Ujjwala: Theme: One can make a new beginning at any point.

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The women who are admitted to our projects do not have any adequate educational background or skill. About 98% of inmates are uneducated or studied up until 10th grade (or lower). Our goal is to support the capability development through upskilling the 200 women by providing them with vocational training. The program aims to empower women and make them more independent, by focusing on employability enhancement (skill development) and inculcating entrepreneurial attitude.





The skill development initiative in place caters to several activities. Currently sixty seven women are undergoing vocational training in tailoring, artificial jewellery making, candle making and BPO training.



"Don't ignore your own potential".

## It always seems impossible until it's done.

### **Volunteering Activities**

SESSIONS CONDUCTED SO FAR: 50+

We bring in volunteers from all walks of life to come in and do something nice for us;

• With the help of <u>Lavonne</u> we have successfully conducted a bake-sale with a great turn over and a women empowernment program on womens' day. The womens' day program was a baking session for women and children of Vidyaranya. This was conducted by the women of Lavonne.



 Mr. Prem has personally taken it upon himself to counsel the kids who come from distressed backgrounds. We are devising a plan with D1 Fortification, whos' team includes counsellors and psychologists, to inculcate discipline, responsibilities and values amongst the kids. We got positive feedback about these sessions from all our children.





• <u>CMR university</u> conducted one on one English classes for the children of Vidyaranya.



- Free pads for India has started a wonderful initiative to distribute free pads to the women at our organisation. This initiative aims to spread awareness around menstrual hygiene and break the stigma over the same.
- We had a lovely group of volunteers come in and teach the women at Mandur how to make scrunchies.
   They used upcycled cloth, hence bringing in the sustainability factor.



Vurve salon has been giving our girls makeovers! This wonderful initiative by them is to support orphaned girl children. Everyone deserves to be pampered and no one does it better than Vurve salon.





# Step by step, day by day.

### **Photo Gallery**

SUMMER TIME!

## **Success Story**

Vidyaranya has been rescuing and rehabilitating kids off the street for over 30 years now. We work towards empowering children from underprivileged backgrounds. The end goal is to educate the children and reintegrate them with their families.

One such story is of Sonu. She was abandoned by her mother who got remarried. Her mother went on to eventually get pregnant with a second child which worsened Sonus' abandonment issues. Unwelcomed by her step father at her own home she was forced to the streets. She was then rescued and admitted to our Namma Mane project.

After multiple counselling sessions we were finally able to pull this child out of depression. She's the class topper in school now and has big ambitions of becoming a doctor.

The children at Vidyaranya bring us so much joy. We look forward to saving more lives!











