

Issue 4 | April 2016 - September 2016



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Peekhal

Give THEM a
better FUTURE...

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Dear Donor !!

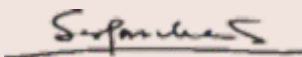
2015-2016 is a decisive year for the future of Diya India Foundation. I feel honoured to be entrusted with leading the Foundation projects allied to health, education and women empowerment. We have achieved significant progress during last six months. Mostly noted are our workshops, discussion groups and observance of special days, which have contributed hugely to the skill development of our members and associates, thereby, strengthening their capabilities and making them aware that their actions are of great importance to the growth of the community.

It is my pleasure to introduce Diya India's newsletter 'Pehal'. None of this would have been possible without the steadfast support of our corporate, partners, donors, volunteers and well-wishers. I thank each one of you sincerely for your participation, commitment and support towards underprivileged children of the society. I am pleased to say that the developments of the past few months uphold the faith that you have placed in our organisation. As part of our expansion and innovation programme we have recently opened a Support Centre.

All of those developments have served to reinforce our commitments towards providing healthy and happy childhoods. With the advancement of our programme, challenges have and will continue to arise. But with your support fuelling our dedication towards the children, we forge ahead to fulfil our mission of giving education to the underprivileged children of the society. You will be glad to know with the blessings of our donors from India & Dubai we have been able to save the lives of 8 little souls who were diagnosed with heart & kidney ailments.

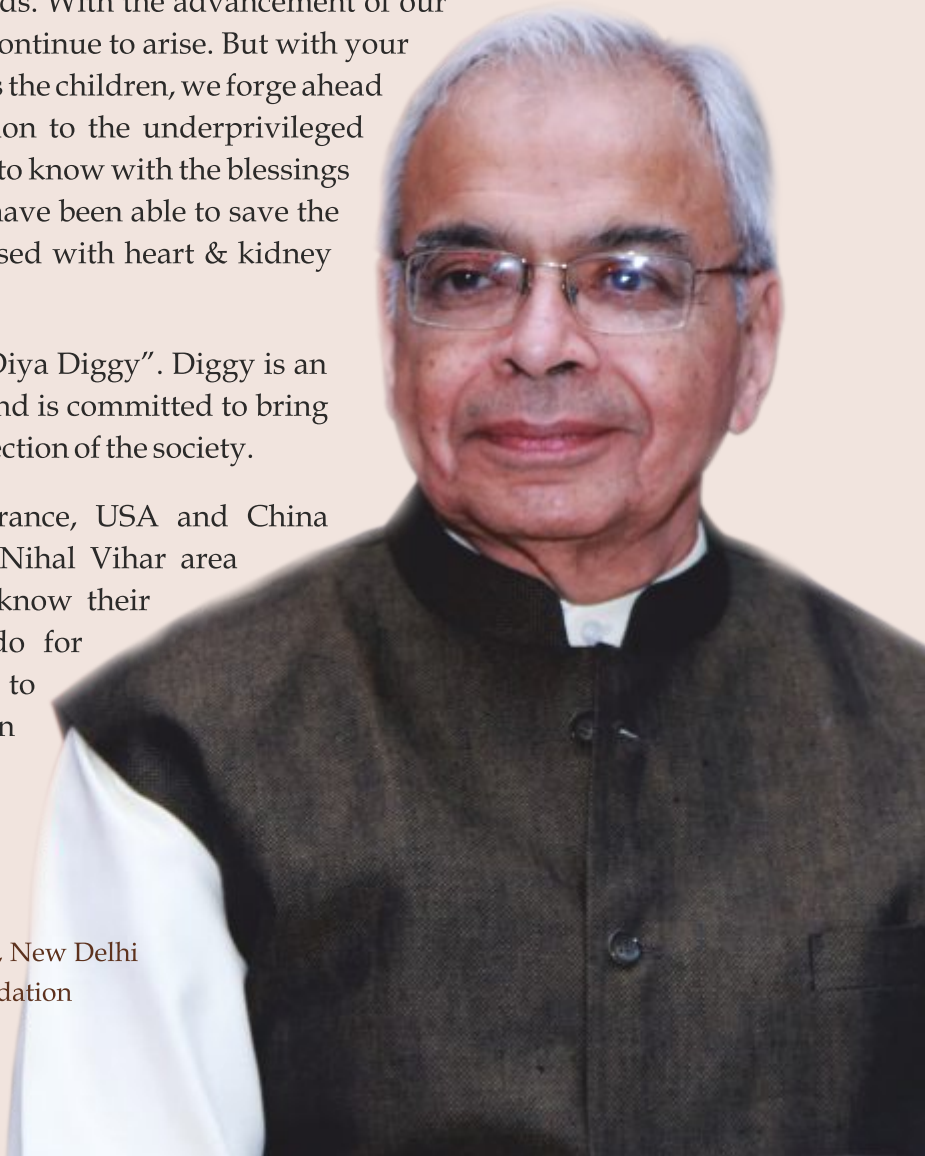
I am happy to introduce our Mascot "Diya Diggy". Diggy is an excitement and energy to every child and is committed to bring change in the lives of underprivileged section of the society.

In July 2016, three students from France, USA and China volunteered as internees and visited Nihal Vihar area talked to various people and got to know their plight. There is so much one can do for humanity. I strongly urge our readers to join hands with Diya India Foundation in best of their capacity.



Padma Shri Dr. S.C. Manchanda,

Senior Cardiologist, Sir Ganga Ram Hospital, New Delhi
Chairman, Advisory Board, Diya India Foundation



OUR MASCOT



Diya Diggy

A Mascot is not the one who only holds the flag of an organization for its depiction or for stamping or to bring luck but also caters the dreams and objectives of the organization.

Diggy is not only a mascot, but the eye for the blind, a book for illiterate, food for hungry, hope for underprivileged and ecstasy for deprived. Diggy holding "Diya Flame" that edifies the life of one who lost all the hopes of escaping from the darkness in the society. Diggy is the helping hand that pulls out one who dragged back by the times.

Diggy is thrilled to add excitement and energy to every child studying in Chetan Playway and Chetan Vidya Mandir. With the support of its donors Diggy is determined to bring big change in the lives of underprivileged section of the society, especially the little souls.

Diggi is full of life...

EVENTS



Our Dream...Clean & Green

Keeping up with our mission to raise awareness on the environmental hazards we are facing today and to keep our earth a beautiful place for living, on the occasion of Earth Day the teachers of Chetan Vidya Mandir organized a workshop for students and told them about the importance of keeping our precious earth clean and green. After the workshop the school children made beautiful posters which reflected a valuable message concerning our beautiful earth.

Diya will continue to do its part in climate change by spreading a message to the community that earth deserves the best treatment, not only on Earth Day, but Everyday.

Our Future Creators and Artists

To enhance the Creative and artistic abilities, the teachers of Chetan Vidya Mandir organised an art & craft workshop for the students. The children worked on a project creating decorative handbags made out of paper. Both boys and girls enjoyed designing their bags with flowers, birds, and whatever came to their visionary minds. Crafting is among one of the children's favorite extra curricular activities where they let their artistic talents shine. The kids couldn't wait to show off their mini masterpieces to their families at home!



EVENTS

Food Relief for Poor

Continuing our fight against hunger!!!

As a part of our monthly distribution of ration for the low socio-economic families, we fulfill our promises without failure every month. We are grateful to Mrs. Heena Goyal and the management of MCKS (Food for Hungry Foundation) for supporting 20 BPL families in Nihal Vihar, New Delhi.

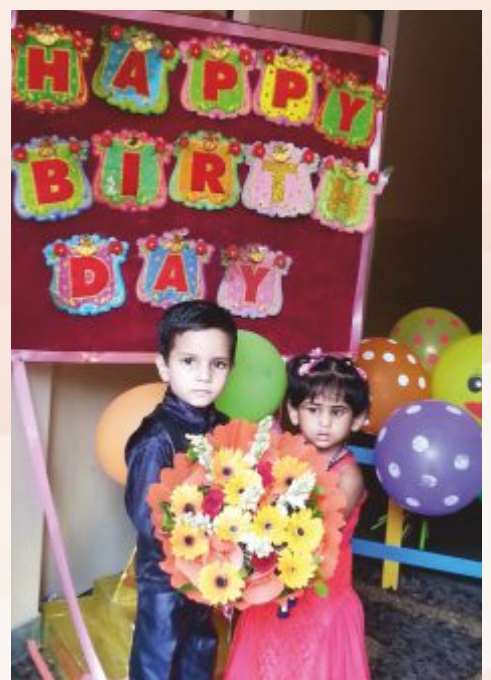


Four Successful Years of Chetan Playway

It brings us immense pleasure to share with you all that Chetan Playway School has completed 4 years in the month of July. It would not have been possible without the constant support by our supporters.

Chetan Play Way School is managed and supported by Diya India Foundation. With constant support from Ansal API & Liberty Shoes Ltd we have been able to run this Playway school efficiently and impart quality education and healthcare to the children of Nihal Vihar area. The Foundation is constantly working with the underprivileged children and for the social upliftment of the less fortunate ones in society.

With 50 students the Playway school is now very popular in the area and with the help of 3 teachers we are able to impart education to 50 students who are from BPL families of Nihal Vihar .



EVENTS

Back to School

When we were kids, we used to get very excited to see our new school uniform, shoes and school bags. The same expression of happiness was reflected at Chetan Vidya Mandir and Chetan Playway School when new uniform, shoes and school bags were distributed to the students.

The school is constantly making efforts to increase the enrolment and enhance the attendance level by providing better facilities, and keeping the students interest level up through innovative activities so that they can curb the dropout rates.

Diya India Foundation has always been in the forefront constantly working for the development of underprivileged children in Nihal Vihar area of West Delhi.



EVENTS

Celebrating 70th **Independence Day**



The 70th Independence Day was celebrated at Chetan Play way and Chetan Vidya Mandir (Schools Supported by Diya India Foundation). The day began with the floral tribute to the great freedom fighters of our nation. All the children sang the National Anthem with great pride.

The cultural program commenced with the dazzling dance performance by the school children. Management and staff of Diya India were mesmerized by their amazing performances.

The Independence Day was celebrated with utmost Patriotic Fervor and Zeal.



EVENTS

Quality Time with Elders



The elderly are our legacy. The wrinkles, the gnarled hands and the white hair tells us about the time that has gone by. As senior citizens, they also have every right to live in peace and with dignity.

On 20th August 2016, volunteers of Diya India Foundation visited the Old Age Home at Geeta Mandir, New Rajinder Nagar, New Delhi and distributed bed sheets and daily use items to inmates besides providing meals to them. Many volunteers stayed back to share their time with the elders, bringing smiles to many wrinkled faces.



Knowing Our Colours

Red Color Day

Red Color day was organized at Chetan Playway and Chetan Vidya Mandir on 19th July 2016. Our little souls came to schools carrying red objects, fruits and wearing red color dresses. Special assembly was conducted to mark this day. They made red butterflies with red palm printing and cutouts of red hearts which they carried back home.



Yellow Color Day

August is the month of colors, Yellow is the color of Sun. Our Little souls came dressed in vibrant yellow dresses and spoke about the yellow colour on 12th August. The little ones looked very cute and they enjoyed making yellow crowns and sunflowers. The whole school was decorated with yellow balloons.



Knowing Our Colours

Green Color Day

Green Color Day was celebrated with the motto of “Go Green” by the children of Chetan Vidya Mandir on 19th August. Children learnt about keeping our Earth green and clean through the workshops on the importance of trees and cleanliness for our earth. The whole school was decorated with green balloons and green trees. Children enjoyed doing palm printing with green color and making trees. Some children came dressed in the attire of trees.



Blue Color Day

Blue Color day was celebrated by the little souls of Chetan Vidya Mandir on 26th August. Theme of the celebration was water conservation. Children learnt about the value of water through small workshops, they drew beautiful water drops and learnt some slogans like “Save Water, Save Life”, sang poems like “Machhali Jal ki Rani hai” . Children were looking pretty in blue color dresses and crowns. The school was decorated with blue color balloons, clouds and other objects.



EVENTS

Empowering Women Empowering Nation

Our vocational centre has proved to be a huge success, with the women learning to create some beautiful dresses and every girl building a new set of confidence with every new dress they make! The centre was created as a way for local slum girls, with no educational background and occupational skills to learn the profession of dress making in order to gain the ability to become self-sufficient and earn a living for themselves and their families. The mission of our vocational center is to reverse this process by giving these girls the opportunity to expand their life outside the home.



Festive Exhibition

Diya India Foundation spreads the message of brotherhood and harmony by extending their activities beyond their boundaries. Diya India Foundation put up a stall at the Millennium School, Noida on 30th July. The stall was spectacular with the colorful handmade products i.e., bags, envelopes, rakhis, paper bags, suits made by the women of Diya Vocational Centre Nihal Vihar, the economically weak slums near Paschim Vihar, New Delhi. All these products were purchased by the staff & parents with absolute joy to bring a smile to the destitute and under privileged.

The proceeds collected were used to support and encourage the less fortunate ones. Such noble gesture plays a pivotal role in connecting the society to the underprivileged and also sensitizing them to be a blessing to these souls who are engulfed by the flame of poverty and pain.



EVENTS

Volunteers Appreciation Workshop

Diya India Foundation organized volunteers appreciation workshop and get-together. Five Volunteers from Ketto (a crowd funding website) were appreciated with certificates and stipend.



Workshop on Health and Hygiene

On 19th August, a workshop on “Health and Hygiene” was organised for the students of Chetan Vidya Mandir by our International Interns **Skie** from China, **Samantha** from USA and **Anne** from France. The children were taught the importance of clean hands and their benefits. Dealing primarily with children in schools, it feels that children today hold the key to tomorrow's healthy future, homes and communities which leads to a healthier nation. It was a very interactive session with the children catering to all the doubts they had on health issues.



Joy of Giving

The Prosperity of society comes with giving and sharing, no matter what level of support you consider for those in need. Diya India Foundation gave a fridge to a differently abled family when they needed most...



EVENTS

Swachh Bharat Swasth Bharat

On 24th August, Diya India Foundation under its project "Parivartan" organised a rally "Swachh Bharat, Swasth Bharat" in Nihal Vihar, New Delhi. In this rally our International and National Volunteers, Principal, teachers and 80 children of Chetan Vidya Mandir participated. Children also distributed leaflets on Dengue Awareness in the community.

The program started with the meaningful speech by the Chief Guest Mr. Ashok Bhardwaj, M.C.D Counsellor. A lecture session on the topic 'How to keep our surroundings clean' was held for the people of the community.



Janmashtmi Celebrations

On 24th August, staff & students of Chetan Vidya Mandir and Chetan Playway School celebrated Janmashtmi with utmost gaiety and fervour. Students dressed up as Lord Krishna and Radha's were a beautiful picture to be hold. The little souls of Chetan Playway captivated the audience by displaying their dancing skills leaving the audience spellbound by their magnificent performance. The echoes of bhajans and the tinkle of cultural programmes were audible all around.



INTERNATIONAL VOICES



Anne Maurer

Volunteer, France

Working in Diya India Foundation makes me face the tough reality of India. I was glad to be part of all the organisation's projects which aim at enhancing the lives of the most underprivileged people in every sphere such as education, health, women empowerment or even environment. I felt really useful by helping them.

Through my job in the organisation I have followed some children who were saved by Diya. It was really moving to see how the organization has completely changed their lives. More generally, I have seen the impact they had on the women at their Vocational Training Centre, I have seen the joy and the hope they bring at the Chetan Vidya Mandir and Chetan Playway. This is the reason why I am really proud to have been part of this experience. I want to thank them to have made me live this beautiful experience and to have made me aware about all the sufferings some people endure in India.

Samantha Andrew

Volunteer, USA



While living in India and working at Diya India Foundation, I saw that there is great need among the poor people of India. The Foundation is constantly putting its hard work to better the lives of the underprivileged and fill in that need. Every project they involve themselves in, they do full heartily, trying to impact as many lives as possible. By visiting the schools, I've first-handedly witnessed the amazing work they are doing. Chetan Vidya Mandir is a top-notch school where the children are receiving a premier education despite his or hers poor socio-economic background, giving the children the opportunity for future success. I feel lucky to be involved with Diya India and will continue to support and advocate for them because I know that the work they do truly enriches the lives of the vulnerable.



Skye Hui

Volunteer, China

Working in Diya India Foundation is the important part of my awesome India life. During this six weeks long intern experience, I witnessed how a NGO show their social responsibility by running projects based on the needs of the society in a professional way. We went to the Chetan Vidya Mandir School where the unprivileged children getting quality education. At the school we distributed

new shoes, uniforms and school bags. And it makes me believe that every little bit helps put a smile on a kids face. Also, we visited the training center which offer free skill training for women to help them live an independent life. I feel like, with the help of Diya India foundation, the less fortunate people have the opportunity to improve their life. As what we always say, if everyone contributes a little ,it will make a big difference to the whole society. That is exactly what Diya India believes in. I hope more and more people can support Diya India and make India better together.



YOGA & HEALTH

Prof. S.C. Manchanda, Senior Consultant Cardiologist, Sir Ganga Ram Hospital, New Delhi. Former Head of Deptt. of Cardiology, AIIMS shares his views and challenges about “Yoga & Health”.

According to W.H.O., health is defined as 'not mere absence of disease or infirmity, but a state of physical, mental, social and spiritual well-being. Though we have done significant progress in physical health (especially control of infectious, communicable diseases), there has been a significant deterioration of mental health. The human being of modern world is full of fear, suspicion, conflict, negative thoughts, bigotry, anger, lust, greed, ego, jealousy and lack of contentment and ultimate self-destruction. Unhealthy life styles of modern name are leading to an epidemic of life style related (non-communicable) disease like obesity, high blood pressure, heart disease, diabetes mellitus, bronchial asthma, anxiety, depression etc. which have become the leading cause of death throughout the world and are rapidly increasing in the developing countries causing a significant loss of lives, disabilities and huge economic loss. Yoga has the potentiality to control stress, make an individual peaceful and prevent the huge burden of dangerous life style related diseases.

What is Yoga?

Yoga is an ancient Indian mind body technique which is becoming increasingly popular throughout the world because of several health benefits. Even the United Nations has recently recognized its importance and declares June 21st as International Day of Yoga. Yoga is an integrated system of self-culture which aims at harmonious development of body, mind and covers all aspects of human life that lead to physical well-being, mental harmony culminating into positive thinking, happiness and peace. Yoga envisages health in totality on the principal of healthy mind in a healthy body. Yoga is a universal practical discipline irrespective of culture, nationality, religion, caste, creed, age, sex and physical condition.

Beneficial efforts of Yoga:

Several scientific studies have demonstrated that yoga is one of the best methods to achieve physical, mental, emotional and spiritual health and keeps a person happy and peaceful. Beneficial effects of yoga have been demonstrated to detoxify the body, mitigate chronic fatigue, enhance endurance, improve organ and immune functions. Usefulness of Yoga have been reported in controlling multiple chronic conditions including depression, anxiety, stress, menopausal symptoms, arthritis, low back pain, cancer, allergies, asthma , acid peptic disease, irritable bowel syndrome, ulcerative colitis, migraine, diabetes mellitus, cardiovascular system etc. Yoga appears to be especially beneficial for prevention of heart disease.

Several scientific studies have shown that yoga can control all the risk factors of heart disease like hypertension, diabetes mellitus, obesity, high cholesterol, smoking, psychosocial stress and inflammation. Yoga has also been shown to reverse early and advanced blockages in the coronary arteries and reduces heart attack, strokes and death in heart patient. Yoga also improves the quality of life, sleep, physical fitness and reduces stress in many chronic diseases like cancer and heart failure and is useful in rehabilitation.

To conclude, the life style of modern man has become unhealthy especially mental stress has increased resulting in huge increase in life style related (non-communicable) diseases like heart attacks, high blood pressure, diabetes, respiratory disease, joint pains, anxiety depression and stress. These diseases are the leading cause of death, disability and pose a huge economic burden. Yoga, which is a holistic universal mind body discipline, has been scientifically demonstrated to control mental stress and prevent this life style related disease especially heart disease in a cost effective manner. Yoga also keeps a person peaceful and happy.

Thus yoga is an excellent technique for leading a vibrant stress free healthy life and helps to prevent several dangerous life style diseases like heart attacks, diabetes etc. and hence should be practiced by all.

AUTISM

Rita Kaul, Director, The Millennium Schools, is a special educator and psychologist with 23 years of experience. She shares her views and challenges about Autism.

Autism as all of us know is a developmental disorder comprised of five different complex brain disorders. It affects a person's behaviour well as social and communication skills. Many people with Autism spectrum disorder, or ASD, also have a typical ways of learning, paying attention and reacting to different sensations. Thinking and learning abilities of people with Autism can greatly vary from gifted to severely challenged.

ASD occurs among all racial, ethnic, and socio economic backgrounds, but is almost five times more common among boys than among girls. Researchers have proved that 1 in 68 children has been identified with ASD. Autism is not a mental illness but a developmental disability that occurs in one out of 68 births, says Autism society. Autism is a brain disorder in which parts of brain stop functioning as one. . Symptoms of autism include a delay on verbal communication, not speaking at all sensory impairment and poor social interaction. The child may not develop an eye contact. Below are the few frequent concern which help us to understand and autistic child better in family and school environment. It is always suggested that an early and timely intervention be offered to these children so that they can become self-dependent adults.



Is he really autistic?

Usually while screening we look into the developmental milestones of socialization, communication of the child and play habits of the child. Disturbance in these milestones and play activities puts the child under the category of ASD. However final Diagnosis comes from the clinical psychologist.

"He understands everything.....He just doesn't listen!"

We feel that the child is not listening because he is not giving eye contact, restless, not sitting at one place, making sounds, Maintaining distance (hypersensitive), Wants our touch (hypersensitive), not able to integrate his senses (Sensory issues). Basically joint attention is not there. Just because he doesn't give the response you expect – doesn't mean she/he is not listening.

- He may hear but not understand you
- He may understand but not know how to respond
- He may know but can't retrieve in that moment
- Your body language may be speaking louder than your words

"Can he/she really study?"

Every child has the right to educate regardless of disability status.

Children with ASD need to have a structured day and teachers who know how to be firm but gentle. There are many strategies to help them study. Child needs structured environment, visual inputs, one on one interaction, strict parenting(understanding his condition but making him follow the rules made for him).

"Why does he not learn-play with other students."

As he has developed eye contact, attention is not there, is restless, not sitting at one place, making sounds, hypersensitive, sensory issues are there he is not comfortable in the class.

Strategies to help with social and behavioural issues:

- Use special interest to facilitate the learning process.
- Create a predictable schedule.
- Teach them through peer modeling
- Read stories and show proper behavior in different situations.

These tactics can ensure the child a better learning experience. As the social, communication and play activities are affected and sensory issues are there, the child is not comfortable in the group and wants to stay aloof.

"Why is he so rude."

Rudeness is pretty universal; everyone has been rude at one point or another in their lives. Most people with Autism are not intentionally rude; they often miss to stop doing something inappropriate. As the child's social skills are affected he is not able to behave age appropriate. Lack of knowledge for social norms makes us feel that he is rude.

REFLECTIONS



REFLECTIONS



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All donations to Diya India Foundation are eligible for deduction under Section 80 G of the Income-tax Act, 1961.

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For online donation visit our website www.diyaindia.org.

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