

FIRST IMPACT REPORT



नीव

SEP 2018 -
MARCH 2019



SEP2018-
MAR2019



FIRST Impact Report



SARGAM ZINDAGI KI

FIRST REPORT
SINCE INCEPTION
(SEP2018-MAR2019)

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SARGAM ZINDAGI KI

*An Analysis of our Six
Months work since
inception
Sep2018 - March 2019*



*Approved by Gopa Sood
&
Shaveta Nayyar*



From The Founder's Desk

Today, India needs oneness - oneness in vision, mission and oneness of souls. Our children, youth, adults and senior citizens should be happy in order to build a happy nation.

Sargam Zindagi Ki is an effort to develop an emotionally healthy India. We nurture emotional intelligence and emotional wellness, especially in children. It is a sincere effort to lead an emotional wellness revolution in India.

Our team has worked hard to create awareness about emotional intelligence as an integrated and significant part of our growth which should not be ignored.

It is time to come together to evolve, to emerge, to reach beyond, to believe that emotional health is the primary source of our well-being. Our dream is big. However, it is our belief in the 'idea' - the 'idea' of nurturing emotional intelligence that will bring about a revolution in this country; a revolution of emotional wealth, emotional wellness.

Let's execute this dream together.

Shaveta Nayyar

Founder/President & Author

“एक छोटा सा अहसास है, एक छोटा सा ख्वाब है, उम्मीद है भावनाओं को समझने की, आओ सुनाएं हम अपनी सरगम जिंदगी की.....”

Shaveta Nayyar
Founder- Sargam Zindagi Ki



CONTENTS

- 02** From the Founder's Desk-
Shaveta Nayyar
- 10** A Humble Beginning
How It All Started
- 12** It All Started In The Park
A new journey
- 18** Samarthya Project
Vision & Mission
- 20** Meri Sehat Meri Zimedaari
An insight into emotional health
- 22** Sargam Zindagi Ki Program
Conceptualization

SARGAM ZINDAGI KI

A HUMBLE BEGINNING



"Together we need to understand each other, feel & manage emotions in the best possible way."

On September 4th, 2018, Sargam Zindagi Ki was registered under “Societies Registration Act of 1860”. As our first baby step, we took great pride in founding it as not only a Society but a concept, a movement, an idea that is beyond, an idea that will give shape to future of Learning.

Our Founder Shaveta Nayyar has been passionate about leading the movement of Emotional Intelligence in India. A creator, a visionary and a person full of warmth, Shaveta along with her team has just begun a journey of love, of compassion and kindness.....



"भावना को समझने का प्रयास हम सब को करना चाहिए। सही बढ़ने के लिए भावना को समझना जरूरी है"

SZK aims to reach all schools, institutions as well as less privileged children to spread awareness about emotional sensitivity and wellness. Therefore, 3 Programs are conceptualized- SARGAM ZINDAGI KI PROGRAM, SAMARTHYA PROGRAM & MERI SEHAT MERI ZIMEDAARI...

“Be grateful for Humble Beginnings, because the Next Level will always require so Much More of You. Next Level Is Coming; Get Ready.”

IT ALL BEGAN IN THE PARK

We started from the park at Harijan Basti, where less privileged children came to share their emotions and learn with a difference. Our first initiative was to organize a health camp followed by Sports Camp that brought the entire Basti together.

As our Founder, Shaveta Nayyar made sure we begin with a realistic approach- Her vision and mission is always to make children aware of their Emotions...

Hence, this project is named- "SAMARTHYA" meaning "being capable". Here, children work at their core level to make their basic concepts stronger, to understand their emotions in a better way...



PROJECT SAMARTH

Emotional Wellness For
The Less Privileged
Children



Questions?

WHY?

**WHY THERE IS A NEED FOR
SARGAM ZINDAGI KI?**



**WHY DO WE NEED TO FOCUS ON
EMOTIONAL INTELLIGENCE
ESPECIALLY FOR THE LESS
PRIVILEGED?**

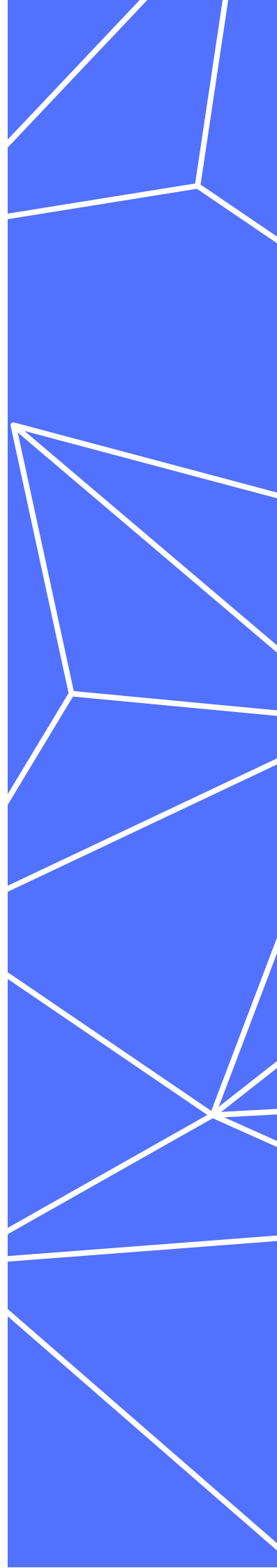
REPORT ANALYSIS

The 13th Annual Status of education Report (ASER) released on 15th Jan 2019, says that only 73% of Class 8 students in rural districts can read a Class 2 level text. This means most children need immediate help in acquiring foundation skills in literacy and numeracy.

Between Class 6 and Class 8, basic maths level remains low. One out of four children leave Class 7 without basic reading skills. During Pandemic, children have not been able to study as per the syllabi. Many children are not aware of the concepts in the right manner

Sargam Zindagi Ki aims to reach out to children who are deprived of -
a) Basic education b) Quality education & nurture their emotional intelligence & emotional wellness.

These children have been brought up in different living conditions. Some children are school drop outs while others have not gone to school. Some children have gone to school only in their villages and have not seen schools in Delhi. Some children who are going to government schools or other NGO schools, need help to cope up with studies. Their parents can barely afford after school tuitions while others can't even do that.



REPORT ANALYSIS

There are many factors that are responsible for their approach to learning and grasping of concepts-

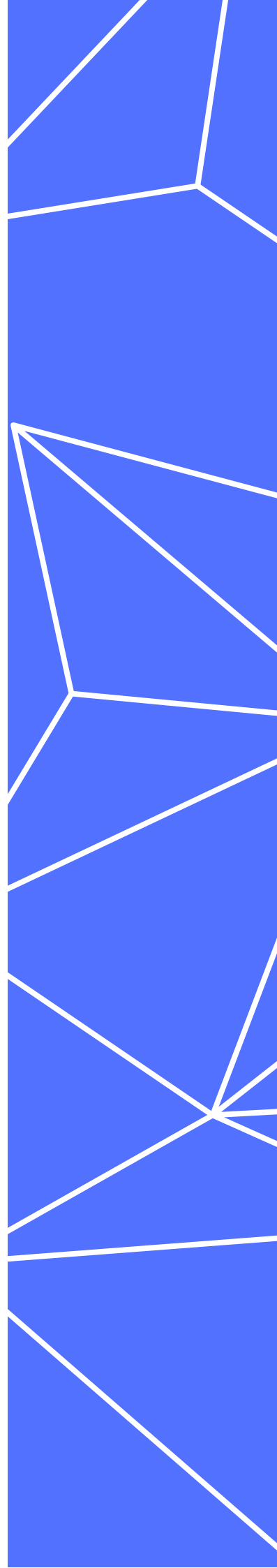
- School Environment
- Self- Learning Ability
- Home Atmosphere
- Nutrition
- Finances

The learning abilities here are completely different when we talk of children going to government schools vs children going to schools in their villages' vs school drop outs.

There are many challenges to teach such a diversified age group of children with different learning abilities. Therefore, we need to draft a Program that encompasses these challenges, understand the grasping power of these children so that they can make their foundation strong.

सामर्थ्य Education program is established to provide support to impoverished children through a well- planned syllabi on emotional intelligence & wellness and real-life learning concepts. It aims to make these children able and develop a strong foundation filling the gaps in formal education. The Educational Team of Sargam Zindagi Ki brings this program in their own vicinity so that children are comfortable. We take pride in designing the entire program that aims to bridge the gap and define new ways of learning and teaching methodologies.

Children who have less or zero exposure to foundation education. Our team prepares them with a fixed syllabi introducing them to the world of education.



VISION MISSION

For the SAMARTHYA PROJECT

To nurture emotional intelligence & wellness in the less privileged through various concept-based education projects & emotional wellness activities.

Our Mission at Samarthya is to nurture emotional intelligence & wellness for the less privileged & create an exclusive environment

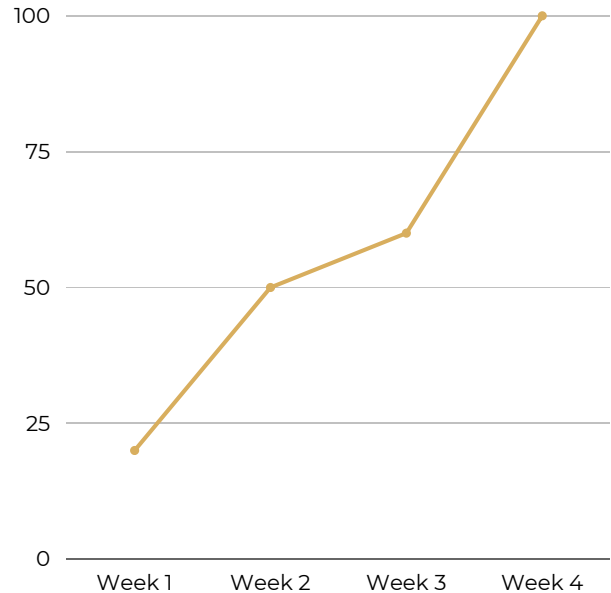


INTRODUCTION

About Our Project

As Samarthya starts at Harijan Basti, the idea is to spread awareness on Emotional Intelligence & Emotional Wellness. It is also about understanding the basic concepts and being in the world of creativity. We encourage children to create various art forms.

PROJECT HIGHLIGHT



We started with few children, and by week 4 we had full attendance with children coming to enroll themselves and their friends. Children loved Performance Arts.

MAIN ACTIVITIES



MERI SEHAT MERI ZIMEDAARI 1

- On Nov 20th 2018, "Emotional & Physical Health Campaign" was organized
- More than 100 Hygiene Kits were distributed
- Dental Health check up was set up
- Adults & Children Participated (Details attached)

3D WORKSHOP 2

- Dance, Direction & Drama workshop organized
- 60+ children participated!
- It was a good show.
- Children learnt about public speaking!

SPORTS DAY 3

- Harijan Basti children participated
- Different Races were conducted
- Brought together the whole Community
- A successful first show

Main Activities were held which brought together the entire Community. "Samarthyaa Project" launched successfully with 65+ children joining immediately at the Park

MAIN ACTIVITIES



REPUBLIC DAY 4

- Children celebrated Republic Day with full house participation singing patriotic songs

RANGBIRANGA 5

- Art Extravaganza for children. Effect of Colors of Emotions is explained here

CELEBRATION HOLI 6

- Children loved celebrating together and put colors on each other

Main Activities were held which brought together the entire Community. "Samarthya Project" launched successfully with 65+ children joining immediately at the Park



GLIMPSES



Some Emotional Moments Captured



CREATING ONENESS

SARGAM ZINDAGI KI AIMS TO CREATE ONENESS THROUGH EMOTIONAL WELLNESS REVOLUTION IN INDIA



MERI SEHAT MERI ZIMEDAARI SYNOPSIS

EMOTIONAL HEALTH CAMPAIGN

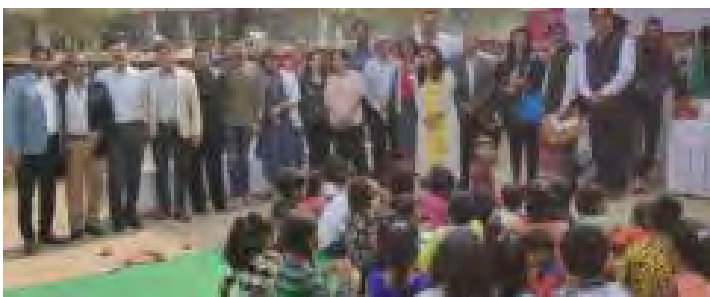
Conceptualized by Shaveta Nayyar, "Meri Sehat Meri Zimedaari" is our Emotional Health Campaign. For the first time, children were told about what emotions and feelings are and how to manage them. Along with this, a Dental Health Camp was organized for adults & Children.



PROJECT "मेरी सेहत, मेरी जिम्मेदारी"

As the name suggests, "मेरी सेहत, मेरी जिम्मेदारी" is a concept to reach out to adults and children talking about emotional as well as physical health issues.

On November 20th 2018, This camp was organized reaching out to 500+ beneficiaries. 100 hygiene kits were distributed to children at Harijan Basti.



SARGAM ZINDAGI KI PROGRAM

AIMING TO NURTURE EMOTIONAL INTELLIGENCE & EMOTIONAL WELLNESS



Let's create an emotionally healthy world



WHY SCHOOLS NEED THIS PROGRAM?

- Focus on Social & Emotional Learning
- Collaboration with experts to nurture EI

”COLLABORATION WITH EXPERTS WILL HELP PUSH FORWARD THE NEED TO NURTURE EMOTIONAL INTELLIGENCE(EI) IN SCHOOLS”

With the need to develop Emotional Intelligence at an early age, schools today need to focus on including EI as a part of their curriculum.

With growing pressure of academia on children and high expectations from schools to finish the syllabi, it is time to pause and think about the impact on emotional, mental and physical health of the children.

Children need to feel emotionally secure when they are in school. Thus, let's see how best we can achieve the emotional health in schools through putting in some effort now.

SARGAM ZINDAGI KI PROGRAM

For Year 2020

We are conceptualizing Sargam Zindagi Ki Program for schools for Classes 6th-Class12th. We will be launching it in April-May 2021. Currently, we are in the development stage.



ACHIEVEMENTS & HIGHLIGHTS

65+

CHILDREN JOINED SAMARTHYA PROJECT

It is an amazing experience to see the response of the children at Samarthya Project.

12

SUPPORTED 12 CHILDREN TO ENROL IN CLASS 4/5/6 RESPECTIVELY IN MCD SCHOOL

We supported the parents and children by convincing them to enroll their children in school. We went to the school with them and filled all the forms helping them to complete admission procedure .

500

MERI SEHAT MERI ZIMEDAARI

500+ Direct beneficiaries for this Campaign

02

EMOTIONAL AWARENESS WORKSHOPS

2 Emotional Awareness Workshops were held for both Parents & Childen.

Annual Impact Report

Helping others manage Emotions

As we have just began 5 months ago, it is nice to see the response of children at basti. Our dream to take this Program to the schools will soon be realized...

"Our aim is only to spread awareness on emotional management & sensivity."

- SHAVETA NAYYAR- FOUNDER

	Projects	Details	Outcome
1 Emotional Health Awareness & Sensivity	Samarthya	1. Spreading Emotional Awareness/ Applied Art/ Performance	<ul style="list-style-type: none"> 1. Children gained confidence Became a little emotionally aware
2 Emotional Health Awareness & Sensivity	Meri Sehat Meri Zimedaari	1. Spreading awareness on emotional & physical health	<ul style="list-style-type: none"> There were kids who saw nail cutter for the first time. Hygiene kits were distributed
3 Emotional Health Awareness & Sensivity	Sargam Zindagi Ki	Reaching out to schools	<ul style="list-style-type: none"> Under conceptual stage

Acknowledgements

We would like to sincerely thank Mrs Veena Nayyar & Munmun and all involved to help us kickstart our operations smoothly. Thank you to Gopa Sood, Rakesh Diwan & Sheela Rao maam



Supported Children Admission to MCD Schools



12 Children Admitted



About Us

“Sargam Zindagi Ki” is an organization formed in September 2018 working towards creating emotional wellness in children. Emotional Intelligence is an integral part of our life that can help us grow with a more positive outlook. Our organization seeks to create a future of hope by helping people to work on their emotional health for holistic growth.

“Sargam” means “rhythm” and “Zindagi” means “life”, which means “rhythm of life”. Today, we all need to slow down, relax and pause to work on our emotional health. Emotional Intelligence is a significant part of our development. Corporates are now taking more initiatives than ever to take care of their employees’ emotional quotient by introducing various programs and changes at work environment.

SARGAM ZINDAGI KI has Governing Board of Directors (7) along with dedicated mentors and volunteers and members that accesses the progress of the organization, making strategic decisions and administrative issues. It also provides opportunity for community volunteers and students on internship to learn and participate in its activities. There are many volunteers attached to the organization who help us to fulfil our aim.

SARGAM ZINDAGI KI program offers a robust framework for putting Emotional Quotient into action, that will help children and adults manage their emotions better by being more self-aware.

Sargam Zindagi Ki has three Programs- Samarthya Project (Emotional Intelligence & Wellness Project for children of Harijan Basti, Vasant Kunj), Sargam Zindagi Ki Program at Schools & our Emotional Wellness Camps.



Vision

To be a front runner in educating children and adults about emotional wellness in order to create a better educational world and generate meaningful rhythm of life.

Mission

To lead a movement of emotional sensitivity. To create a society of acceptance and happiness through education, fitness and art that teaches all to be humane and understand the larger perspective of humanity

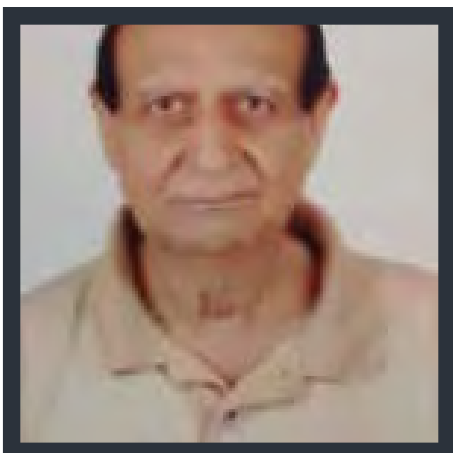
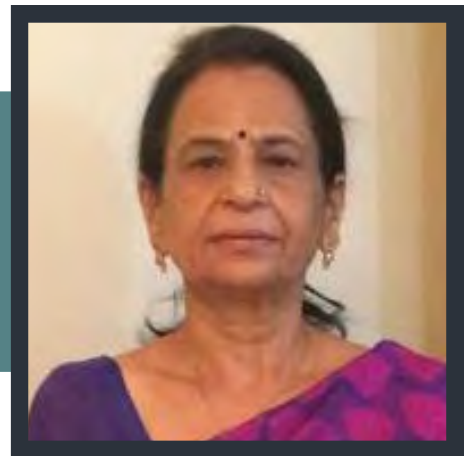


Meet **our** **TEAM**



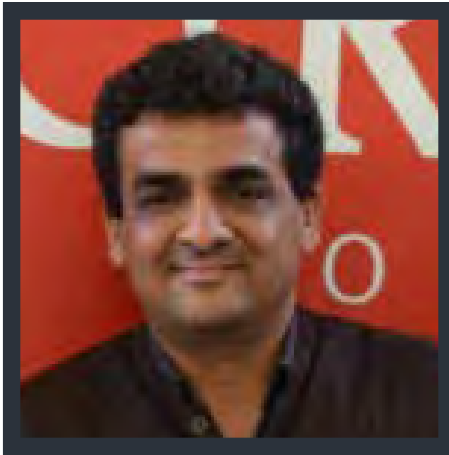
SHAVETA NAYYAR
*FOUNDER &
PRESIDENT*

GOPA SOOD
CHIEF MENTOR &
TREASURER



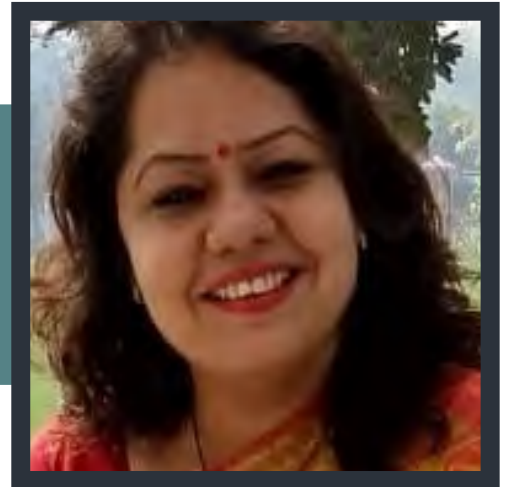
RAKESH DEEWAN
CHIEF MENTOR

Meet our TEAM

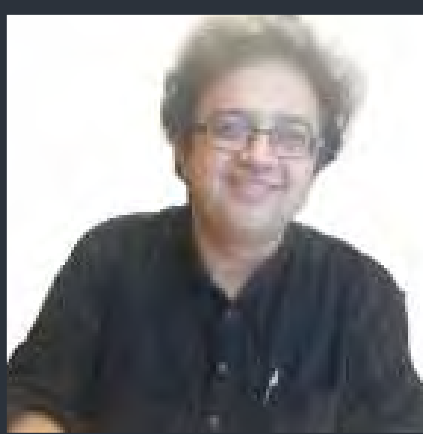


SANDEEP DHAM
ADVISOR

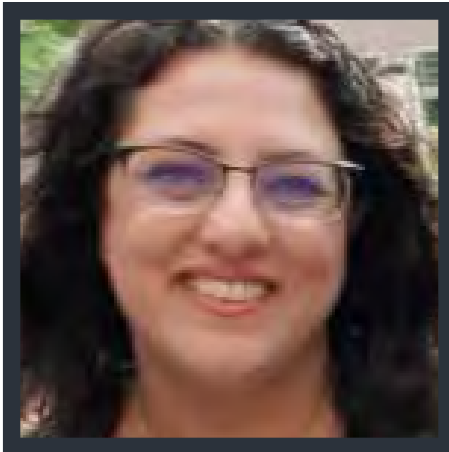
MUNMUN SHARMA
SECRETARY



MAYANK JHANJI
ADVISOR



Meet **our** **TEAM**



YUKTI AHLUWALIA
ADVISOR

VEENA NAYYAR
ADVISOR



Coming together is a
beginning; keeping
together is progress;
working together is
success.

A Salute to all the teachers for
all their support and efforts





NGO nurturing Emotional Intelligence & Emotional
Wellness in Children

SUPPORT US

Let's invest our emotions too

SARGAM ZINDAGI KI

HELP US GROW

Founder- Shaveta Nayyar



Let's create an emotionally healthy world

