



शुरुआत

2019 - 2020

ANNUAL IMPACT



REPORT



From our 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 spread this message through various means such as curriculum, media, seminars etc. We aim 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

" Let's Take Care of Our Emotions Responsibly"

MESSAGE FROM OUR MENTORS



GOPA SOOD

"Sargam Zindagi Ki aims to work towards emotional well-being of people of India, especially children. At SZK, through simple classroom program and seminars, we not only make children aware and accept their emotions but also channelize them towards leading a more meaningful, peaceful, healthy and blissful life."



SHEELA RAO

"As an organization, our aim is to create awareness on emotional intelligence and make it an integral part of the school curriculum. It is time that we invest emotionally into our well-being. India needs emotionally healthy children who will be the torch bearers of our country."



RAKESH DEEWAN

"It is the vision of an organization that sets the pace. Emotional Wellness is at the core of our mission and desire to raise our children in an emotionally healthy environment. I am happy to see our curriculum is being widely accepted by schools."



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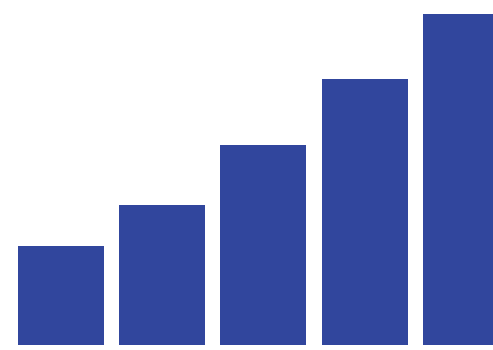
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About Sargam Zindagi Ki

" Sargam Zindagi Ki' is an organization which was constituted in September 2018 working towards creating emotional wellness. The organization operates in the areas of education, human health, awareness campaigns and women empowerment. 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 for the under-served children, adults and senior citizens by helping them to work on their emotional health for holistic growth.

'Sargam' means rhythm and 'Zindagi' means life; 'Sargam Zindagi Ki' 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 place environment.

Our organization has started an emotional wellness revolution that will enable people to take care of their emotional health. Our prime programs are Samarthyaa, Sargam Zingadi Ki Program and Meri Sehat Meri Zimedaari.





A Desire to Lead the Emotional Wellness Revolution in India

It all started with a discussion on how emotional intelligence impacts growth. The organization started with people with similar thoughts coming together and building a holistic environment and a think tank of new projects. We started this new endeavor with a hope to lead a movement of emotional wellness revolution in India.



Registration Certificate - Sept 4, 2018
Samarthya Program - Nov 14, 2018
Meri Sehat Meri Zimedarsi - Nov 20, 2018
Sargam Zindagi Ki Program - July 17, 2019

Vision And Mission

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.

Aligned with our vision, our core values support us in our mission and desire to bring a positive change. We all are committed to serve from our heart. It is a desire to rise above and walk on the path that leads us to satisfaction of our soul. Our team works from the heart so that we can fulfil the cause of being humane.

Let us all strive to serve from our heart, to be more empathetic and humane. Without being empathetic, one cannot reach the destination of humanity. In order to serve others, our 'self' needs to be strong. So, we work on ourselves as a part of the organization in order to bring a wholesome change in humanity.





About SAMARTHYA PROGRAM



Through सामर्थ्य Program, Sargam Zindagi Ki aims to reach out to children who are deprived of quality education and are in need of basic support in education and overall development. The children under the program have been brought up in different living conditions. Some children are school drop outs while others have not attended school. Some children have gone to school only at their native villages and have attended school in Delhi. Some children who are going to government schools or other NGO schools, need help to cope up with studies as they do not have support at home. Some parents can barely afford after school tuition while some others are unable to.



SAMARTHYA PROGRAM

Therefore, a program that encompasses these challenges, understand the grasping power of our children so that they are able to make their foundation strong holds importance.

The learning abilities are entirely different when one compares children who attend government school, children who have attended school at their native villages and school drop outs. There are many challenges to teach such a diverse age group of children with different learning abilities.

सामर्थ्य program was established to provide support to impoverished children through real life learning concepts. It aims to make the children capable and to develop a strong foundation filling the gaps in formal education. The educational team of Sargam Zindagi Ki brings this program in their own vicinity such that children are comfortable. We take pride in the design of the program which aims to bridge the gap and define new ways of learning and teaching methodologies.



Mohit's Story at Samarthya

Sargam Zindagi Ki's student Mohit, with a specific learning disability, was noted to have a unique talent. Making miniature 'tanks', 'buses', 'cars' etc. by upcycling waste material was observed to be an interest of his. His passion and love for the art proved that hard work and willingness to develop the 'self' can turn into one's strength.

Mohit had been with Sargam Zindagi Ki since its inception. He made an effort to read and write to the best of his ability. He mingled well with the children and the program team. All he required was love and time.

*Samarthya
Program
encourages
children to be
themselves, to
be a part of
Learning without
any boundaries,
& any format
systems*

Essence of Samarthya Program



RANBIRANGA

Arts Integrated Learning
Expressing Emotions
Through Art

Colour plays an important role in the overall aesthetic of any space. It can also impact a child's mood, emotional well-being, productivity and learning behavior. Rangbiranga, which was an integral component of the Samarthya Program, was an effort to make children understand the importance of colors in overall growth and development. Rangbiranga encompasses various activities with simple drawing, paper, painting, designing, and learning new conceptual art. Color and shape were ways in which children observe and categorize what they see. These very recognizable characteristics encouraged children to define and organize the diverse world around them.

RANBIRANGA



EXPRESSING EMOTIONS THROUGH ART

Learning
Without
Boundaries



Samarthya program.
Children love to learn
and experience this
program in the most
unique way.



Sargam Zindagi Ki's art volunteers at Rangbiranga made sure to encourage children to colour using crayons, brushes, free style etc. SZK made all décor material in-house for all festivities and painted their own colourful world with available resource materials.

3D LEARNING

DANCE, DIRECTION & DRAMA



Children
performed at
Sanskriti School
on International
Dance Day 2019



Nukkad Nataks
on Social
Awareness

3 D Integrated
Learning - Drama,
Dance and
Direction



Activities and Learning Tours



Where do you go from here? List of Activities at

This SDG Progress Report is a continuous work in progress - a way for your organization to track its impact and improvements over time. This section outlines your strategy for continuing the good work done so far.

01

Republic Day Celebration

Jan 26, 2019

02

SZK Children Perform at Sanskriti School on International Dance Day

May 1, 2019

03

Visit to Parliament of India

Jun 28, 2019

04

Visit to Nehru Planetarium

Jul 16, 2019

05

Tour to watch Mission Mangal

Aug 15, 2019

06

Founder's Day

Sept 4, 2019

07

Teacher's Day Celebration

Sept 5, 2019

08

Children's Day Celebration

Nov 14, 2019

09

Christmas Day Celebration

Dec 17, 2019

10

New Delhi Viswa Pustak Mela 2020

Jan 7, 2020

Learning Tours

At Project Samarthya, all children are encouraged to go on Learning Tours that not only gives them knowledge but also builds their self confidence and ability to interact better with the outside world.



Experiential Learning

Children experience what they have learnt in the class.' These tours encouraged learning by seeing so that they were able to understand the concepts better.

Learning Cultural Heritage

These tours made the children aware about their own cultural heritage.



Tour Diaries:

Children were encouraged to write their experience after every tour they take.

Improved Self-Confidence

Extra stimulation in new environments was particularly beneficial and helps teach life skills, build on social skills and improve independence and self-confidence.

Outcome of SAMARTHYA



Willingness to attend school

12 children were enrolled in MCD school for the NEW academic session.

Talent Development

Children had participated in various nukkad natak and dance show.

Personality Development

Positive changes were seen in the personality of the children - better communication skills, improved confidence etc.

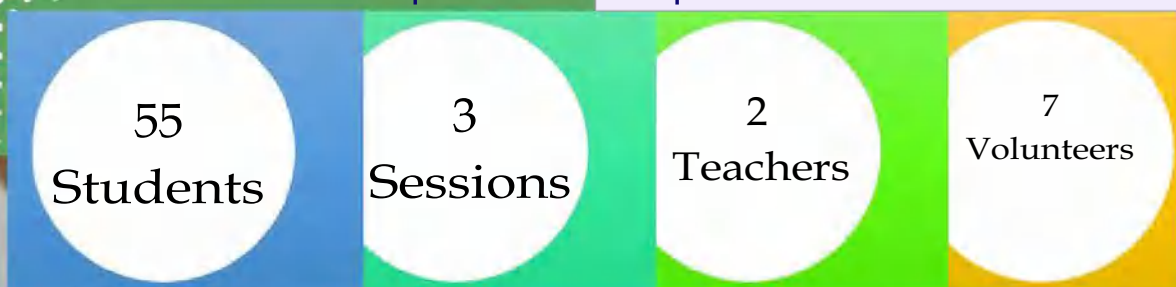
Keen Interest in Subjects

Students were taking keen interest in subjects like maths, English etc.

Good Hygiene

Teachers had noted better hygiene of these children. They cut their nails and dressed up appropriately for the session.

Impact Snapshot



NEXT PROJECT

2019



SARGAM ZINDAGI KI PROGRAM

REPORT

SARGAM ZINDAGI KI

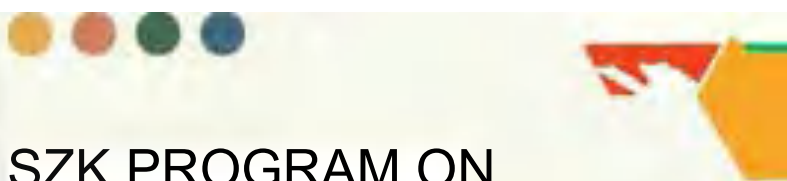


2019-2020

About SZK PROGRAM

Sargam Zindagi Ki is the first NGO in India having devised a one –year curriculum in India. One of the programs of Sargam Zingadi Ki, by the same name, was developed to align with the organization’s 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.

SZK is a conceptual and foundation learning model program with interactive sessions. The 2019–2020 batch of Sargam Zingadi Ki was implemented for class 6th and class 8th students respectively from Deepalaya School and Chowguley Public School. Weekly classes were conducted starting from mid July 2019 and ending in February 2020. The program was integrated as part of the curriculum for the children.



SZK PROGRAM ON EMOTIONAL INTELLIGENCE & WELLNESS



SARGAM ZINDAGI KI PROGRAM

About SZK PROGRAM

A Brief Description About Our Approach TO The Program

Different approaches were adopted for classes 6th and 8th to cater to their age-specific requirements. Educators and counsellors were present in each session. The unique element of the program was to connect with child at their level, which was beyond teacher-child level. The educators developed a level of comfort to understand the emotions of the child making use of a participative approach. This approach was crucial as schools lacked counsellors and the child- teacher relationship was close-walled as teachers were pre-occupied with completing academic targets, which shows a gap in the emotional well-being of children at the school level.

The Emotional Intelligence Test was devised as a general emotional drawing to be depicted in verbal as well as visual manner. The children were able to identify and express their feelings. The focus is on overall awareness improvement in the children rather than identifying children and producing change as the former is the pragmatic approach given the timeframe of the program. The Emotional Intelligence test was of the first basic level which was divided into three sections to test the subject knowledge, self- awareness and emotional drawing. The questions investigated various aspects of Emotional Intelligence in the following manner.





The outcome of



**SARGAM
ZINDAGI KI
PROGRAM at
schools**

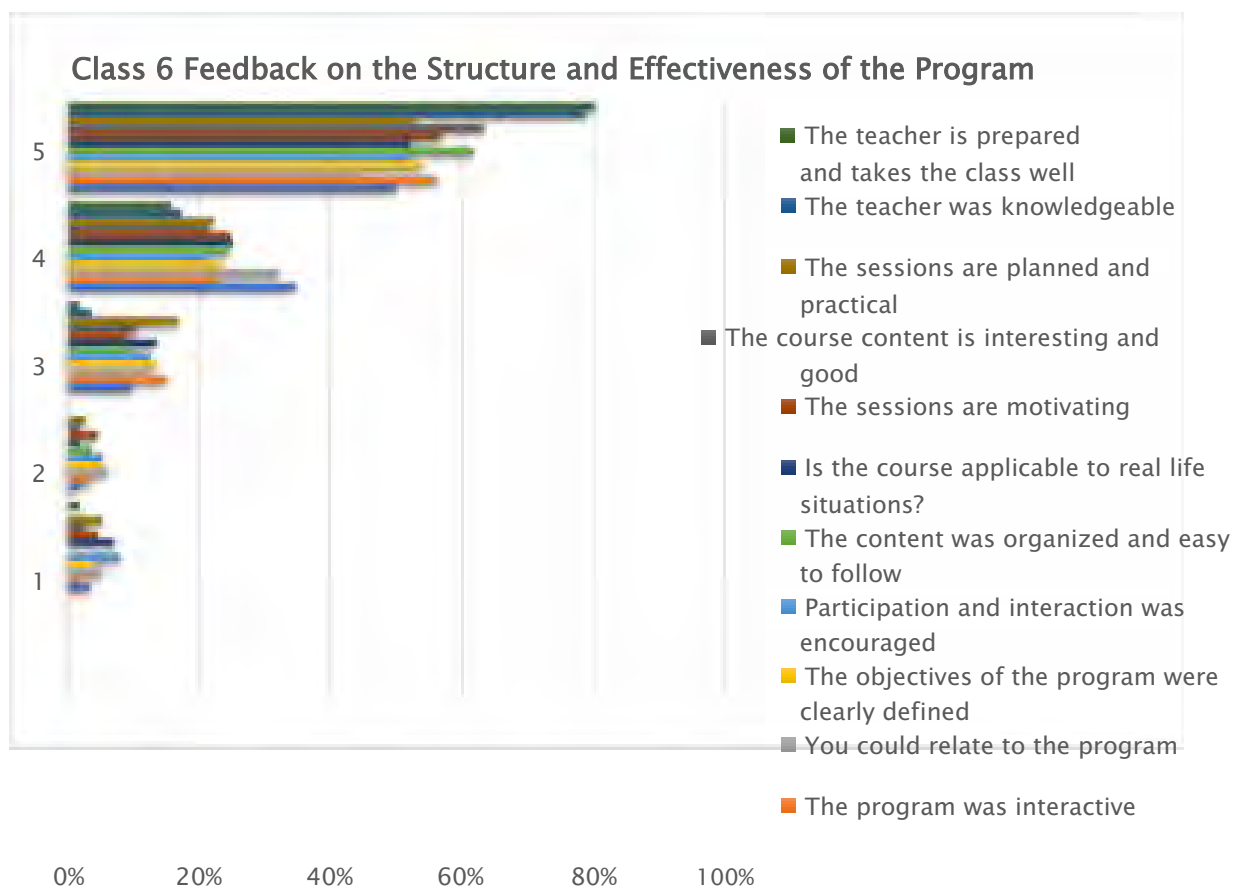
DETAILS OF THE PROGRAM ARE
AVAILABLE IN A SEPARATE
SCHOOL REPORT

A COMPLETE ANALYSIS

Effectiveness Of the Program

75% of the children of both the classes were able to better express themselves, especially in areas such as parent-child relationship, peer relationship, stress of classwork, homework and exams, routine of the child, sibling relationship, daily situations and problem resolution.

Figure 1: Class 6 Feedback on the Structure and Effectiveness of the Program

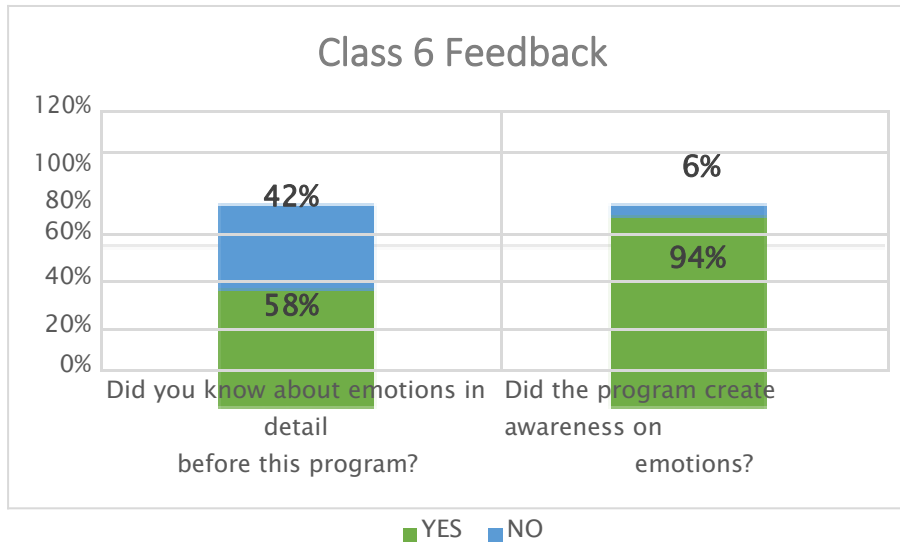


The children also took feedback tests to express their views on the effectiveness of the program. The children from class 6 of Deepalaya School marked on a scale of 1-5 (one being the lowest) on various aspects on the structure and effectiveness of the program, as shown in Figure 1. The following percentages of children scored '5' for the questions mentioned, as given below, indicating how well the children appreciated the program:

- The teacher is prepared and takes the class well – 80%
- The teacher was knowledgeable – 79%
- The sessions are planned and practical – 53%
- The course content is interesting and good – 63%
- The sessions are motivating – 57%
- Is the course applicable to real life situations? – 52%
- The content was organised and easy to follow – 62%
- Participation and interaction was encouraged – 52%
- The objectives of the program were clearly defined – 54%
- You could relate to the program – 45%
- The program was interactive – 56%
- The program was beneficial to you – 50%



Figure 2: Class 6 Feedback



Further, 58% children responded that they had not known about emotions in detail before the program, showing the necessity of such an intervention on the emotional health of children. 94% of the children answered 'yes' to the question 'did the program

create awareness on emotions?'

Figure 3: Feedback on Structure and Effectiveness of the Program

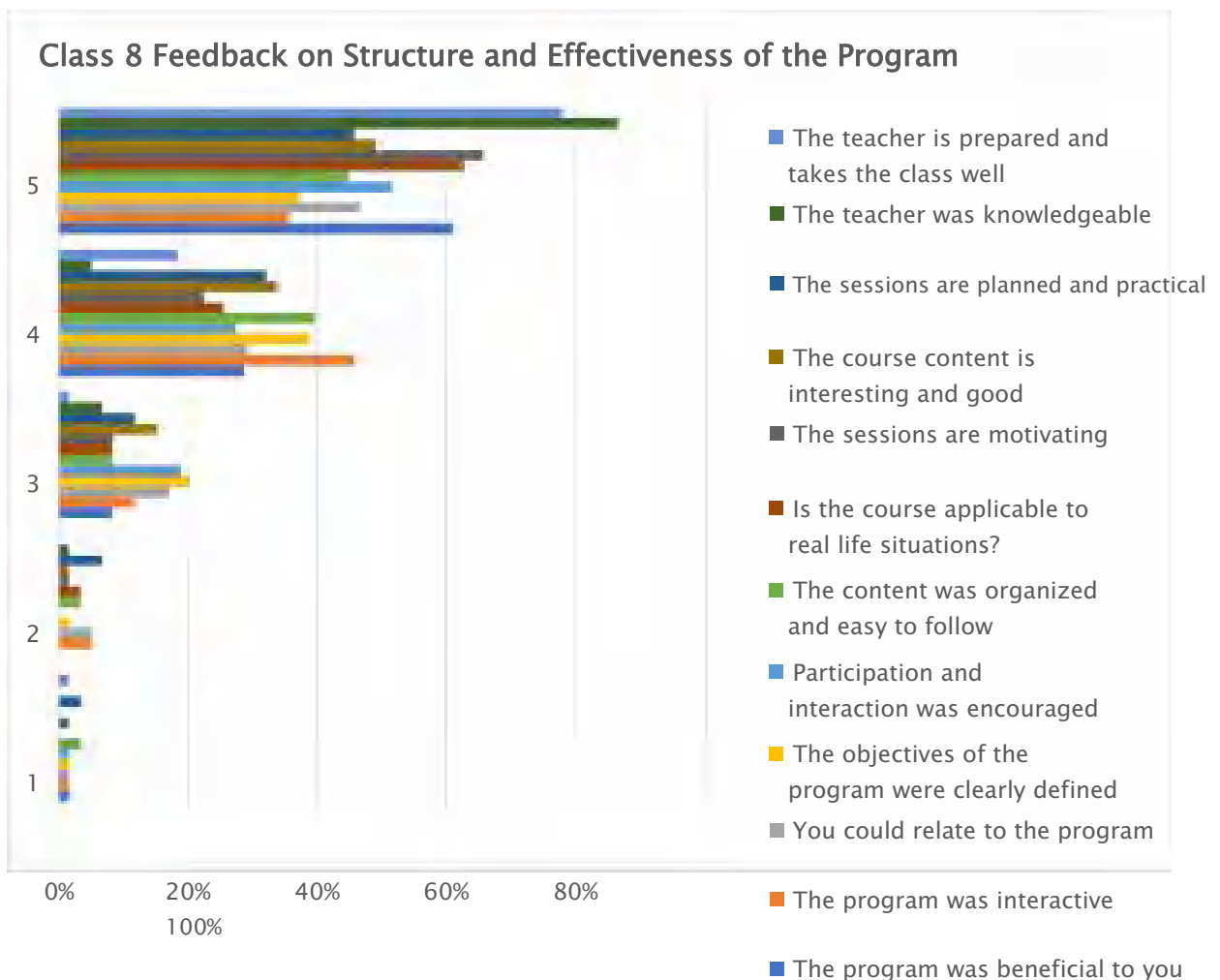
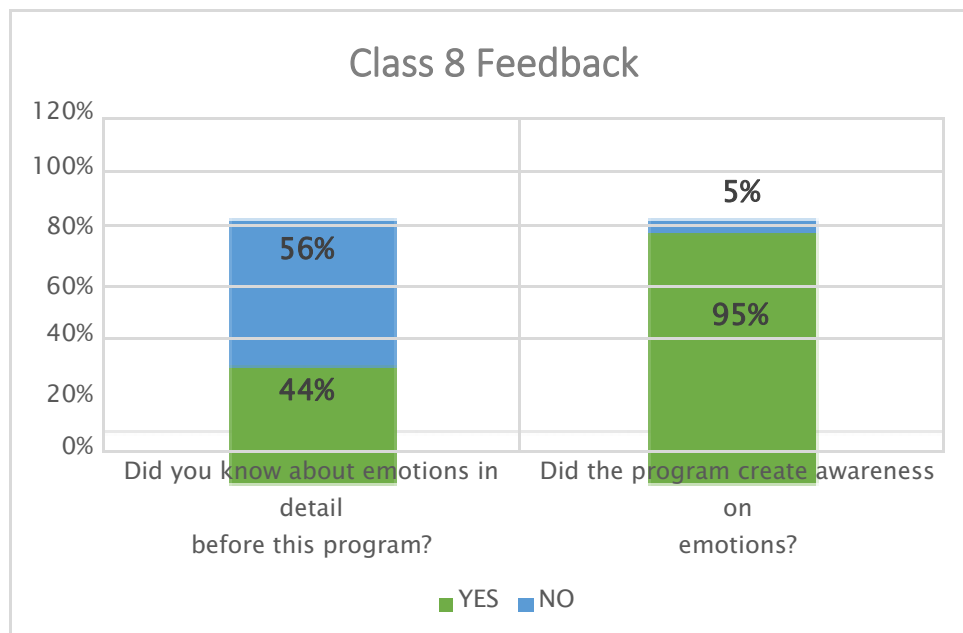


Figure 4: Class 8 Feedback



The depictions illustrate the responses received from the children showing the need and effectiveness of such a program. 44% children responded that they had not known about emotions in detail before the program. 95% of

the children answered 'yes' to the question 'did the program create awareness on emotions?', showing the effectiveness of the program.

In many cases teachers observed changes in the behaviour of children. Some 'notorious' children had transformed into emotionally better capable children and several cases of children were noted wherein they were able to express themselves better and emotional problem resolution.

Testimonials by School Students

"This Program is a must for all the students. Sargam Zindagi Ki trainers are very good. They are our friends and not teachers. The way they conduct sessions helps us a lot to understand about emotions and self-awareness." - Ronak, VIII A

"Sargam Zindagi Ki Program has given me a lot of understanding about emotions. At this age, I never knew about my feelings and emotions and how I should manage them. Now, it is much easier to understand myself and handle any situation in a better way. I do feel being happy is not difficult." - Sana, VIII A



"This Program should be conducted all over India. We learn so much about managing our emotions and emotional wellness." - Saba VIC



Radio Program - Sargam Zindagi Ki @ 90.4 FM



Sargam Zindagi Ki aired ten episodes on Emotional Intelligence for different age groups - children, youth, adult and senior citizens, in association with JIMS. Through this series, we catered to problems related to emotions. Our experts shared their views on emotional management and why emotional wellness was the core to good health.



Meri Sehat Meri Zimedaari

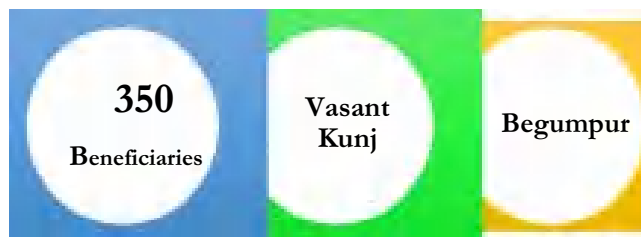
Health Awareness Campaign



Our first health campaign at Basti with BNI Everest. The members of BNI Everest distributed hygiene kits to children. More than a 1000 hygiene kits were distributed to children and free health check-up was held for children and adults.



Three Eco-Friendly Sanitary Kits Distribution and Awareness Campaigns were held for women. The campaigns were held in association with Mattsen Kumar Group, who work with the U. S. based NGO, Days for Girls.



GRATITUDE TO VOLUNTEERS

Volunteers are the heart of the Organization. We are here because of their strong will and determination to serve.



Annual General Body Meeting



The Annual General Body Meeting was held at AIFS Conference Hall, Vasant Kunj, New Delhi. The meeting was called by Ms. Shaveta Nayyar (Facilitator and President of Sargam Zindagi Ki). The attendees were Ms. Sheela Rao, Mr. Rakesh Dewan, Ms. Munnum Sharma, Ms. Shaveta Nayyar and Ms. Gopa Sood.

The meeting was initiated by Shaveta Nayyar by presenting the achievements till the day of meeting. Six major areas of work such as main programs, that are, Samarthya, Sargam Zindagi Ki Program (SZKP) and Meri Sehat Meri Zimedaari, simplifying terms, role of the governing body, membership and advantages, definition of mentors (all mentors are members) and donations.

Opening Year	4 th Sept 2018
Number of members	40
Number of collaborators	2- BNI Everest/ MattesenKumar
Number of volunteers	3 (on the ground)
Number of projects initiated	3

Other main points which were discussed regarding program management, role of members and funds. The discussion on program management analysed the questions such as which programs were needed, defining the right objectives, defining the purpose, direction and long term goals of Samarthya and program strategy.

The discussion on the role of members was focussed on making the profile and expertise of members, increased involvement of members and time management (to understand the amount of time each member would be dedicating. Generation of funds, annual membership fee, financial viability of the visions of the programs and promoting corporate donors were the points of discussion with respect to funds.

Other key points of discussion were regarding follow up of any events, stakeholders of programs, sustainability of events, the requirement of detailed budgeting of any event with appropriate titles, the need for emotional advocacy, protocol to be followed for GBM, clarity of ideas during presentations, preparation of questionnaires before contacting members, authorised personnel to issue cheques and respect for all members.

Statement of Financial Position

Samarthya Program

Average Annual expenses Rs.215000

Expected (new activities) expenses Rs.100000

Total Expenses

Rs.315000

Sargam Zindagi Ki Program

Average Annual expenses Rs.400000

Expected curriculum, printing) expenses Rs.100000

Total Expenses

Rs.515000

Table 1: Income & Expenditure Account for the Year Ended 31.03.2019

Particulars	Amount	Particulars	Amount
Conveyance Expenses	21,600.00		
Meri Sehat Mer	0	- Donation	112,801.00
Zimedaari Samarthya	22,580.00	- Membership Fee	18,909.00
Administrative Expenses	0		
Bank Charges	9,015.00		
Meeting Expenses	3,500.00		
Printing &	295.00		
Stationery Website	460.00		
Expenses Gifts	7,945.00		
Expenses	8,000.00		
Voluntary Expenses	7,000.00		
	10,600.00		
	0		
Surplus	40,715.00		
	131,710.00		131,710.00

Table 2: Balance Sheet as at 31.03.2019

Liabilities	Amount	Assets	Amount
<u>Capital (Opening)</u>	40,715.0	<u>Current Assets</u>	94,815.00
Surplus from Income & Expenditure A/c	0	Cash in Hand 8.00	
		Bank Accounts 94,807.00	
<u>Current Liabilities</u>			
Expenses Payable	54,100.0 0		
	94,815.00		94,815.00

For Bodas &
Associates Chartered
Accountants (CA
Pradeep Bodas)
M. No. 082449
Firm No. 998882N

Members of the Society

Shaveta Nayyar Dham

With more than 20 years of experience, the founder of Sargam Zindagi Ki and the author of the book 'Emotions in my Basket', Shaveta Nayyar Dham has contributed immensely towards developing skill-based programs for children.

Sheela Rao

With more than 36 years of experience working with people and students with diverse needs, Sheela Rao specializes in assisting people in the areas of academic achievement, career and social/emotional development, ensuring they become productive, well-adjusted adults of tomorrow.

Gopa Sood

Sood retired as a PGT English after having served at the Dept. of Education, NCT Delhi for almost 35 years. A Master Trainer in English from The British Council, she has been an active participant in the ASL course designing in speaking English (A program designed by Trinity London).

Rakesh Dewan

With more than 40 years of experience, Rakesh Dewan retired as the Managing Director of Boart Longyear India – a

multinational corporation. A graduate in Mechanical Engineering and an alumnus of IIM Ahmedabad and Swedish Institute of Business Management, Rakesh Dewan specializes in strategy management.

Sandeep Dham

An alumnus of IIM Ahmedabad and B.E. (Electronics), National Institute of Technology, Allahabad, Sandeep Dham has over 20 years of experience. As a subject speaker on sales and management, Sandeep is invited by reputed colleges to speak on management.

Mayank Jhanji

Mayank Jhanji has two decades long experience in financial industry. He has worked with reputed companies like Indiabulls and Religare. His experience in financial strategizing is crucial to the organization.

Yukti Abhi

Yukti is an eminent educator, who has worked as a teacher at DPS for 12 years. Yukti's contribution in defining the framework is unmeasurable.

Veena Nayyar

She retired from Air India. She specializes in quality assurance and management and developing and reviewing administrative policy.



Partners



Social Media Presence



<https://www.facebook.com/sargamzk/>



Sargam Zindagi Ki

Contact Us

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Come
Join
us!



सरगम जिन्दगी की
SARGAM ZINDAGI KI

JOIN US

SUPPORT US ,HELP US GROW

VOLUNTEERS ARE ALWAYS
WELCOME

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