



करुणामय

2020-2021



ANNUAL REPORT

2020-2021

Hope
Compassion

Empathy

Kindness

SARGAM ZINDAGI KI

While we are uncertain of the coming times, it seems we have all begun to see a new world of virtual reality of work & feelings. Today, it's times to take care of our emotions and emotional health in the best possible way.



sargam.org.in

Love

Care

Togetherness



FROM THE FOUNDER'S DESK



2019 was a year of new avenues at work. Considering we had just ended our first year of operation with full energy & dream in our eyes; April 2020 started with a pause. However, 2020 also became a revolutionary year with the world unfolding surprises & adversities. I lost my Uncle, my brother, my Dad & Masi. Something in me paused.. Don't know what...

As a Founder, it became imperative to reorganize our strategy, & our solutions in order to take care of our children. Mental health became elephant in the room and had to be dealt with utmost care. Also, it was the time to join hands, to be together & take care of every human being in the best possible way.

Sargam Zindagi Ki as an organization did not give up. We stood there doing the best we can & we made sure whatever little we could do, we do the best. Our aim is and always will be to nurture Emotional Intelligence & Wellness. And so it meant we need to gear up for the biggest test of our lives-To start the movement of Emotional Health.

Today, India needs oneness – oneness in vision, mission and oneness of souls. 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. Let's Work together.

Shaveta Nayyar
Founder/President & Author

Table of Contents

01

What we
thought?

02

Impact Report

03

Our Covid Story

04

Project
Samarthya
Status

05

Sargam Zindagi Ki
Program Online

06

About Us

07

Financial
Statement



Impact Report

When you go into the space of nothingness, everything becomes known.

A YEAR WITH UNIQUE CHALLENGES

It was a year of unique challenges. LOCKDOWN created a fear, a fear of the unknown. As a start up, we had no idea how to move forward. As we realized that we need to reach out to children to make them aware of emotional health, we entered into the new world of Virtual Reality. We tried our best to reach out to as many children as possible through various online programs.

IMPACT SNAPSHOT

1000+

Children were made aware of EI

500

Masks

100

Food Kits





Impact Report

TO THE UNKNOWN PATHS WE TRAVEL
WITH COURAGE & INTEGRITY TO
DISCOVER & KNOW MORE

A YEAR WITH UNIQUE CHALLENGES

While on one hand, people were afraid to meet physically, to touch each other, there were those who were on field working endlessly to save lives.. As life came to a standstill, children too were struggling to cope up with a new form of education-a new school, a new era. Sargam Zindagi Ki came up with program for emotional health & reached to children from diverse backgrounds.

IMPACT SNAPSHOT

04

Emotional Wellness
Campaigns

100

Stationary Kits

02

Online Articles on
emotional health



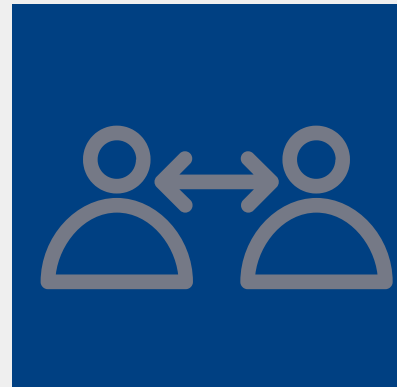
1000+

Children reached to
spread awareness on
Emotional Wellness

ONENESS

Together We Can Overcome The Storms





What We thought?



Our team met online to come up with realistic solutions for the current situation. We were dealing with a real life situation- MASKING (not only our faces covered but also our desires & emotions masked). The first & foremost thing was to only practice EMPATHY.





BEING COMPASSIONATE

NEED OF THE HOUR

Our story in COVID

Our Understanding

At the onset of Covid, we were observing the fast paced world coming to halt. It seemed like it was an ending of old ways giving birth to a new way of living & of thinking. At Sargam Zindagi Ki, we put our best foot forward to organize and reach to children. Therefore we first did the following-

- Distributed Masks to less privileged
- Distributed hygiene kits to the less privileged
- Our volunteers spoke to children
- Organized a Public Speaking event for 1000+ children online
- We distributed food to those in need
- We started SZK Program online for school children
- We were also in touch with Samarthya children & distributed all stationery requirements

Although there were many challenges we faced during this year to execute our plan, but we managed to pull it through with support of our mentors and well wishers.

Our Purpose

We were aware to the sensitivity of every human being going through emotional turmoil. We wanted to make sure that we act with utmost responsibility and sensibility. Therefore, the first and foremost purpose was to just be there as listeners showing empathy and compassion . We made sure we were available to children, to parents, to grandparents for support at every step. With our limited resources, we came forward to just be ONE.

MENTAL
HEALTH-
ELEPHANT
IN THE
ROOM
100%

Our Story in COVID

To involve children during LOCKDOWN, we organized a PUBLIC SPEAKING online event

- A Public Speaking Event online was organized in association with Bridging The Gap Foundation in which more than 1000+ children participated...
- The event included topics like Emotional Health & Wellness that children spoke about.

The impact of this project was that children appreciated the idea & concept and said such online events should happen more as it will engage their mind in a good way.

Through this event, Sargam Zindagi Ki reached out to 1000+ children.

To involve children during LOCKDOWN, we organized a PUBLIC SPEAKING online event

- A Public Speaking Event online was organized in association with Bridging The Gap Foundation in which more than 1000+ children participated...
- The event included topics like Emotional Health & Wellness that children spoke about.

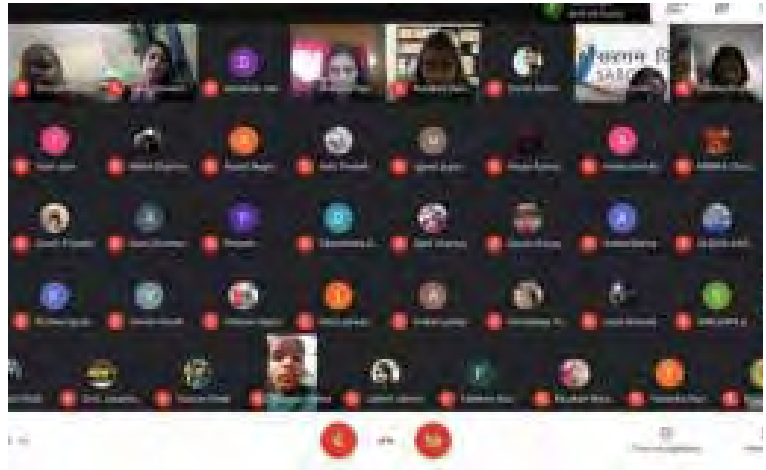
PROJECTS	DETAILS	OUTCOME
Young Orators Program	In May 2020, this online event was organized.	<ul style="list-style-type: none">• Aiming to Create awareness on Emotional Health
Mask Distribution	In August 2020, 500 Masks were distributed	<ul style="list-style-type: none">• We tried to distribute few cloth masks for better health benefits.
Food Distribution	Our Volunteers distributed food to various camps throughout the year mostly at hospitals	<ul style="list-style-type: none">• At City Hospitals, there were people waiting who needed to be fed

Our Story in COVID

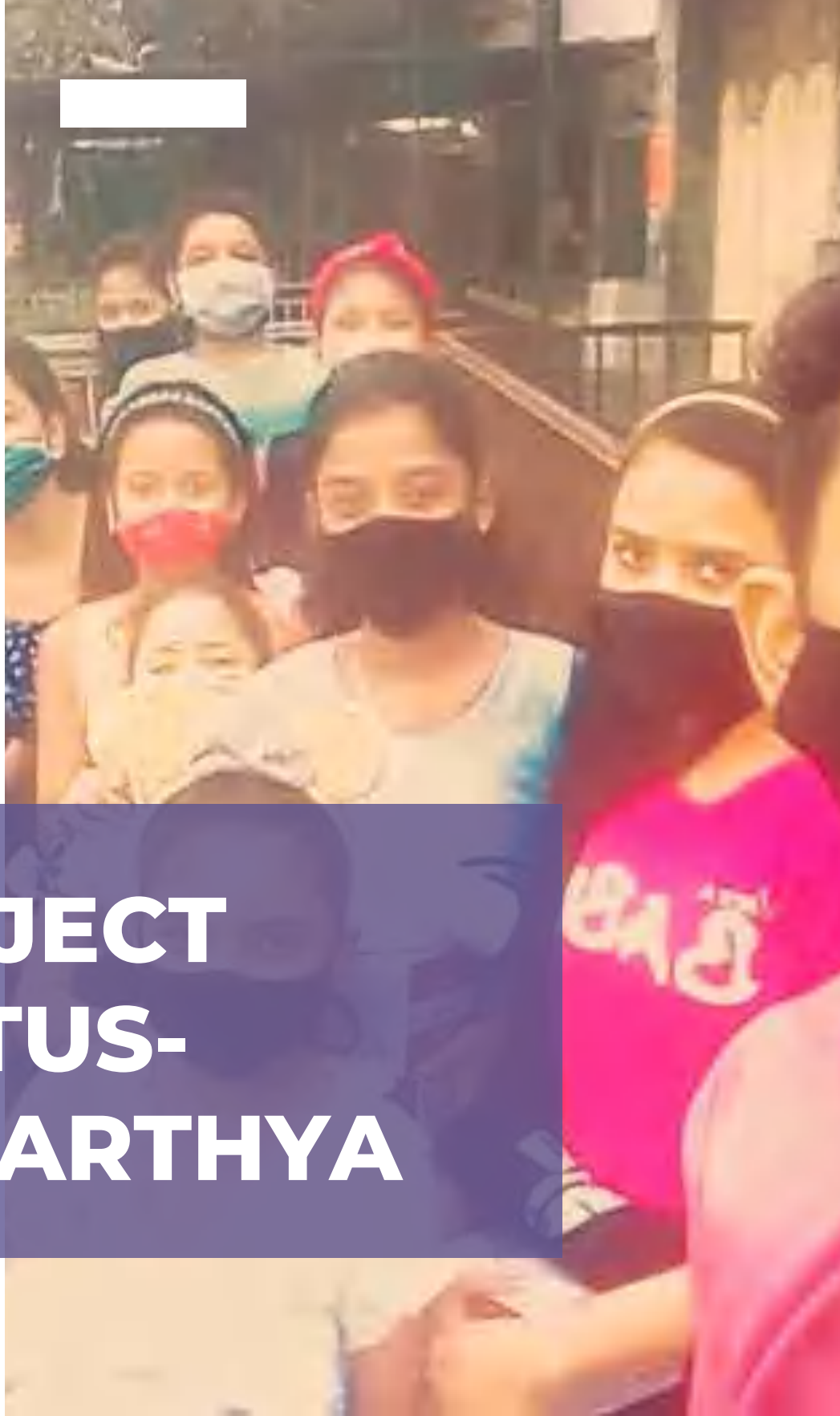
ONLINE LEARNING & AWARENESS

- IN JANUARY 2021, Online Sargam Zindagi Ki .Program started with students of Deepalaya school.

Children waited for Saturdays to talk about their emotions and what they were going through during COVID times. For the first time, we attempted to study emotions online & interact with children



**LIFE BECAME A
VIRTUAL REALITY**



PROJECT STATUS- SAMARTHYA

A brief synopsis on how students of Samarthya managed their COVID times.

THE PROBLEMS

Analysis

MOBILE CONNECTIVITY

The children at the Basti faced connectivity issues. Also a separate mobile or device to take online classes was not available. The children remained indoors and had limited contact with their teachers & peers.

EMOTIONAL DISCONNECT

As children and their parents were used to going out, they were not much used to being with each other. On one hand they learnt to cooperate, but there were also a lot of emotional discomfort and harassment. Children witness fights of their parents more often, and were unable to focus on studies too.

Food

while their basic food needs were met, children sometimes longed for special food items like cakes, pastries or even ice creams. In a general survey done, children had desire to eat or buy the above items but due to financial restraints could not do so.

THE SOLUTIONS

Analysis

MAINTAINING CONNECT

We spoke to children at non working hours like in the evening when they were free from their school online classes

ONLINE EMOTIONAL AWARENESS CAMPAIGNS

Online Emotional Awareness campaigns were run to make children aware of mental health and emotional health. We made sure we spoke to each and every child and help them express their emotions.

Food For Children

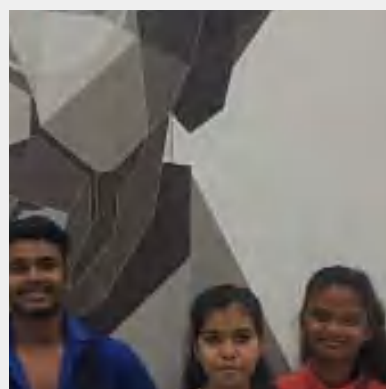
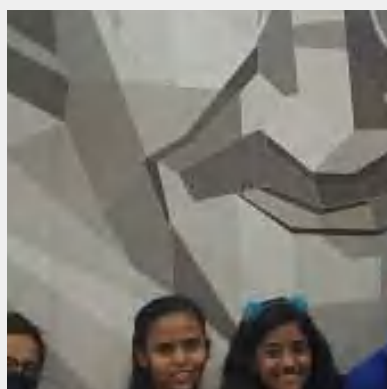
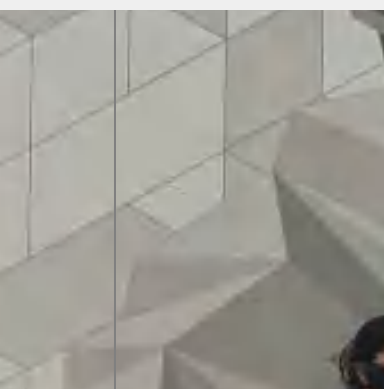
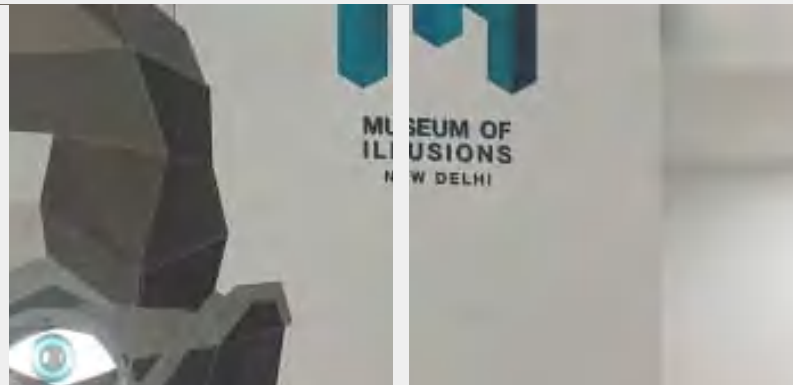
Some desirable food items on demand of children like muffins or cakes was distributed along with stationary items.

Tour - Museum Of Illusions

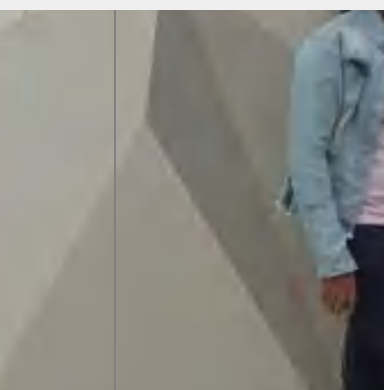
In Feb 2021, 6 Senior Children from Samarthya were taken for a tour to see Museum of Illusions. As Children had remained under strict Lockdown, seniors (the first batch) decided and requested us for a tour. As Delhi had lifted lockdown, we decided to go to CP to see this very interesting Museum. Children were really happy and enjoyed each moment after a long months of lockdown.



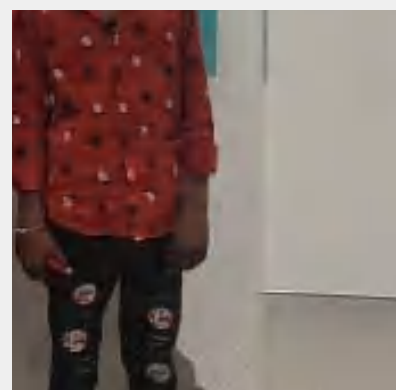
Gain Insights into Concepts



Nurture
Innovation
Culture



Digital
Transformation



OUR TEAM



Shaveta Nayyar
Founder & President



Rakesh Deewan
Chief Mentor



Gopa Sood
Chief Mentor



Sheela Rao
Chief Mentor



Sandeep Dham
Chief Mentor



Mayank Jhanji
Chief Mentor





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



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



Learning to Mask becomes the New Normal





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



सरगम जिन्दगी की
SARGAM ZINDAGI KI



Creating Emotional Wellness

Financial Report Year 2020-21



सरगम जिन्दगी की
SARGAM ZINDAGI KI



ANNUAL ANALYSIS

Sargam Zindagi Ki
BALANCE SHEET AS AT 31.03.2021

LIABILITIES		ASSETS	
Capital (Members)	1,20,000.00	FIXED ASSETS	6,842.13
Add: Reserves (Profit Reserve & Depreciation, etc.)	42,188.00	Others	1,771.00
		Less: Depreciation	
CURRENT LIABILITIES		CURRENT ASSETS	
Expenses Payable	94,100.00	Cash in Hand	2,600.00
Society Creditors	15,512.00	Bank Account	24,170.00
			26,770.00
	1,77,690.00		26,770.00

SHRIMATI S. ASSOCIATES
CHARTERED ACCOUNTANTS

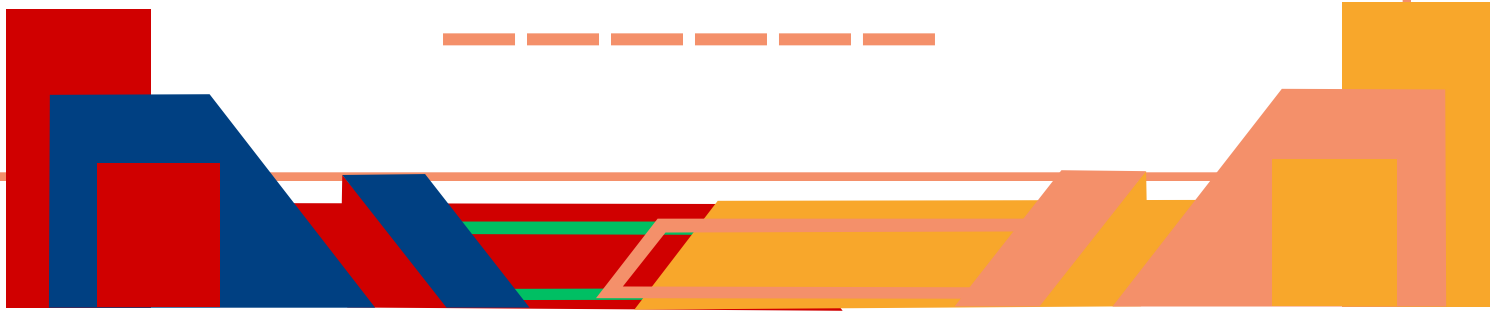
 (CA) PRADEEP BODIAS,
 M NO 002448
 FIRM NO. 0000000

(FACT WITH SEAL)
 DATE: 05/02/2021

President Secretary Treasurer

DESCRIPTION

2020 -2021 - an year of uncertainty, where we had to make choices, think beyond and gbelieo with the flow. It was an year where we managed on our own , relied on our resources and believed that our best approach should be of 'being ourselves'-.





ANNUAL ANALYSIS

Sargam Zindagi Ki
INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31.03.2021

			₹
Particulars			
Income	25,000.00	Interest on TDS	43,094.00
Expenditure	2,874.00	Transfer to Reserve Fund	
	1,275.00		
	194.00		
	42,150.00		42,150.00

FOR BOBBS & ASSOCIATES
CHARTERED ACCOUNTANTS





PLACE: NEW DELHI
 DATED: 15/03/2021

M NO 082449
FIRM NO. 088026

DESCRIPTION

This revolutionary year we supported each other emotionally. We relied only on what we had, making some tough choices to move forward in our mission to serve.

