

JAN SEVA - A unit of Society for Indian Children's Welfare (SICW)



A unit of SICW, Jan Seva (service to the community) is a non-profit organization. Services includes Early Childhood Care and Education Centre (ECCE) for underprivileged children between 2-6 years that provides free education, nutrition and health check-up. The 'Udaan' project offers similar services for children with disabilities and their families. Jan Seva also runs programmes like **Computer Literacy and Vocational training** for the mothers of the ECCE children and students from their community. The Community **Health Programme (CHP)** aims to protect and improve the health of the families in the community. **The Mother and Child Clinic** provides free medical treatment to mothers, children and women from the geriatric group.

NEWS AT A GLANCE

THE WORK CULTURE CHANGED WITH THE ONSET OF THE
COVID 19 PANDEMIC, SO DID LIVES!

WE ARE THANKFUL TO OUR DONORS FOR THEIR
CONTINUED SUPPORT FOR THE SEVERAL PROGRAMS AT
JAN SEVA

Community Health Programme (CHP)

July 2020

As the lockdown continued, the CHP team contacted families and found that the rate of domestic violence cases was on the rise due to the frustration resulting from low income, joblessness and closed liquor shops. The increased physical and mental violence against women compelled the CHP team to organize a video on Domestic Violence in collaboration with SWA-SHAKTI organization. There was a collaborative initiative to motivate the women through the "Lets Fight and Rise Together" video presentation. Ms. Sumita Mazumdar, a WENLIDO trainer raised awareness to stay safe, physically and mentally, from all types of abuse, and also motivated them to fight back in legitimate ways.



A similar workshop on Self-Defence had been held in January 2020 demonstrating physical moves by which women could defend themselves against abusers. She reviewed the methods that she had explained during the workshop. She asked them never to fear and to believe in themselves, and to have the courage to overcome obstacles they had to face. The video was shared among the victims, and was in Bengali to enable the

target audience to have better understanding. Their feedback indicated that they found courage after this video and will not allow violence to stop them henceforth.

A follow up session was done regarding the videos that were shared amongst the community mothers, and the feedback was collected mostly through telephone conversation as most parents do not use smart phones. Some mothers who had smart phones were asked to send in their videos giving their views. Some of the feedback that was received through telephone conversations:

1. Two husbands of two community mothers were very motivated with the video on tobacco and want to get rid of the habit and want to continue the process with the team after the situation settles down.
2. One parent said that after watching this video her elder son got scared that he might also get corona virus if he continues smoking.
3. One mother shared that her husband did not like the video of tobacco control, as according to him, it is the only source of enjoyment right now amidst the pandemic situation and hence he cannot leave this habit.



4. One parent commented about the handwashing video that even if they try to wash hands they normally never get time to do all the 5 steps.
 5. One parent said that some neighbours in their community did not wear masks and did not follow rules so they showed the video of hand washing to them which got them motivated.
- The process of follow up is still in progress with the mothers in the community.

August 2020

During this period COVID-19 positive cases steadily rose. The CHP team took the initiative by organizing an awareness programme on how to strengthen one's immunity through audio-visual presentation combining Yoga therapy with a healthy diet. The Part 1 of the video focussed on Yoga Asanas shown by Ms. Sarmistha Pal, a yoga expert. She explained each asana and the precautions one needs to keep in mind. The Part II spoke of the diet one should follow to lead a healthy lifestyle. The diet chart was explained by Debolina Roy, Public Health officer of CHP team. She said that the food mentioned are basic items which one can avail easily. She also spoke of those foods that need to be taken by people who are either diabetic or those with high blood pressure. The video was made in the local Bengali language to reach a wider audience in the community.



September 2020

Immunization has been a vital part of the healthcare system for all children to protect them from common childhood diseases. To derive maximum benefits, it is always important to follow immunization schedules. The CHP team got to know from the community mothers that due to the pandemic,



they were avoiding taking their children to the immunization centres. Hence the CHP team organized an awareness programme through Audio-visual presentations by Dr. Mary Anthony Acharya of Jan Seva of ECCE child clinic and Dr. Kalpana Dutta from Calcutta Medical College, to talk about and emphasise the importance and benefits of immunization. The dangers of not doing so were also explained. The videos were in Bengali for easy understanding by the community.



October 2020

Amidst the festive season, India saw a steady rise in Covid 19 positive cases mainly due to the people not following Government guidelines. Changing seasons showed that most of the common flu symptoms were almost similar to COVID-19 symptoms. Hence the CHP team organized an awareness programme in collaboration with Narayani Hospital, Vellore. Dr. Subhrangshu spoke about the symptoms of COVID-19 and how to differentiate them with those of normal flu and the measures that needed to be taken. Debolina Roy also counselled them of how to avail government facilities during this time. This video was also made in Bengali.



The months of November and December 2020 saw little activity as it continued to be unsafe for any direct community contact. As Jan Seva remained closed, two of our CHP Officers, moved on to better government jobs.

'UDAAN' (SOARING HIGH)-A COMMUNITY BASED PROGRAM FOR CHILDREN WITH DISABILITIES



UDAAN successfully continued online education, covering areas of communication, behavioural modification, academics, art and craft and activities of daily living (ADL). The pandemic did not dampen our spirits.

Parents and their respective children responded and cooperated well with the Special Educators. Story telling has always been a joyful mode of imparting education to them and it has also increased their focus and concentration. Children have improved in art and craft which includes colouring and pasting with fingers. Children with Cerebral Palsy have regularly practiced their physical exercises, guided by the special educators and parents. Despite being busy with festivals such as Kali Puja, Diwali, Bhai Dooj and Chhat Puja, children have tried their best to continue with online classes. Parents were given some extra groceries and children were excited to receive colourful and festive clothes to add to their festivities.



Activities of a few children elucidated:

Tripti : Her skills : Colouring, number work, identification of letters with pictures, answering questions, story-telling, fine motor activities by picking up small beads and art and craft, too. According to her mother, Tripti is keen and interested in doing new activities, daily. Her teacher has advised her mother to make her education interesting, without imposition.



Riya : She recites rhymes, both in English and Bengali. She can name and identify numbers, vegetables, fruits, familiar objects when shown on her Educator Sumitra's computer. She is learning story telling by seeing pictures. She can tell the names of days and months. She can colour with her fingers, directly. Overall, she is an avid and keen learner, despite having a disability called Osteogenesis Imperfecta.



Adarsh: He has enjoyed making figures by joining dots and then colouring them. Matching colour cards is another activity he enjoys. Adarsh has made a beautiful drawing of a Christmas tree, which he is proudly displaying.



Saikat: He was non-verbal initially. But now he can utter meaningful, short and single words to express himself to the people around him. His cognitive skills have improved and he can follow his mother's instructions

Social and Communication skills: UDAAN children are communicating well during online classes. They have accepted and have gradually gained practice in this new form of virtual education.

Counselling of parents: - Parents are being provided support and counselling regularly by teachers. The Coordinator of UDAAN keeps contact with the guardians, once a month, to get their feedback regarding the services provided.



Occupational Therapy (O.T):

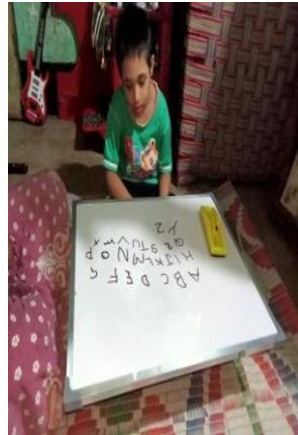
Under the guidance of special educators, guardians are providing O.T. to their wards at home like - balancing, obstacle games, jumping, sensory stimulation, placing rings in ring stand, holding different objects with proper grasp.

Behavioural Modification: Prolonged stay at home have made children restless and difficult. Parents are being instructed how to manage and modify their restlessness through activity schedules.

Recreation: - Students took part in different festivals and rituals at home. They participated in online Christmas celebrations making beautiful Christmas drawings of Santa and the tree. They learnt many activities such as, making decorative items for their homes and other art and craft items.

SOME GLIMPSES OF 'Udaan' Children from safety of their

homes:



ECCE (Early Childhood Care and Education)

VOCATIONAL TRAINING

COMPUTER TRAINING PROGRAM



July 2020

Online studies of the ECCE children continued. They have got accustomed to this new online method of learning from their teachers. Since children have a short span of attention, their patience level is tested at such times. Our teachers demonstrated a fair understanding of patience with the children. We hope the online method of teaching will improve as time goes by.

The monsoons were quite strong during the year and the garden in Jan Seva got its share of overgrown grass and shrubs due to it being unattended during the lockdown period. The gardener was contacted and he showed interest to re-join work. He was allowed to stay on in Jan Seva for a period of time so that he did not have to commute daily from his home especially during the time of the lockdown. It took quite some time to clean up the entire garden. The place then looked good and clear of unwanted grass and shrubs.



Vegetables from the garden now



Installation of CCTV was completed this month. 46 Cameras were installed at strategic places all over the Jan Seva premises.



CC TV Cameras fitted.



Grocery distribution

Monthly grocery bag distribution took place on 7th & 8th of the month. All the necessary protocols of wearing masks and social distancing were observed.

Unfortunately, during this time Jan Seva fell into a special 'Containment zone' for almost a week.

August 2020

India's 74th Independence Day was celebrated online on 15th August, 2020.

Parents and children of Jan Seva ECCE, Vocational Training and Computer Literacy students along with their respective teachers joyfully participated in the program which included previously rehearsed dance, songs and recitation. The parents of the ECCE children played a

very active role. They recorded the videos of their respective children, which was put together by our teachers and then presented to the Board and also uploaded on YouTube. It was a big success. They were all congratulated for their efforts.

186 grocery bags were distributed on 14th & 15th of August. Parents were highly appreciative of the gesture and sincerely thanked the donors for their unwavering support.

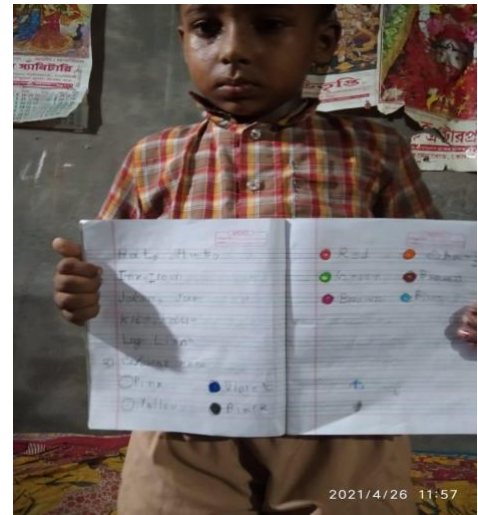


September 2020



The ladies of the **Vocational Training Program** showed keen interest in restarting their classes this month. They began by making masks which were in big demand. On two or three occasions they were sold in bulk for distribution to NGOs to promote compulsory use of masks. With the Festive Season (Durga Puja) round the corner the VT ladies earned some extra income by tailoring dresses and embroidering napkins.

The grocery bags were distributed on the 2nd and 3rd of this month. An extra attraction for the children came in the form of snacks, cakes and biscuits along with a box of crayons for each child.



Online classes made good progress. We requested the parents to make an effort to dress their children in their uniforms on the days of their online coaching. This gave them a sense of being in their familiar class environment.

October 2020



Durga Puja celebrations were understandably low key this year as several families had suffered losses during the Amphan storm in April. Houses were destroyed and families were living in make shift huts. The situation of COVID- 19 was also worsening day by day.



It was decided that extra groceries be given to all the families of Jan Seva children. Besides the usual items, an extra kilogram of sugar, flour, Nutri nuggets, two types of pulses and eight types of biscuits were added to the groceries. All together 196 bags were distributed.

The children were given a break to enjoy their Puja vacation but were also counselled about not stepping out of their houses unnecessarily. The parents were repeatedly tutored regarding wearing of masks and keeping a safe distance from others.

November 2020



This month another widely celebrated festival namely **Diwali** brought much needed cheer amongst our children and their families. 200 grocery bags were distributed on the 10th and 11th of the month. Along with that each girl child received a beautiful dress and the boys got a pair of trousers and a shirt each which were partly sponsored by a well-wisher.

There were smiles on the faces of the children during their online classes as they were delighted to show off their new clothes. They excitedly narrated the good time they had celebrating Diwali.



Three layered masks were stitched by our VT Ladies. Many masks had simple but attractive embroidery on them. They were very popular and sold out in no time.
December 2020



Computer Literacy Classes were started this month with only 3 students. A gradual response was shown and we had 7 students by the end of the month.

From this month onwards it was decided to distribute grocery bags twice a month to each family. The first batch of 200 bags were given on 10th and 11th of December. The second batch of 190 bags were distributed on 22nd and 23rd of December. The parents were very grateful and thanked us profusely.

30 children of our ECCE got admission into mainstream schools. Ongoing online classes continued with new and interesting topics. Competitions in drawing, colouring and storytelling were also organised.

All through the year many topics relating to Coronavirus, its effects and how to combat it, were discussed in detail with the families. Virtual meetings were held with the parents on several occasions to avoid panic and unnecessary fears. Medical advice was available for families in times of emergency.

The Mother and Child Care Program could not be facilitated throughout.

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