

JANSEVA
NEWSLETTER
PERIOD: JAN - DEC 2025

ABOUT THE CRECHE

Jan Sava crèche has become very popular amongst the marginalised families in Southern part of Kolkata. This year we had a total of 189 children in the Creche. Out of which 49 children passed out happily, and got admission in a mainstream reputed schools around the city. Most of the parent's

are very happy with the discipline maintained in the Crèche. They feel that the place is safe and takes a good care of their children. So even if the child faces a bad injury from an accident at home, the parent's send them to the crèche so that they are safe from the local slum hazards. We received 91 applications from the parents for the admission purpose. After conducting a vigorous field check for the socio-economic condition, 73 children were taken into admission in the year 2025.

Four subjects like English, Maths, Bengali/Hindi and Drawing are taught in the crèche as per the age of the child. Two crèche assessments were held in July and November 2025 respectively during this academic year. Children who have not performed well in the assessments were kept for special classes for one hour where they received one to one attention from the teacher and have shown remarkable change in their performance. Private Tuition classes at home were discouraged. Most of the

uneducated mother's opted for private tuition classes at home to engage their children in "at-home coaching". Parents were encouraged to opt for the special classes taking place in Jan Seva crèche from 2.00 – 3.00 pm. The uneducated mothers were encouraged to join the Adult Literacy classes to become better informed and educated.



Parent Teacher meetings are held in every two months to discuss the following issues:

- Poor academic performance
- Rules and Regulations of Jan Sava
- Uniform and sweater distribution
- Syllabus and assessment discussion
- Absentees and exam copy distribution.



The outgoing Crèche children finished their Academic year 2025 on 10/12/2025 with the Prize Distribution ceremony.

A psychological change has been noticed now days that more and more children are facing speech problem, disarticulation,

very high rate of speech and mild autism. This has become quite noticeable amongst the normal children. This is the side effect of high usage of mobile phones by the mothers during pregnancy and the child using mobile phones since six months of age. Screen time awareness sessions have been conducted on several grounds to make the parent's aware about the bad effects on the usage of mobile phones. A speech therapist was introduced from June 2025 who has helped these speech related problems very efficiently. The children improved a lot and this therapy was a great help for the teacher's because now these children have become vocal so it is very convenient for the teacher to teach them in the crèche.



CELEBRATION AND EVENTS OF THE CRECHE CHILDREN

The year 2025 started on a happy note as on 2nd January 2025, the children of Jan Seva enjoyed a delightful New Year carnival at the Regional Grand Lodge of Eastern India (RGLEI), Freemasons, located at 19 Park Street, Kolkata.



The afternoon was filled with exciting activities to entertain the children, including various sizes of bouncy castles, trampolines, and a mesmerizing dragon dance. The dragon dancers were specially arranged from the Chinese community, where the Dragon Dance is a traditional performance, typically seen during

festive celebrations like the Chinese New Year. The children were so immersed in the fun that they played non-stop, riding the bouncy castles without a hint of tiredness, and never once feeling hungry as they spent the afternoon outdoors under the bright sunshine. Spending time outdoors in India is only possible in winters.



On 24th January 2025, the Society for Indian Children's Welfare - Jan Seva organized its much-anticipated **Sport's Day**, a day filled with energy, excitement, and smiles from children, staff, and volunteers alike. The day's events included a wide variety of races and activities, including Relay Races, Fruit

Race, Chocolate Race, Sum Race, Fancy Dress competition, Obstacle Race, Sack Race, Reverse Race, and many more. These events allowed the children to showcase their talents and enjoy the thrill of competition, all while learning the importance of teamwork and sportsmanship.

On February 27, 2025, the Society for Indian Children's Welfare (SICW) marked a deeply meaningful

Founder's Day, filled with heartfelt joy and profound gratitude. Our staffs at Jan Seva joined in the celebration, paying tribute to the incredible legacy of our beloved Founder, Late Dr. Zarin Dadina.



79th Indian Independence Day was celebrated on 14th August 2025. Almost 45 children had participated in performing with various patriotic songs. The events were recitation, play show, dance and singing in which children took interest to learn and performed gracefully. SICW Board Members and few well-wishers were present to grace the occasion.

WORKSHOP WITH THE PARENTS

On April 17, 2025, a powerful and eye-opening workshop was organized at **Jan Seva** for selected parents of the **ECCEC** and **Udaan** programs. Conducted by **Parvarish Care Foundation**, New Delhi, the session aimed to raise awareness about substance abuse and its far-reaching impact on families, especially children.

Key Topics Covered:

1. Managing Screen Time for Adults and Children
2. Influence of Parental Habits: Alcohol, Nicotine, Drugs, and Other Substances



The workshop was skillfully facilitated by **Mrs. Monica Sachdev**, **Ms. Shruti Dalela**, and **Mrs. Saba Islam**, who made the session interactive and participatory. They effectively highlighted how these societal issues are becoming increasingly pervasive, subtly marketed, and often overlooked within households. One of the focal points was the **impact of screen time**. Trainers explained how continuous exposure to mobile screens is reducing attention spans to as little as 45 seconds. Adults are experiencing concentration issues, eye strain, and spinal problems, while children are facing delayed speech

development, reduced creativity, poor communication skills, and even **childhood obesity** due to lack of physical activity.

Shockingly, the problem of mobile addiction was found to affect both typically developing children and those with special needs equally.



Substance Abuse: The Alarming Reality

Mrs. Monica Sachdev elaborated on the "**Addiction Cycle**", explaining how the **dopamine hormone**—released during pleasurable activities—creates dependency on substances and devices. She emphasized how tech companies and substance manufacturers cleverly manipulate user preferences to drive consumption, turning users into products rather than empowered individuals. The session concluded on a hopeful note, as parents openly acknowledged their own habits and expressed a willingness to embrace positive changes. Many shared their



realizations and thanked the facilitators for creating a safe space for such an important conversation. This impactful workshop served as a reminder that even **small changes in daily habits** can significantly enhance the well-being and future of our children.

ADULT LITERACY PROGRAM

The Adult Literacy Program has been revived from Sept 2024 in SICW Jan Sava for the ladies, to educate them on Financial Literacy and General

Knowledge of Adulthood. Ladies who are mostly school dropouts or have never got the opportunity to study in their childhood have been enrolled in this program. Knowledge on

Immunisation of a child, different marriage acts in India, Cyber awareness, Usage of Indian Government Documents for different purposes, Good and Bad side of using a Mobile Phone, Gender Policy, Traffic and Road rules, Menstruation hygiene, Cleanliness and personal hygiene are some of the important topics taken in this curriculum along with a vast study on Financial Literacy. The Adult Literacy Program has six educational trips which the students need to attend without fail. Once in a month, all the students go for a visit to different Museums, temples or interesting destinations which gives them a rejuvenating experience. Many times situations have raised that these ladies have never travelled to any of these locations. But having it in our curriculum they all showed their interest and when their guardians came to know that it was completely a ladies trip, then they were allowed to attend the Exposure visit happily. Exposure visit by the students of Adult Literacy Program has been a

big hit event of all the adult activities done in Jan Seva. At the end of the course, the exam was held in the month of November 2025. There were 16 students who have appeared for this exam. This batch has received their certificates duly signed by the Vice Chairperson Mrs Shirin Dastur in December 2025 on the Jan Seva Prize Day.

These Exposure trips were done in the following places:

- Birla Technology Museum
- Metropolis Durga Mandir
- Kumartulli
- Jorashanko Thakur Bari (House of Rabindranath Tagore)
- Indian Museum
- Railway Museum



VOCATIONAL TRAINING PROGRAM

The year 2025 was a very busy year for the VT ladies. They knew that the Exhibition will be held on October 2025 before Diwali. So, the ladies were given datelines almost every week to finish their assigned work and submit it to the trainer. The finished work was supervised by our Vice Chairperson Mrs

Shirin Dastur who visited twice a week for doing the complete supervision. There were 23 regular students who showed their interest not only to learn but also to submit the work on given time. Various utility items have been made with beautiful embroidery works which sold like hot cakes during the exhibition. The Exhibition was a big success as each counter had a good sale throughout the day.



COMPUTER LITERACY PROGRAM

This program is designed to cater to the school children from Class VIII to the job seekers in the market. The Program offers two courses to the students. They are the Basic and Advance Course. These courses are conducted in collaboration with NIIT Foundation, New Delhi. The students are taught the basic course which includes MS word, Excel, Power point, Internet and the Hardware systems. The Advance course syllabus is mainly designed for the Job seeking students who are interested to appear for interviews. This year 4 computer exams were held. 38 students took admission for the courses.



Alpana Sardar who did her two courses from us has cracked her interview in Confident 32 Multi Speciality Dental Clinic as an Assistant and Receptionist from October 2025. She is happy with her job profile.

Abdul Salman has joined Asian Pacific Learning Leverage Limited Company from June 2025 as an Office Assistant after completing his Advance Computer Course

from Jan Seva.

CRECHE FEEDING

Nutritious meals are served to the crèche children twice a day. Proteins like chicken and eggs are given twice a week, pulses, vegetables and fruits are given on alternate days. Our paediatrician checks the height and



weight of each child twice a year and shapes the menu accordingly. In some cases, severe sort of allergic problems are identified with a child where the food is served as per the doctor's instruction.

CRECHE CLINIC

This clinic is headed by Dr Mary Acharya. Both the normal and the special needs children come to this clinic for their treatment. They get free medicines as per the doctor's diagnosis. A total of 779 children were diagnosed in the Creche Clinic this year. Cognicare (a nerve smoothening) medicine for the special needs children have been started in this clinic where 19 children are having this diagnosis and taking this medicine. 90 bottles have been given in this year to the 19 children. Other than the normal problems like fever, cold, cough, skin rashes, watery eyes, diarrhoea, Vit D deficiency, children have been identified with serious health issues like Phimosis, Scabies, Urticaria, Hypospadias, Ulcer, Pansystolic murmur, deformity of mild shaft femur, Thalassemia.



NUTRITION GARDEN



Our vegetable patch in the garden serves the children with all types of seasonal products to make the menu of each day very special.

Fruits played an important role this year as we had abundance of Indian berries, Banana and Oranges. Seasonal flowers were also present in the garden to add glamour to the visitor's eye.

