



ACTIVITY REPORT
 April 2019 to March 2020



ROCF – Ripples of Change Foundation
 Compassion in Action

+91 9986181606

www.rocf.org

info@rocf.org



Education



Life Skills



Environment



Empowerment



Health & Wellness



Incubation Hub

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1. ROCF Introduction

ROCF was established as an NGO in September 2018 as a Section 8 company. ‘*Solve that one problem that solves all*’ forms the foundation of our thinking leading us to evolve solutions for the society to thrive in a world of constant, rapid, and exponential change with balanced outcomes.

Our vision is to create a world aligned with oneness in action.

The **mission** is to support purpose-driven community initiatives, using aggregation to strengthen self-reliance, equal opportunity, wellness, conscious living, and environmental coherence, and catalyzing waves of oneness that can ripple across generations.

Focus is primarily in the sphere of education, life-skills, environment, health & wellness, and ecopowerment. In furtherance to our objective of supporting emerging social challenges, our incubation hub will strive towards nurturing, designing, and building innovative, sustainable, and scalable solutions that outpace problems to solve society’s most pressing needs and maximize the social impact. The ecopowerment programs will build skills among the people across all echelons of society by emphasizing on market need approach and thereby connecting people and enterprise to market and workforce opportunities.

“We propose a unique outlook to bring integrity, unity, peace and economic stability across vulnerable sections of the society”



2. Education:

Activities Conducted:

a. E-learning program, Students of Grades 6 to 8, Pratham Foundation

ROCF has partnered with Pratham Foundation and Learning With Vodafone to roll out a Digital Learning program for the students of grades 6 to 8 (maths & science). The program aims to enhance the learning levels of students in schools by the use of technology and group learning pedagogies in classrooms. The platform provides access to a digital resource library where essential resources are put up for open access to teachers. This also provides an individual experience to the teacher to converse and solve their queries related to content delivery. Last year (2018-19), the program was initiated in 9 schools run by ASSEFA organisation and 1200 children benefited from the initiative.



During this academic year 2019-2020, Pratham Foundation has introduced Gurushala platform enabling teachers to access content related to Maths and Science along with best practices across the country. The project has been implemented in 41 schools (5 schools from

ASSEFA in Tamil Nadu and 36 schools in Karnataka) benefiting 4111 students across the project area. The ROCF team has also been trained to conduct the training and is involved in the field level orientation program. In total, 85 teachers have been trained and they are accessing the platform to learn more about the content.



Teachers said that- *“We never thought that we could upgrade ourselves using technology. Some of the concepts have become more clearer to us”*.

In the coming year, ROCF intends to cover more schools across different states in India in collaboration with different institutions, government, and NGOs and are in the process of collaborations.

To capacitate the ROCF team, an orientation was organised for ROCF team members on the implementation process of the Gurushala website in the ground. The trainers in ROCF are rolling out programs directly in the schools, wherever required. Field visits have been undertaken to monitor the program in the ground.



Feedback from a government school teacher- *I have come to know about online e-learning methods for the first time in my teaching career. The workshop helped us to imbibe innovative methods of teaching pedagogy. I have never received such inputs in my 18 years of career as a teacher.*

b. Workshop for Teachers at Vishnu International School, Karnataka

One day session was organised for the teachers in Vishnu International School focusing on “Role of teachers in children's lives” in Bengaluru, KA state. The interactive session was conducted to motivate teachers to become compassionate teachers and influencers. 65 teachers participated in the session and benefited from the inputs. Along with this, we conducted a need assessment of schools, teachers, and students for delivering quality education in the schools.



“The training enabled us to understand our role as a teacher in the lives of children. We have the future in our hands and we will definitely inculcate this learning in our profession” expressed by teachers.

c. English Speaking Sessions for Rural Youth, Chikkaballapur District, Karnataka

As part of a social giving activity, interns from a Space Research Organisation approached ROCF to take up a few activities and engage in the development of the school. Based on the felt need, English speaking sessions were conducted by the interns for the government Pre-University college students at Chikkaballapur district, KA state. The main objective was to enhance students' spoken English skills. 90 students were regularly engaged and received the benefit of the sessions during the weekends. *“We are happy that we are learning to converse in English and are feeling good about it,”* says a student who was engaged in learning spoken English.



d. Community Library Setup, Hoskote village, Karnataka

A library plays an important role in the overall development of an individual/child. The availability and accessibility of relevant books play a pivotal role in developing reading habits among individuals. Having understood this, ROCF has renovated a small community library on a pilot basis named as “Gram Granthalaya” in Hoskote village of Karnataka state. The objective was to provide support to students to access relevant books for enhancing their learning and knowledge. 52 students participated in the event and in total, 1800 community members would benefit from the library in the village.



ROCF has mobilised books from various resources. Efforts have been continued with village panchayat members to identify permanent physical infrastructure and make the library more efficient for use by the community. Sustainable plan has been developed wherein the long run Grama Granthalaya (GG) will be owned and maintained by the community itself. We envision in the long run; GG will become a community resource centre for adolescents/youth where they engage in community development activities.



e. Social Giving by Students, SJC Institute of Technology, Karnataka:

College students from SJC Institute of Technology collaborated with ROCF to undertake a social giving activity. Based on the needs expressed by students of KVT Polytechnic college of Chikkaballapura, Karnataka, English speaking classes were held after college hours by students of SJC. 50 students are now engaged in learning spoken English.



f. Text Book Distribution, PES college, Karnataka:

Having heard and been motivated by the approach of ROCF, Rotaract Club from PES college donated necessary textbooks for the children belonging to vulnerable communities. Individuals continue to contribute books and other essential items by extending their support in humanitarian causes, which demonstrates a feeling of contentment in oneself.

g. Career Guidance for Students, Government School, Nagamangala Taluk, Karnataka:



There has been a constant request by the secondary school authorities on the need for a career guidance program for students of the 9th and 10th standard. Keeping this in mind, an orientation program was held in Government School of Nagamangala Taluk, KA. The aim was to develop their personal learning plan for higher studies and help them to evolve a career pathway. 34 students benefited from the workshop.

Feedback from the participants:

- *Learnt about how to set our goal and accordingly plan our steps to achieve it.*
- *Learnt about how to make a career choice. How to build a meaningful career and how to choose the right path.*
- *We felt motivated after listening to the story shared by the trainer regarding how a successful person reaches his goal and builds his career by taking the right path.*

Similarly, one more workshop was organised in the Government School of Anekal Taluk, Bengaluru District, Karnataka State. 35 students participated and were able to identify their academic strengths and thereby develop productive work habits in the studies.



Feedback from the Anekal Students:

- *We learnt how to understand our life, do our daily activities, which course we should choose & how we should work hard to achieve our career.*
- *We learnt how to make the right decisions. By emphasising on the quote “Time once gone will not come back” we realised the importance of our time. We felt inspired by the video shown on Kalpana Chawla. The way she struggled motivated us.*

Career guidance workshop was held in secondary school for 9th and 10th standard children, Melur village, Chikkaballapur Taluk, KA. 104 children benefited from the program. They were given inputs on goal setting and how to set smart goals to achieve success in their respective careers. The Panchatantra approach was used to deliver the inputs and children found it very useful.



Feedback from Melur School Children: *“We realized that we need to visualize our goal at an early age to achieve long-term impact and success in the long run”.*



Similarly, a career guidance workshop was held in Vidyanagar Govt. School for the 10th Standard Children. 46 children benefited from the program. They were given inputs on how to set their goal, how to achieve success in their respective careers. The Panchatantra approach was used to deliver the inputs and children found it very useful.

h. Workshop on Exam Preparation for Students, Nagamangala Taluk, Karnataka:



Government school, during our field visits, there were constant requests from the school authorities on helping children to overcome examination fear. ROCF in collaboration with NIMHANS trainer organised a workshop in Government School of Nagamangala Taluk, KA. 34 children participated and learnt on ways to overcome fear and study techniques.

Feedback: We learnt how to prepare well for our exams, different ways to prepare the time table for studies by giving equal importance to all the subjects. The main thing which we learnt how to concentrate on studies through relaxation. This was very helpful for us.

i. Study Techniques for Students, Vidyanagar Government School, Karnataka:

Workshop on study techniques was organised in collaboration with NIMHANS secondary school children of Vidyanagar Government School. The objective was to help students maximize their learning process by using specific study skills and become successful learners.

28 children were trained on time management, organisation of materials, reading strategies, text structure, learning styles, story building, etc.

Feedback from the children: "We didn't know these techniques of studying and remembering the concepts. The training was very useful as we have understood how to recall and store the learning in our mind".

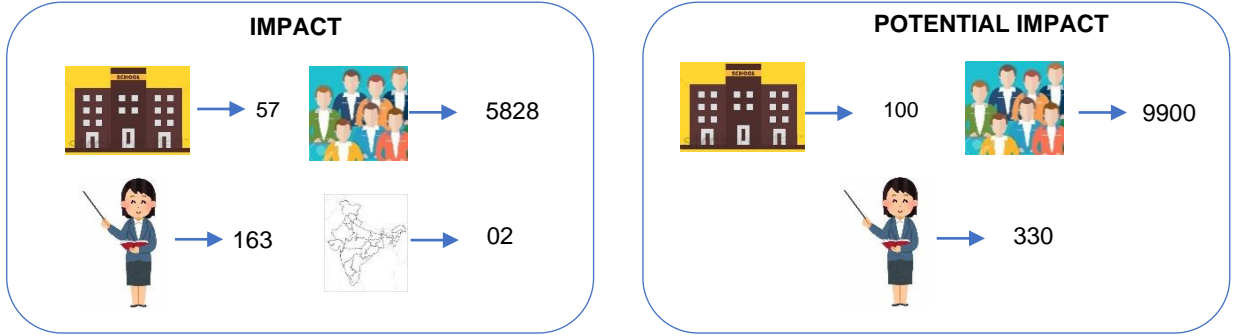


j. Stress Management for Students, Vidyanagar Government School, Karnataka:



The teachers of government school expressed the need for having a stress management workshop for the children and accordingly, the workshop was held in collaboration with NIMHANS. The workshop witnessed 74 children.

Our Impact in Education Sector:



Upcoming activities:

i. E- Learning Sanskrit Modules:

ROCF is developing an e-Sanskrit module to offer the course online for the interested communities across the globe as there has been a felt need (National & Global audience). Identification of resources has been done and development of a strategic plan for implementation is in process.

ii. Scaling up Pratham Initiative:

ROCF intends to expand the e-learning programs in the schools that cater to children from vulnerable communities across India. Various institutions and entities have been contacted and finalisation of the schools is in progress.

3. Health & Wellness

Activities Conducted:

a. Wellness Programs - Community Medical Camp and Meditation Workshop, Hubli, Karnataka

A medical outreach camp was organised by ROCF in partnership with Heartfulness Institute and Vivekananda General Hospital, Hubli, KA state. Input on preventive health and wellness was given. Heartfulness meditation and relaxation techniques were introduced to the community for stress-free living. General health checkups and blood group identification were done. Free generic medicines were supplied to the community with the help of donors. Approximately 370 people attended and benefited from the event.



b. Fitness Program for Youth, Kembaliganahalli Village, Karnataka

In the pursuit to encourage fit living, we are committed to promoting sports in rural India. Sports day & cricket tournament was organized by engaging the community actively in the whole process. Youth were mobilised in the rural areas to support our activities and work that will be taking place in the future. The cricket tournament was organised in collaboration with Heartfulness Institute for youth in Kembaliganahalli village, KA state. The event witnessed the participation of 105 members and all the winners were commemorated with prizes.



c. Healthy mind and body- A Yoga Program for Corporates, Various States

On the occasion of International Yoga Day event, Yoga Asanas (Chair & Mat) & Heartfulness relaxation and meditation sessions were organized to promote wellness of body, mind, and soul in various corporates like Accenture, Oracle, Digital Green, Miracle Foundation, Armentum & Mashreq Global Services. The importance of overall health was discussed. The event witnessed active participation by their respective staffs, who

expressed that they found the program to be very relaxing and provided a break from their routine office work. Total beneficiaries are 580.



d. Nutrition program for Children, Thaiy Mane, Karnataka:



In collaboration with Gharelu Zaika, the ROCF team celebrated Independence Day in Thaiy Mane, an orphanage in Bengaluru. Children were involved in various activities including March Past, mono acting, singing songs, and other cultural activities. ROCF provided information on national integrity and conducted a few cultural programs for 65 children.

Gharelu Zaika, an upcoming restaurant chain sponsored nutritious meals for the children and nourished their taste buds. Everyone opined that they experienced a feeling of oneness among them and felt good about the program. This activity motivated entities to continue to do good work and be part of social giving. ROCF intends to bring a few more organisations to come forward and be part of the social giving process.



e. Healthcare Services Community Awareness Camps, Chatre village, Jharkhand:

In order to create awareness on health care services available in the government, a medical outreach camp was organised by ROCF in collaboration with the Ministry of Employment Department in Chatre village, Jharkhand state. Along with inputs on the available health services, free generic medicines were also distributed to the community. 112 members benefited from the program.



f. Youth Motivation and Relaxation workshop, NSS & SVEC, Karnataka:



ROCF was invited to provide inputs on the importance of mental health and overall well-being for students of Sri Venkateshwara Engineering College, Vidyanagar, Bengaluru. 60 MBA students benefited from Heartfulness relaxation and meditation sessions. Further discussion to design a specified curriculum with the management authorities is in place.

Similarly, the NSS youth imparted the importance of meditation in one's life. 40 students from Hombegowda PU college experienced relaxation and meditation. The students expressed that they felt very relaxed, rejuvenated, and were able to connect to themselves through this session.



g. Medical Awareness Camp, Kalkaji Slum Community, Delhi:



A one-day medical awareness and checkup camp was organised in Kalkaji, Delhi in collaboration with Rotary Club of Delhi Cosmopolitan Greater for the general community. Medical professionals conducted free diabetes, blood pressure, and dental checkup. 200 participants benefited from the camp

h. Physiotherapy for Rural Senior Citizens, Kembliganahalli Village, Karnataka:



A one-day physiotherapy camp was organised in Kembliganahalli village, KA state for senior citizens of the community in collaboration with HelpAge India. The program intended to create awareness on physiotherapy and exercises required for a healthy body during

the aging process. 12 participants were introduced to various exercises that would help them to overcome their physical ailments.



Similar events have been planned in the coming months, collaboration with the same organisation.

The physiotherapy techniques taught to us were very simple and effective. Those techniques helped us in getting relief from pain without the need for medication and its related side effects. These types of workshops should be done more often for the rural communities- Expressed by a participant from the workshop.

i. Menstrual Hygiene Workshop for Girls, Corporation School, Karnataka:



To create awareness of menstrual hygiene among young girls, a one-day workshop was held in Corporation school, Bengaluru, KA state. The workshop was organised in collaboration with the Sukhibhava organisation, which works on creating awareness among girls and women. 75 girls benefitted with the inputs on -understanding our body, physical, mental and emotional changes, etc.

Girls expressed- *“We never shared our problems with anyone as we were hesitant to speak about them. We now understand that this is a natural process and we can talk about it even with our mother along with our friends”*. This reflected the preconceived notions of girls towards menstruation. The next workshop addresses taboos, myths, etc to broaden the perspective of young girls. The follow-up workshops have been planned in the coming months.



j. Yoga/Wellness workshop for Senior Citizens, Aashiana Old Age Home, Karnataka

One day yoga session was conducted at Aashiana old age home, Bengaluru rural, KA state with the intention of providing inputs to senior citizens on different yoga exercises. Considering their age, ROCF designed simple exercises to help them to get relieved with aging health issues. Different and simple exercises were taught to the 38 centurions and few activities were held to help them recreate old and good memories.



The elderly felt very happy and said- *“Come Again”*.

ROCF is designing a program to address the needs of health and wellness among senior citizens. Identification of resources and review of literature is in progress.

k. Meditation Session for Health Workers, Anganwadi Center, Dehradun:

To enhance the productivity and help the functionaries of the health department to work with less stress, HFN relaxation and meditation session was conducted in Anganwadi center, Dehradun. 20 functionaries including Asha Workers and Anganwadi Workers benefited from the session



l. Launch of Divya Janani Program, Frontline Healthcare Workers, Telangana:

The spiritual, emotional, mental well-being, and overall health of the mother during the pregnancy phase is most sensitive, impacting the overall well-being of the newborn.

Divya Janani is a mother and child care initiative to train and improve the working efficiency Medical and Family welfare department staff (medical officers, Asha, Anganwadi, Nurses, and workers) who provide medical and health services to Pregnant mothers, Lactating Mothers and Expecting Couples residing in interior villages and small hamlets. The project is implemented in Mahabubnagar district of Telangana state covering 442 villages and 2300 Front Line Health Workers. The intervention is executed by



three partners. – District Administration (Department of Health), Heartfulness Institute and Ripples of Change Foundation. Through a specially designed courseware of seven modules, Divya Janani (DJ) program caters to a sensitive segment which helps in creating a new race of civilization when the newborn receives a positive and loving atmosphere. Parents, grandparents, the health department, and staff have to play an influencing role. As the old proverb says, it takes an entire village to raise a child in the new world. The program is implemented in a phased manner and aims to train 2400 members in phase 1 in Telangana state. Phase 2 will have an implementation, program management, monitoring, governance, and project execution of DJ objectives in the field by the staff, supported by ROCF field officers.

- **Rolling out of Divya Janani Program:** The First module of Divya Janani Program was released by Mr. Venkat Rao, District collector of Mahabubnagar, Govt of Telangana. It was distributed to ANM workers through the District Medical & Health Officer (DMHO) during the 1st training. The modules were distributed to Asha Workers by Dr. Uma and ROCF Project functionaries. Meeting with District Welfare Officer (DWO) Ms. Neelamma Reddy was organized to discuss the Divya Janani program and copies of the 1st module were handed over to DWO to distribute to Anganwadi workers.

- **Finalisation of Modules:** While module 1 has been released, the development and finalisation of 6 other modules are in progress.
- **Finalisation of Program Implementation Design:** Based on the MoU, the program implementation design has been completed. The development of monitoring and other formats is in progress.



m. IBA Trust-Stress Management Sessions, Disabled People, Karnataka:

Inclusion Beyond Abilities Trust (IBAT) aims at empowering and entertaining people with disabilities helping energise themselves through better access to recreational activities and in realising their career aspirations through various capabilities building and enrichment initiatives.

IBA Trust has collaborated with ROCF to roll out health & wellness activities in the organisation.

In order to enhance positivity and help the people with disabilities to work with less stress, HFN relaxation and meditation sessions were conducted for visually impaired individuals. 12 members participated in the two sessions held in CV Ramanagar, and in Enable India, an NGO which works for physically disabled communities in Bengaluru, KA.



Feedback from the participants:

- *“The first session of Guided meditation for me was so soothing, calming, and positive. I felt that all the world was so saturated after meditation.”*
- *“I feel so comfortable and we had a very deep and thought-provoking discussion just before the meditation which made the entire process so smooth and comfortable. This experience in whole was such a Delight!”*
- *“It was a new experience for me as I sat with my closed eyes for such a long time”.*
- *“The second session was very useful and they were able to concentrate. They felt refreshed and comfortable.”*



n. Wellness Workshop for FOKE NGO, Elderly Citizens, Kolkata:

FOKE NGO (Friends of Kolkata’s Elderly), Kolkata takes care of the deserted and destitute elderly and supports them during their most vulnerable times in life. FOKE NGO, collaborated with ROCF to roll out health & wellness activities for their institution. The sessions were conducted at their Bhalobasa, Thakurpukur centre, Kolkata by our Partner Institution Heartfulness Institute who introduced their beneficiaries to guided meditation and other stress reduction and relaxation techniques. The program was attended by 12 members that included their staff, a teacher, and 9 elderly inmates



Feedback from the participants: *The members who attended these sessions shared their feedback saying that they felt happy and lighter after the session.*

Our Impact in Health and Wellness Sector:



Upcoming activities:

1. Integrated Health and Wellness Camps, Bengaluru, Karnataka:

While understanding the importance and need of an integrated approach in addressing various health needs of the community, ROCF in collaboration with Integrated Health and Wellness Centre, Bengaluru, KA state has plans to develop content and organise camps in the coming months.

4. Environment:

Activities Conducted:

a. Partnership with “Saalumarada Thimmakka Foundation”, Karnataka:

ROCF has collaborated with Saalumarada Thimmakka International Foundation to undertake an environment awareness campaign among children and youth. Inspired by the 108-year-old environmentalist and the Padma Shri award winner who has planted 8000 trees in 10 years single-handedly, ROCF identified her as Environment ambassador. Team ROCF visited and had a detailed discussion to undertake awareness programs under a joint venture.



Various programs have been planned in various colleges to create awareness on saving the environment. Plantation activity (afforestation) and promoting the use of eco-friendly products are prime activities during the events.

b. Environment Awareness Campaign- Meet and Greet, BMS Institutions, Karnataka

“Never doubt that a small group of thoughtful, committed citizens can change the world; it is the only thing that ever has” - Margaret Mead.

This is an underlying thought for us to organise the joint events for gen-next, who can be part of building solutions to combat global warming. Young people constitute more than 50% of the population in India and they are the ones who will have to live longer with the



consequences of current environmental changes. Future generations will be affected badly by these climate changes such as the depletion of resources, biodiversity loss, and long-lived radioactive wastes. We believe that engaging youth from the colleges in environmental protection creates a direct impact on changing their behaviors and attitudes, and possibly influence their parents, relatives, families, and surroundings too.

ROCF in collaboration with Saalumarada

Thimmakka organised awareness campaigns with an attempt to bring youth together by creating strong awareness in protecting the environment and instill environmental consciousness among them to take a lead with greater stake in long term sustainability plans in conserving mother earth.

Meet and Greet event in association with BMS PU college for women and Saalumarada Thimmakka International Foundation (STIF) on 7th November 2019 at B S Narayana Memorial Auditorium. Saalumarada Thimmakka, the living legend motivated the youth to plant the trees to preserve our mother earth. Umesh, an environmentalist inspired the young generation to become good human beings and contribute to conserving nature in all means. The event in BMS PU college saw 350 young girls' participation. They were overwhelmed by seeing the selfless service of Thimmakka.

Girls expressed that- *“Today, we learnt that we should never get bogged down with our problems. We were extremely happy to see the legend and we will definitely do our bit to our environment”*.

A similar event was organised in BMS Engineering College on 7th November 2019 at the Auditorium in BMS institute. More than 500 engineering college students participated in the event. Principal of BMSEC highly applauded the work of Thimmakka and said that BMSEC is committed to the cause and would render their complete support. *He said- “Thimmakka is a living legend showing us the ways for self-less work. Let's all commit ourselves for the cause and walk in her path”*.



c. Plantation drive, Bhopal, Madhya Pradesh:

ROCF in collaboration with local community organised plantation drive in a community park in Bhopal, Madhya Pradesh. The intention was to create an eco-friendly environment for citizens and have a greener planet for the next generation. 18 people participated in the drive where 200 nearby communities would benefit from the same.



Biodiversity Park, Bengaluru, Karnataka

Similarly, another plantation drive was held in Bengaluru, Karnataka to recreate and rejuvenate bio-diversity park. 70 people participated in the drive.

Heartfulness Zonal Ashram, Bengaluru, Karnataka

ROCF conducted a plantation drive in the zonal ashram, Bengaluru, KA where 10 people participated and planted saplings.



Plantation Drive, Fire Station Officials, Chikkaballapur District, Karnataka

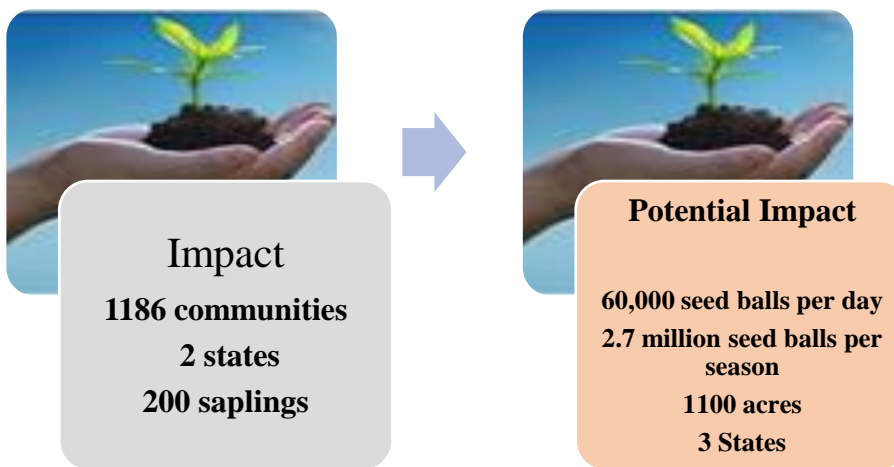
While understanding the importance of Plantation and its role in maintaining the balance in nature, the plantation drive was conducted in Chikkaballapur district, KA. The aim was to engage different stakeholders to create awareness and in protecting the environment and thereby reducing the incidence of global warming in the community. 30 people attended and 15 students from Govt. Junior College NSS Students, KVT Polytechnic College, NSS Coordinators, Kalpana Satish Lecturer - Govt. Junior College participated in the drive. This initiative was undertaken in collaboration with the local community and fire station officials.





The Students of the junior college, NSS candidates, and coordinators participated very enthusiastically and very energetically. They were feeling very proud of planting the saplings. They said this is our first step to save our environment.

Our Impact in Environment Sector:



Upcoming activities:

- i. **Setting up Seed ball Machine for Afforestation, Karnataka, Andhra Pradesh and Tamil Nadu:**

ROCF has plans to undertake afforestation in identified geographic locations and has procured 5 Seed Ball making machines to produce seed balls for the afforestation purpose. The objective is to increase green cover in the selected area and to combat the issues of global warming, soil erosion, pollution, maintenance of biodiversity, and ecological balance. Identification of land and discussion with the forest department and like-minded organisations is in progress.

ii. **Afforestation (Adoption of Urdai Forest), Gauribidanur, Karnataka:**

ROCF will adopt a Urdai forest in Gauribidanur for Afforestation in partnership with the government department. The intend is to promote the importance of afforestation through implementation and piloting the program at ground level. Proposed land adoption: 20 hectares. Planting trees: 12500. Field visits have been undertaken and discussion with forest department officials is in progress.



iii. **Joint Environment Campaigns, Salumarada Thimmakka International Foundation and Colleges of Karnataka:**

In collaboration with Salumarada Thimmakka International Foundation, we have plans to continue campaigns in different colleges of Karnataka to promote consciousness among the youth on saving the environment during this quarter.

5. Life Skills

Activities Conducted:

a. Need Assessment in Sri Venkateshwara College of Engineering, Bengaluru:



Discussion was held with the management authorities on conducting need assessment for students to provide life skills and finishing school training for the students. Data collection is in process. Data analysis will be undertaken post data collection. The Focus Group Discussion (FGD) was also conducted among the teachers to assess the needs of students. The need assessment report has been completed.

- b. Life Skill Education Initiative (SVCE):** Life skills are the competencies that youth must have to be able to carry on his/her existence effectively in the process of change. Based on the need assessment conducted by us, the SVCE management requested to hold a few essential trainings on building life skills among the students. In continuation, we proposed a project on Life Skills training in consultation with the management and needs assessed in the ground.



Accordingly, the Life skills training has taken off at Sri Venkateshwara College of Engineering for the multidisciplinary group consisting of 6th-semester students from

Mechanical and Civil branch and MBA. Under this project, 12 essential life skill topics shall be meticulously introduced over the next 12 weeks. The project started with the first Life skill module on stress management. The workshop was held in Sri Venkateshwara Engineering College, Vidyanagar Bengaluru. A total of 276 students in 6 batches attended the session and benefited from the program. Students were taught what is stress, various causes of stress, how to manage stress, the 4 P model, time management, and some physical exercises. The workshop was held in collaboration with NIMHANS, Bengaluru.

Collective Feedback from students: *Learnt about what is stress, how to manage stress, and what are the reasons for stress. This kind of session especially for management students is very useful.*

Self-awareness workshop, SVCE, Bengaluru Rural:



Self-Awareness workshop was conducted in Sri Venkateshwara College of Engineering, Vidyanagar Bengaluru. The session was attended by 351 students in 8 batches. Students were happy about becoming aware of themselves. The workshop trainer taught them about courage, confidence, interaction, motivation, how to embrace the true expressions, communicating effectively, thinking in the present, self-appreciation, and about sharing and caring. The

workshop was held in collaboration with an external resource person based on the life skill approach of Dream A Dream.

Collective Feedback from students: *They were able to understand the importance of effective communication, discussion skills, how to give time for yourself, living life in the present moment, staying happy under all circumstances, getting to know who I am, right lifestyle, mind games, focus, and concentration, being strong, peace knowledge and understanding, making things go their way, sharing things, knowing about others, how to interact with each other.*

c. Role Modelling Workshops for Rural Youth, Karnataka:

ROCF organizes sessions with role models from the local community such as doctors, businessmen, bureaucrats, academicians, lawyers etc. with beneficiaries of the partner institutions which includes children and youth from rural communities.

d. Need Assessment in Government High School in Vidyanagar, Bengaluru Rural:

The school has been identified to conduct a few interventions for rural communities' children. Need assessment was held with school authorities, program design, and proposal has been submitted and approval has been sought. Activities will be undertaken in the forthcoming academic year.



e. Adolescent Experiential Learning Workshops, Bengaluru Rural, Karnataka:



While understanding the need for developing the youth of vulnerable communities to become change agents, a two-day adolescent experiential learning workshop was conducted in Rural-Bengaluru, KA. The program intended to empower young people, by building critical life skills and thereby enable them to lead productive and healthy lives. This program took the young person or an adult through a

transformative journey of self-discovery by exploring one's creativity, understanding each other and also an experience of how to build a supportive community using the arts as a core medium of expression.



The program was held in coordination with Head Held High organisation, Bengaluru Centre, KA state and 15 participated in the training. It was a fulfilling event, which ended with a smile on everyone's face. "I can also do" - was the core words expressed by participants. Nothing wrong in expressing our emotions was the other component brought out by girls. This indicated the need for a program that pushes them to overcome inhibitions and unveil their potential.

A similar workshop was conducted for the youth from Head Held High Centre, Tumkur. 31 participants benefited from the program. The participants expressed that the training was interesting as it gave them ideas on new forms of expression. They appreciated the pedagogy of the training. Few expressed that they would continue to use certain techniques as trainers during the training programs. Some opined that the training helped them to introspect themselves and they were able to identify the need of having a goal in their life.



Feedback from the participants:

- *We have learnt about the importance of teamwork, effective listening, and communication skills.*
- *Drawing/writing our feelings through pictures helped us to understand ourselves deeply.*
- *We were able to understand the feelings of our friends in a better way through this training. (e.g. their family, their hurdles, their happiness, etc.)*

- *We learnt to communicate our feelings through acting, storytelling and how to explore our hidden creativity.*
- *How to keep our energy constant.*
- *I got to learn that what you feel about your emotion has to be expressed in action.*
- *It helped me in overcoming my stage fear.*



f. Life Skills training for rural youth, Head Held High Chikkaballapur, Bengaluru: Training on life skills for 28 rural youth of Chikkaballapur center of Head Held High was conducted in collaboration with NIMHANS. They were given inputs on youth health and lifestyle, personality development, emotional regulation, gender, sex sexuality and supportive skills. Etc.



“Youth face a lot of issues due to physical and emotional challenges. The life skills session gave us ways to manage our emotions and insights on healthy lifestyles. Thanks to ROCF and NIMHANS” -Expressed by a coordinator from Head Held High.

Life Skills Training for Children, Melur Government school, Chikkaballapura District, Karnataka

Similar Life skills training was conducted for 104 students of 8th, 9th Std high school children of Melur Government school. Chikkaballapura District of Karnataka on-self exploration, personality development, self-confidence and courage. The program was conducted in collaboration with COIGN, Hyderabad.



Feedback from participants-*“We understood that we need to change ourselves first and be responsible for our life”.*

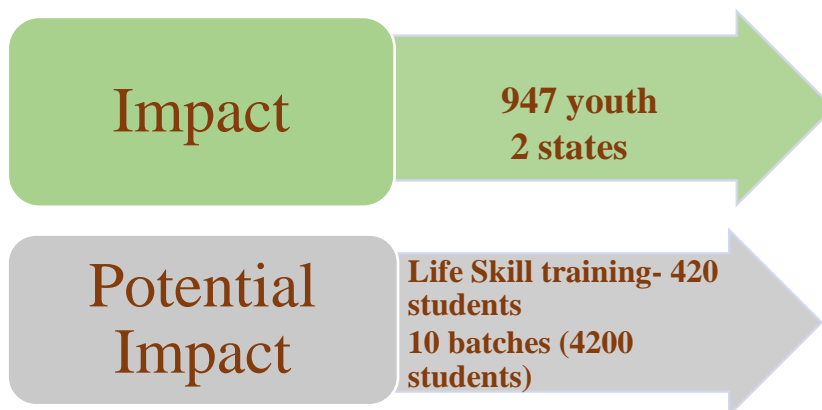
g. GOAL (Go On And Lead): Life Skills Training for PG students, Telangana

Life skills training program for graduate and postgraduate students as a finishing school concept for students has been designed to equip students with talent, knowledge, aptitude, and attitude for employable opportunities. GOAL program pedagogy has been designed with FOCUS (Feel, Observe Creative, Understand and Solve) as a learning outcome with Thoughtful Questioning. Each topic and every session are conducted through a facilitating method (IDEA) - Introspect+Discuss+Experience+Actionize. Student's personal learning approach is guided by P4 (Pause, Peep, Ponder and Pen Down). Classroom sessions start with 4P (Purpose, Potential, Problem, and Practice) and conclude with students writing down their experience on the topic with LCI (what did I learn, what to change and what to implement next). Topics range from communication skills in the 21st century, career planning, goal setting, dealing with change and conflicts, project management, time management with case studies, group discussions, presentations and group assignments.



The first batch training was held and 105 PG students of Social Work from 4 universities (5 colleges) in Telangana State participated.

Our Impact in Life Skills sector:



6. Ecopowerment:

- a. **E-village (On Boarding SHGs), Tiruvallur district, Tamil Nadu:** In order to build self-reliant communities, ROCF collaborated with an e-commerce platform (Kalgudi, a rural e-commerce enterprise) to engage Self Help Groups-orientation, training, marketing and assisting them to discover a new market for rural produce and sell products online. A discussion with SHGs of Tiruvallur district, Tamil Nadu has been completed and the community expressed their felt need to provide training for skill upgradation and marketing their goods. We envision to create progressive, self-sustained self-reliant communities by leveraging technology.



- b. **On boarding of SHGs products in Sirsi, Karnataka (NABARD) – E-Village Market-A Pilot Initiative:**

We initiated the discussion with NABARD to pilot e-village initiative in Karnataka state. Accordingly, NABARD suggested conducting a pilot onboarding of FPO-SHG products in Sirsi Taluk, Uttara Kannada district, Karnataka.

The ROCF and Kalgudi team visited the field and interacted with members of SHGs and FPOs.



They identified the product in consultation with a local NGO and completed the onboarding process. Data entry and other back end support work are in progress. The products will be on board in a few weeks' time. Two students from Canadian International School were also involved in the project as part of the social giving activity. The initiative provided them insights on various components and the students' extended support in onboarding activities while learning.



With the support of NABARD, 30 products were formally launched and onboarded on 9th March 2020 as part of International Women's Day celebrations. The CGM, NABARD and DGM, Bank of Maharashtra formally inaugurated the program and wished the best to the efforts of all the SHGs members



As part of the pilot initiative - ROCF & Kalgudi conducted a 2-day Capacity Building training program for SHG/FPO members of Madhukeshwara Batta Utpadakara Sangha on e-commerce platforms at SCODWES Office, Sirsi. The Training intended to empower rural entrepreneurs with a collaborative convergence e-commerce platform for enabling them to get visibility of their products and services; help discover and procure timely inputs/supplies at fair prices, avail services like quality certification easily, learn about e-commerce marketing and discover more business opportunities.

The workshop gathered about 12 participants. The training agenda included a live display of onboarding SHG & Products, standardization of products-labelling & packaging, e-Marketing, and its uses, pricing of products and their promotion, how to use application and software, how to fulfil eCommerce orders (including Quality Check, Labelling, Packaging, Invoices, Shipping, rejects and returns) and Payments & Settlements- pathway.

Feedback from the Participants: *Objectives of the training were clearly defined, participation and interaction were encouraged, topics covered were relevant and up to the mark, the content was easy to follow, they liked the online marketing process, and information given on packing style, label design and the tracking of the order was very good, Kalgudi platform is encouraging as it aims to empower SHG women and help FPO projects, they learnt how to use application software and the session improved their knowledge about online marketing.*



c. E- Village, SHGs and Farmers Producers Organisation, Sikkim (EVS):

A visit to Sikkim state was undertaken by ROCF and Kalgudi functionaries to understand the needs on the ground. The discussion on E-Village Concept was done with Rural Development Department officials along with field visits. Finalisation of the project proposal is in process. Through this activity, we envision creating progressive, self-sustained, and self-reliant communities by leveraging technology.

Similarly, discussion with Agriculture department officials was done to develop a strategic plan for Farmers Producers Organisation (FPOs) and onboard them to collaborative commerce platform-Kalgudi.



d. E-village, Tiruvallnur, DSMS, Tamil Nadu (EVT): The ROCF team had a series of discussions to understand the needs of DSMS society in Tiruvallnur, Tamil Nadu. Accordingly, ROCF team in collaboration with Kalgudi is developing a proposal and presentation to undertake E -village project and thereby onboard all active SHGs products to Kalgudi platform.

Our Impact in Ecopowerment sector:



Upcoming Activities:

i. **Linking rural women's group and farmer producer organization with e-Commerce Platform:**

ROCF has partnered with Kalgudi, an e-commerce platform based in Hyderabad to bring Self Help Groups (SHGs), women farmer producer organisations (FPOs) on board to sell their products online nationally & globally. 11600 products of SHGs across India have been on boarded on Kalgudi platform.

We intend to Scale up onboarding SHGs/FPOs to e-commerce platforms in collaboration with NABARD, Agriculture department, National Rural Livelihood Mission, Rural Development and Panchayat Raj department and other stakeholders in different states of India.

7. Upcoming Projects

- 1. Life Skill Education:** Enhance life skills, right attitude and values among students of Sri Venkateshwara College of Engineering (SVCE), Bengaluru Rural, Karnataka State. 420 students will be covered in the training and the project is funded by SVCE management.
- 2. An Education Initiative:** Improve the quality of education by providing relevant training and skills to teachers and students of Government Primary and Secondary High School, Vidyanagar, Bengaluru Rural. Funded by Mashraq Global Services, the project approximately covers 260 students.
- 3. E-Village Sikkim:** Increase sustained income among SHG women by on boarding products of SHGs of Sikkim on e-commerce platform-Kalgudi. The project aims to on board the products of 5000 SHGs across Sikkim State and is funded by the Government of Sikkim.
- 4. E-Village Tiruvallur:** Increase sustained income among SHG women by on boarding products of SHGs of Sikkim on e-commerce platforms. Funded by the Government of Tiruvallur. The project intends to cover 11,000 active SHGs and plans to onboard their products to Kalgudi Platform.
- 5. Finishing School Program:** Increase employability and life skills among students of Sri Venkateshwara Engineering college, Nellore, Andhra Pradesh. Funded by the SVEC management.





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www.rocf.org

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write to info@rocf.org