

Vivekananda Paathshala
August 2024

“What we do for ourselves dies with us. What we do for others and the world remains and is immortal.”

– Albert Pine



Vivekananda Paathshala, held every Tuesday and Friday, provides educational support to children in need. Student volunteers teach a variety of concepts with dedication, fostering positive change in the lives of these students. A session on festivals was conducted effectively, with students actively participating in the discussion and sharing their personal experiences.



Another session was taken up where children learned **essential math concepts** like linear equations and multiplication, with tricks to memorize tables. They also explored creativity by drawing festival-related pictures. The highlight was **playing basketball** with our volunteer Tanish, adding fun and physical activity. To motivate them, pencil kits were gifted. The focus was on improving their vocabulary skills through engaging, interactive methods led by senior prefects, ensuring both learning and enjoyment.



The students were introduced to the concept of **First Aid** and the essentials of a well-stocked first aid kit. Through demonstrations, they learned how to provide first aid for common emergencies such as epistaxis (nosebleeds), seizures, minor burns, and dizziness. This session not only equipped them with vital life-saving skills but also supported **Sustainable Development Goal 3 (Good Health and Well-Being)** by **promoting health awareness and empowering students to respond to medical situations responsibly.**





The session educated students on good and bad touch, personal boundaries, and the importance of speaking up against inappropriate behavior. Through visual aids and open discussions, students learned to identify boundaries and were guided on how to report concerns to trusted adults. The session concluded with a recap, emphasizing respect for boundaries and personal safety.



The Orientation Session on Indian Child Rights aimed to educate students about their legal rights, empowering them to understand and assert these rights. The facilitator introduced key child rights, including the right to education, protection, participation, health, and development. Through group discussions and visual aids, students explored real-life scenarios and learned how these rights apply to their lives. The session also provided steps to seek help if rights are violated, including contact information for child protection services. An interactive Q&A followed, and the session concluded with a summary and encouragement for students to advocate for their rights.



The Vivekananda Paathshala session on **‘Menstrual Hygiene’** aimed to raise awareness about the physiological changes during menstruation, healthy hygiene practices, and breaking taboos. The discussion covered the biological process, shared personal experiences to create comfort, and addressed misconceptions such as the concept of ‘bad blood.’ Students were informed about hormonal and dietary changes, including government policies for iron supplements. The session also explained the use of menstrual products like pads, tampons, and cups. A safe space was created for open discussion, and a video emphasized how to communicate concerns. Students were eager to share experiences and ask questions, showing enthusiasm to learn and adapt to these changes.



The session focused on the **concepts of converging and diverging lenses and mirrors. Practical demonstrations of image formation by mirrors and lenses were conducted**, allowing the children to observe and understand the process. The students participated enthusiastically, actively engaging in the hands-on activities, and gaining a clearer understanding of the topic through real-world applications.



The session began with a discussion where **students shared their favourite stories and characters**, followed by targeted

questions to delve deeper into their interests. Students then listened to a narrated story about the friendship between a lion and a mouse. They were encouraged to retell the story in their own words, using vocabulary from the narration. This interactive approach engaged each child, allowing me to gain insights into their understanding of the story and highlighting their eagerness to learn. The session was enriching for both the students and myself.



The prefects of JKPS organised an engaging activity designed to teach students the core principles of democracy, aligning with the Sustainable Development Goal (SDG) 16: Peace, Justice, and Strong Institutions. Through interactive sessions, students learned about the importance of voting, leadership, and the role of citizens in a democratic society. By fostering a sense of civic responsibility and active participation, the activity promoted the values of equality, inclusion, and justice, empowering young learners to become informed and responsible citizens. **This initiative not only reinforced the democratic ethos but also encouraged the development of sustainable, inclusive communities, supporting SDG 4: Quality Education and SDG 10: Reduced Inequalities.**



“Flower vase making- Best Out of Waste” competition was conducted. The young students showcased their creativity by transforming everyday waste materials into impressive art pieces. The event encouraged environmental awareness and innovative thinking among the students. The competition was a great success, with every participant displaying unique ideas and enthusiasm.

JKPS aims to keep on giving back to the society and making Vivekananda Paathshala a successful initiative.

