



NAVSAHYOG FOUNDATION

Life skills to Livelihood

COVID RELATED INITIATIVES & ACTIONS

We are a not-for-profit organisation based out of Bengaluru. Our focus is on creating a world where children in villages pursue their dreams and create superior livelihoods for themselves and others. We facilitate this by developing life skills and creativity in village children at their most impressionable age (5-14 years) which will enable them to take up entrepreneurship when they grow up.

We develop life skills through sports, storytelling, emotional intelligence and experiential learning sessions and creative activities. Ours is a High Touchpoint Program, where we do these activities on a daily basis in each of the villages we work in. We are currently present in 72 villages across Tamil Nadu and Karnataka.

We have also been able to **grow our presence from 21 villages to 72 villages** during the pandemic. We have done this with a sense of urgency. **Our goal is to reach 2000 villages, impacting 60,000 village children by 2025.**

How is the pandemic impacting children in villages?

The pandemic has had a **severe impact on the physical & mental well-being** of the children in the villages.

- Schools have been closed for most part of time since March 2020
- Online schooling is not available to most children in villages
- Without the connection with the teachers, schools and a proper schedule to follow, children have started forgetting lessons. **As per recent studies children have fallen behind by 1-2 years, besides losing current year of schooling.**

Falling prey to bad habits:

- losing adherence to time for sleeping, waking, exercises and eating food.
- developing an addiction to TV, videogames & mobiles.

- lack of respect for elders, loss of moral values, lethargy and indiscipline.
- watching inappropriate adult content which has a very negative impact on them in the long term.

With Parents in villages under severe financial crisis and under stress, the children are getting:

- lonely and anxious
- sad and frustrated
- negative and depressed

All of the above is leading to a very serious consequence on the physical & mental well-being of our children in the villages.

How is NavSahyog Foundation addressing this situation?

We develop life skills and creativity in village children through Yoga, meditation, board games, running races, long jump, high jump, storytelling and creative activities.

- This helps children to improve their physical and mental wellness and develop their immune system.
- We do this on a daily basis , all days of the year, in every village we work in.
- We do this by adhering to strict safety guidelines of mask wearing, washing hands with soap and water before start and at end of activities and maintaining safe distance
- Children are learning how to take safety precautions when they are out of their home and influencing their elders too
- The children are becoming disciplined, respectful, responsible and caring for each other.
- The children are also developing various life skills like self-esteem, discipline, confidence, communication, empathy, teaming, resilience, values, etc.

COVID RELATED ACTIONS AT NAVSAHYOG FOUNDATION:

1. Program Adaptation:

At the beginning of the Covid19 pandemic in 2020, we quickly adapted our program. We suspended contact sports such as Kho-Kho, and Kabaddi. Instead, we introduced Yoga and meditation along with high jump, long jump, running races etc. We retained creative activities like storytelling, thumb painting, story enacting, etc. This ensured the physical & mental well-being of the children, while maintaining Covid appropriate safety precautions.

2. Children Engagement during lockdown:

With help of our Village Coordinators we continued to engage with the children and the community while following all safety precautions every day.

We created awareness among children on the safety precautions that must be followed. We taught our children how to make masks and adhere to strict safety guidelines of mask-wearing, washing hands with soap and water before the start and at the end of activities and maintaining a safe distance. All of this was taught by our village coordinators as well as through videos created by us.

Covid Awareness Video - [How Muthu and His Friends Defeat the COVID 19 Monster](#)

Working with our Partners SMA & ImaRecreations, we identified a list of creative activities our children could engage in while being at home using materials including paper-pencils, colours, waste vegetables, utensils etc. We assigned them tasks and regularly reviewed their creative works. We also taught them Board Games which they could draw on paper or on the floor and play with their siblings, parents and grandparents.

We developed videos on Yoga & meditation and taught the children through our village coordinators to perform the same.

3. Resumption of Program post lockdown:

Once lockdown was removed in early July 2020, we met with the local Government officials, community and Panchayat leaders and parents and explained how following the various safety precautions our program will be valuable for the physical & mental well-being of the children. Very quickly we were able to resume our activities to near full strength in each of our villages. Children come to our Program with masks on. They wash their hands with soap and water and maintain safe distance. During Yoga & sports we ask the children to lower their masks.

4. Covid Relief to Households of children with income loss 4

During the first wave, not only did the lockdown affect school-going children in villages, but it also had a severe impact on the livelihood of several families in the villages. To understand the severity of it, we conducted a survey of loss of household income in the houses of children who were part of our program. The findings were shocking. 55% of households had lost 100% of their income. We raised funds and provided Provisions to 600+ households in the villages for 4 months from June-September 2020.

Here is the link to a short video clip on our covid relief initiative to the households-
[What Have We Been Doing During COVID Times - Part 2](#)

GALLERY - ACTIVITIES WE HAVE BEEN CONDUCTING DURING COVID



YOGA



MEDITATION



CREATIVE ACTIVITIES BY OUR CHILDREN



EXPERIENTIAL LEARNING BY PLANTING FRUIT SAPLINGS



HIGH JUMP AND LONG JUMP



RUNNING RACE



PLAYING BOARDGAMES WITH FAMILY AND FRIENDS

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