



### **Tri-Months Report - (April, May & June'19)**

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Hello friends,

Warm Greetings from SunShine foundation

It has been a long time since we shared our thoughts and activities. Last few months has been quite hectic for us. We at SunShine Foundation believe that education is the basic foundation for every successful step taken by every Sunshiner. Though we do concentrate on the other aspects of the developmental chart of a child, we feel that education is the beginning of a better life towards a brighter future. Hence this being the third quarter of the year... It's indeed a busy time of the year and our children are busy with their new academic syllabus. In our journey forward we would like to thank all for joining hands with us to be a ray of light in the life of all our children in helping them not only to dream but also paving way to fulfill their dreams. In this quarterly newsletter we would like to update you about the activities, sessions and the accomplishments of our Sunshiners.

#### **➤ Art and Craft**

As a learning activity, Art and Crafts has been the activity practiced during the leisure time for children of all age. This helps them to relax their mind and also at the same time gives them the opportunity to explore ideas and concepts developing their fine motor skills. Past few months our children along with their Art Teacher Javed have learnt to make beautiful and colorful flowers using waste clothes. Our Sunshiners using their innovative ideas have come up some real beautiful decoration pieces. In between these art sessions our children also helped us in preparing for the Annual MASTI summer camp. Later after the MASTI Camp our children were mostly engaged in improving their strokes and colors. As a result we ended up with drawing competition and got to see some real beautiful sketches and painting.



### ➤ Health And Nutrition

SunShine Foundation has always concentrated on the all-round development of a child. A sound health education is a learning experience designed to help our children improve their overall health condition. This helps them to improve their skills and exhibit positive attitudes. Keeping this in our mind we make sure to build our children's health condition by providing them with vitamin tablets, milk and protein and weekend health meals. Apart from sports activities, we also conduct regular yoga classes to increase their concentration level and calm their senses. We also try to educate our parents about food and its nutrition during the monthly parents meeting. In the month of April we celebrated World health Day at SunShine Foundation. Mrs. Priya Mittal our yoga teacher explained the benefits of being healthy. She also emphasized on the importance of Yoga for overall health and to enjoy a healthy social life.



### ➤ Monthly Parents Meeting @ SunShine Foundation

Every first Sunday of the month we conduct Parents meeting to discuss the performance of their child with their parents. And at the same time we also listen to their feedback and queries giving them suggestions and help in any small way possible. This interaction between our teachers and parents help us to identify with the weaknesses and strength of every child, further helping us to work in the areas that needs improvement. The progress report is also shown and their feedbacks and suggestion are noted down for further analysis.





### ➤ **Weekend music class**

Music has calming effect on every child. It is a natural soothing agent which develops the areas of the brain related to language and reasoning. It inspires creativity, social skills, improves confidence, and above all makes them to relax their weeklong stress. Regular music class is conducted by Suraj, the music teacher. Our children enjoy not only learn new tunes to sing but also listen to some of their favorite numbers. Few of our children are also learning to play the guitar.



### ➤ **Regular Tuition classes**

Regular tuition classes are being conducted for all the children including the children listed in the program. The teachers make sure that their day to day lessons are revised and updated. Regular unit test and assignments help the children in their overall academic performance. This also helps one to one interaction between the teacher and the student, thus helping us to identify and solve their weak points.



### ➤ **Daily Nutrition**

We at SunShine Foundation systematically address all aspects of our children contributing to their overall growth and development in a wholesome manner. Among these addressing the health and nutritional need of these underprivileged Children is our topmost priority, since we have noticed that anemia and vitamin deficiency in these children continue to plague a large proportion of our children, thus preventing these kids to put in their best potentials. Hence under the program a healthy nutritional diet is our top most priority. Our children enrolled under the program are given a glass of hot milk with protein powder mixed everyday just before they start their tuition classes and on weekends they are also given lunch. This certainly boost their overall health and academic performance.



### ➤ **Football Sessions**

The saying goes "All work and No Play makes Jack a dull Boy" so we at SunShine make sure that our children have some outdoor activities that relaxes not only their mind but also flexes their muscles. Since every game comes with certain rules to abide, children also get into the habit of coordinating with each other in order to follow the rules of the game. Football is one such game which our children enjoy playing. This helps and provide our children an opportunity to improve their speed, alertness, strength, hand-eye coordination and their overall cardiovascular endurance. We do have few good players in the team who have successfully joined their school team. In-between the game we also discuss our monthly topic on social responsibility and self-awareness.



#### ➤ **Movie Time**

Once a month we show kids motivational movies to learn from and get inspired. This time we chose URI-the surgical strike. It is a military movie which was loved and appreciated by all our children.



#### ➤ **Mother's Day Celebration**

On 10th May we celebrated Mother's Day at SunShine foundation. This was the day of celebration honoring the mothers and celebrating motherhood, acknowledging their sacrifices and the long pains endured in the upbringing of her child. Our children took this opportunity to express their love and affection for their mother's through flowers and cards made by their own hands. Our children gave the cards to their mothers thanking her for being there for them. At the special occasion our guest Mrs. Nivedita Singh hearing to the struggles of every mother, suggested to start some work from their homes like making of cloth bag and SunShine would take up the responsibility of talking to the vendors and place the order with the mother interested. All mothers welcomed the idea and said that it will increase their income.





### ➤ **Results**

As a result of our regular coaching and tuition classes our children have all passed out with flying colors. It was a happy sight to see all our children walking in with their mark sheets along with their parents. They thanked us for our initiatives. At present the juniors are busy with their new class and books and our seniors are busy with their admissions procedures.

A Special mention about our 10th and 12th STD results. Our toppers Nisha, Mitali, Tanmay, Anurag, and Rohini have passed with good percent ,the highest being Nisha Yadav with 74% in 12th. Neejeet Tembhekar our Star student from 10th got 92% and we first of all congratulate all our students on their achievement and thank all our sponsors for journeying with us to accomplish our vision of being a ray of hope in our children's life.

### ➤ **Career Counseling Session**

Since most of our senior children are entering college we organized a career guidance session with Mr. Manmeet Singh Dhingra from MSD Education Academy. He gave a talk on how to develop a career in a right direction. This was followed by an informative session on vocational choices and an awareness session about different career choices. Students were then asked to discover their interests and they were motivated about following their passions and goals. An activity for inspiring students was carried out and students were then helped by making their own career design map. We had one on one session with each student. Based on that students were very much clear about the best suitable career options for them. Finally, there was an open discussion session with the students, where students could ask any career-related question from the career counselor.



### ➤ **Nutritional Health Camp for mothers**

Mother is considered as the lifeline of the entire family. A well-educated and well-informed mother shall make every effort to keep disease away from her family. Hence a nutrition camp was organized at Sunshine Foundation. Many women from the local area attended these informative session. The idea was to promote low cost nutrition amongst these women. We informed the women how they can make their day-to-day food interesting so that the children are motivated to eat food cooked at home instead of the unhealthy street food. The women were asked to cut vegetables like beans, tomatoes etc. for preparing Bread and Sprouts Salad and the same was served to all present at the event. This practical session made most the women to agree that nutritious and healthy food can be prepared with the ingredients easily and cheaply available at home.



### ➤ **Nature Walk to Gorewada**

On 8th may, 2019 SunShine Foundation had organized an Environmental protection and Nature Educational walk for the children. On the occasion Ms. Deepti Karat, Director of Sunshine said that “Nature provides countless opportunities to discover create, learn and experiment. It is vital to a healthy childhood, it improves all aspects like physical, social, emotional and cognitive”. She further added that we introduce our children, mentors, volunteers to nature very often. Hence few children from Delhi Public School along with few College students and staff members took initiatives and participated in the Annual SunShine Masti Nature walk to Gorewada Park. They enjoyed every bit, learned a lot about plants, animals, birds and also about jungle management from the Forest Officer Mr. Pandurang Pakhale, who accompanied us through the trail.





## **Annual SunShine's Summer Masti Camp 2019**

SunShine Foundation for the 9th consecutive year organized the Annual Summer Masti Camp 2019. The Annual Sunshine Masti is a free summer Camp for the underprivileged children living at the edges of our society. The Camp is an initiative to make the children realize their dream of being a part of Summer camps but also to spread the hope of light that they are a part of the community and can experience life like any other kid. The Sunshine Masti Camp helps children to learn something more constructive rather than engaging themselves in destructive or undesirable activities. We believe that these summer camps express their commitment to create a better tomorrow.

Hence we started our month long Annual Summer Masti Camp with Nature Walk on 8th may, 2019 with regular intervals for rest and preparation for both our staff and children for the next Masti Event. This was followed by the presentation on different topics for each day. The topics for this year were Is Fairy tales real or Not, global warming, sports and Ancient Earth v/s Future Earth. All the topics were given in advance to the children who made a thorough research on the given topic, compiled and presented the same on the day of the event. On the grand finale day all the kids performed dances and skits in accordance to their topics. It was a learning experience but lots of fun with lots of eats for the kids at Sunshine Foundation.



### **➤ Visit to Raman Science center**

Educational trips foster communication and leadership skills, it's a visual learning experience and students gain better understanding of topics. Therefore at SunShine we organizes many such trips and the latest was the trip to Raman Science Center on 28th may, 2019. It was a great experience for Sun shiners, they witnessed the 3D screen, global warming, science world planetarium, extinct animals and various science experiments. It was an enriching experience for the children. We plan to take our children from the Networking centers there very shortly.



### ➤ **Medical Health Camp**

Staying healthy physically can help you stay healthy emotionally too .At Sunshine Foundation we have regular health checks not just for our children but also for their family. Free medication is provided and for those who need a follow-up treatment are taken to doctor as per their need. We get every child checked and maintain growth chart records as well for further investigation.

### ➤ **Running Bar Activity @ SunShine Foundation**

On 16th June Ms. Swetha Chadda conducted the counseling session. During the session she did the Running bar activity where the practitioner touches the head at different points as you lie down and receive the process. This helps in deleting all the negative thoughts in your head that tells you can't do something, that you're scared, that's it's not possible, that you don't have enough resources. This Bars activity deletes all the thoughts, feelings and emotions that are not contributing to the child's growth. This session has helped most of the children to put back their negative thoughts and have improved their overall performance.



### ➤ **World Environment Day**

We celebrate World Environment Day on 5 June every year. On this day we raise awareness and promote action on national environmental issues among our children. We also had a group activity where our children needed to collect five leaves of different plants and paint the same to say something about it. Our children enjoyed doing this activity as they had do lot of research works to identify the plants.





### ➤ International Yoga Day

As already shared we have regular yoga classes to calm our children's senses. Hence in the month of June we at SunShine Foundation celebrated International Yoga day to create more in-depth awareness amongst our children. The students were taught various Asanas starting with warming up and stretching followed by the series of Padmasana, Paschimottasans, Pawan Muktasana, Vajrasana, Dhanurasana, Chakrasana, Sarvangasana, Halasana, Bhujangasana, and ending with Shavasana. After Asanas session students were also taught the Pranayama. Our Sunshine Yoga instructor appealed to the students to include yoga in their daily routine for its wholesome and salubrious effects on the mind, body and soul.



With this, we would like to thank you for understanding our Vision and joining hands with us to be Ray of hope in our children's' life. We must say that an extended hand, a little word of encouragement and heartfelt support is all it takes to motivate our children to perform to the best of his potential. We sincerely appreciate and Thank all for your wonderful contribution.

Joys and Cheers

Team SunShine