Aparajitha SEEDS OF SUCCESS

Quarterly Newsletter April - June 2019



Transformational Change through awareness

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Hello!

Water that springs from the earth benefits life around it. When it expands into a brook, rivulet, stream, tributary or a river, its benevolence touches many more lives. Likewise, 'Thalir Thiran Thittam', which began modestly, benefiting a few students, has now reached more than a crore of students. The first section of this issue gives a bird's eye view of this amazing and purposeful journey. What started off in the southern part of India has reached close to the Northern corner, in the laps of The Himalayas. The second section provides more details of TTT's latest destination.

Learning is a two way process. Section three of this issue deals with the realization of this truth by a volunteer. The next two sections tell us about how two different organisations implemented TTT to improve their respective places.

Read all of these . . .

Share your thoughts and feelings . . .

Spread the word to your friends . . .

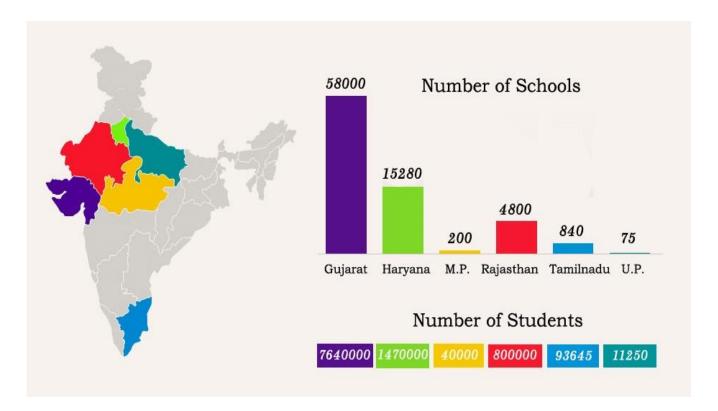
We look forward to your continued support and suggestions

Editorial Team

TTT offers life skill education to students in classes 7 to 12. Based on 10 life skills listed by World Health Organisation (WHO), lessons have been created to engage the students in happy experiential learning. The lessons at the primary level are imparted using Teachers' Handbook and at the secondary, high school and higher secondary levels, through DVDs. This program aims to create responsible students and was piloted in 2008-2009 in 5 higher secondary schools. In 2009-10, it was expanded to all high and higher secondary schools in Tamilnadu by the Tamilnadu Government's Education department. Later it was implemented in primary, govt- aided and private schools that were interested in TTT. Now the program is being implemented in 6 states - Tamilnadu ,Gujarat, Rajasthan, Madhya Pradesh, Uttar Pradesh and Haryana.

One crore students and counting

Thalir Thiran Thittam was launched in the academic year 2008-09 providing life skills education to 465 students in five schools in Tamilnadu to bring about a transformational change through awareness. Appreciating the beneficial impact it had on students, Mr. Dimant and Ms. Devanshi were instrumental in TTT's spread to Gujarat. The Guajarati version Tim Tim Tara was provided to 100 schools initially in the academic year 2012-13. Following that, with the help of Rajasthan government's Ministry of Education, the Hindi version Tim Tim Tare was implemented in 1411 schools in Rajasthan in the academic year 2017-18. In the same year, with the help of zonal commissioner of Indore, TTT was launched in 200 schools in Indore (Madhya Pradesh). 50 schools in Uttar Pradesh also implemented TTT. Government of Haryana's Education Department spearheaded the efforts to implement TTT in 244 schools.



On 20 Jan 2018, Tim Tim Tare was telecast through EDUSAT using satellite technology in Haryana. As a result, 2,50,000 students studying in 10,000 schools were provided life skills education. As the attempt proved successful, lessons on life skills were telecast via EDUSAT in Gujarat and Haryana throughout the academic year 2018-19. 91,10,000 students from 73,280 schools benefited. At the same time, 9,44,895 students from 5915 schools in Tamilnadu, Rajasthan, Madhya Pradesh and Uttar Pradesh were offered life skills education through teachers directly in face to face sessions. To sum up, in the academic year 2018-19, life skills were provided to 1,00,54,895 students in 79195 schools across 6 different states. TTT will be extended to many more states in the ensuing academic years; a few more crores of students are likely to be benefited.

TTT in Himachal Pradesh



Following the states of Tamilnadu, Gujarat, Rajasthan, Madhya Pradesh and Haryana, TTT's life skills education will now be provided to students in Himachal Pradesh from the academic year 2019-20. An MoU was signed on 5 March 2019 by Mr. Ashish Kohli H.A.S., Project Director, Integrated Scheme on School Education on behalf of the Haryana government and Mr. T. A. Padmanabhan, Head, Educational initiatives on behalf of Aparajitha. As per this, TTT's Hindi version Tim Tim Tare will be implemented in phases from classes 1 to 12 in 10,000 schools. In the first phase, the program will be implemented in 2500 schools in 2019-20. One hour of life skills education every week will be made available to all classes from 6-12.



To ensure effective implementation, teacher training sessions will be provided. As the first step, a workshop for teacher trainers at state level was conducted on 5 March 2019 in Shimla. 55 teachers working at the Regional Resource Centre and Teacher Training institutions participated in the training. Tim Tim Tare's Himachal Pradesh Project Manager, Ms. Roonam Kaushik provided the training.

They learned; so did I

Maheshwar is a historically significant town in Madhya Pradesh. Situated on the banks of Narmada, this town is known for its beautiful mountain ranges and imposing fortresses. I had been to Maheshwar to visit my parents. As I was interested in offering extracurricular activities and guidance to the residential students in the Girls High School, my father insisted that I meet the Head of that school. During a casual conversation with the teachers there, I gathered that most of the students were wasting away their leisure time lazily or on idle chatting. So we decided to arrange for a training workshop for them on time management and goal setting to help them use their time effectively. On Jan 3 and 8, 2019, I conducted an interactive session , including some activities with 70 students of classes 9-12 as I could not make adequate arrangements for the technological equipment required for conducting Tim Tim Tare classes. The students were highly appreciative of what they learned and the lesson summary at the end. Some were very enthusiastic; they requested that I continue to visit their school more frequently. I was moved by their positive reception and gratitude.



As a volunteer I experienced a sense of fulfilment that I am doing my bit for the society. Giving back in kind, in terms of your knowledge, skill or time gives you a unique sense of gratification. We get an opportunity to connect with other human beings who live very different lives compared to our super comfortable lives in metro cities.

Reflecting back on my experience I have realized that volunteering for such sessions is not a one-way process. It is not just the beneficiary who is gaining from it. It is a mutually beneficial act. The students learnt the importance of time management and goal-setting and I learnt the values of gratitude, sharing and caring.

Life Skills for excellence in life

A worldwide study says that in order to enhance one's skill set, achieve excellence and growth in career, one should learn skills beyond what is taught at school and college. Those skills are the essential life skills. Life skills help one to achieve excellence in individual life at the personal level and also career.

That's why Olirum Erodu Foundation, piloted *Thalir Thiran Thittam* in the year 2015 in Erode Corporation Middle School, Periavalasu. As a result, a positive change in the behaviour of students in the age group 9-13 was observed – especially with respect to time management, focus on learning, interpersonal relationships, respecting the other gender and so on. So this program was extended to all the 42 schools in the corporation and more than 50 middle, high and higher secondary schools in other parts of Erode District. Consequently 5300 students have benefited. More than 120 teachers have been trained in providing life skills education. After implementing the program, they say they feel refreshed and have understood the importance of life skills.



A majority of the world's youth live in India. We can enhance the demographic dividend if we develop their skill set. That's precisely why our organisation has tied up with Aparajitha Foundation which is actively imparting life skills to students.

Volunteer work by star performers

Centre for Sustainable Rural Development and Research Studies (CSRDRS) is part of Vellore Institute of Technology (VIT), a deemed university in Vellore. It is working with children, youth, women and farmers from the socio—economically marginalized sections towards sustainable rural development. As a part of this initiative, Thalir Thiran Thittam was implemented in 2018-19 to provide life skills education to the students of N.K.M Higher Secondary School and E.V.R. Nagammai Corporation Girls Higher Secondary School in Vellore. Based on the feedback from students and teachers, it was decided to extend it to 5 more schools.



So VIT handpicked a few students who were toppers at the district level in class 12 exams and currently pursuing engineering courses at the university. They were provided training in life skills. Later as volunteers they started imparting life skills to students in 7 schools.

This will be extended to 25 more schools in the academic year 2019-20, says Dr. C.R. Soundarrajan, professor in charge of this Centre.

Echoes!

The 29th issue of Aparajitha Life Skills Education Program Newsletter is an effective documentation on life skills education program held in 5 States. The report on the impact on students in various parts of Southern Tamilnadu is proof of the steady progress being made. I appreciate the efforts of the Management and the trainers. May the TTT cross many more milestones. Congratulations and thanks.

- **Prof. R. Raja Govindasamy** Director, Mannar Thirumalai Nacikar College, Madurai

Congratulations! It is truly a great achievement to get into schools' normal timetable. Thanks to technology and team's efforts we are able to reach and nurture so many young minds.

- **Devanshi Sha** Brightside Counselling Singapore

Very good work. I only wish it reaches many more millions of our great country. Congratulations to all.

- R. Krisnamoorthy Madurai-625020

I am very pleased that your 'evaluation' has come up with a good outcome. Wishing you continued success.

- **Dr. S. Radhakrishna** Hyderabad

I am pleased to know that I have made some contribution to this project. You have the best people to carry this project all over India. My best wishes.

- **J. Rajasekaran** Musician, Madurai.

Truly amazed about the spread and reach!!

- K. Varadan

Chief Consultation Officer, Aparajitha Corporate Service (P) Limited, Madurai.

I honestly appreciate the people involved in developing the life skills of students which is not a part of most or all the schools. I also congratulate the team for getting recognised by the Haryana government for further implementation, soon to see in all of our states. Keep up the good work going.

- Deivarayan S

Associate Business Manager, Aparajitha Corporate Service (P) Limited, Bangaluru.