



Society for Rural Development (PCB)

(Newsletter for the period December 2022 to May 2023)

Foreword

It gives us an immense pleasure to share the News Letter of SRD Rainbow home for the period of December 2022 to May 2023. We are grateful for all the support and cooperation, which we have received from the team of Rainbow Foundation India during this reporting period. In this regard, we are thankful to our Project head Mr. S. Srinivas Reddy for his able leadership, vision and the cooperation in the implementation of day-to-day activities in our home to bring happiness in the lives of children.

General Status Children – Class wise details of the children

Class	I	II	III	IV	V	VI	VII	VII I	IX	X	Inter 1 st Yr	Inter 2 nd Yr	Degree	Bridge course	Total
No of children	2	2	4	10	9	7	7	3	9	12	5	6	1	6	83

Nutrition

As per the norms, we change the food menu periodically based on the requirement. As part of that, we provide Pulihora, Bonda, Dosa, Upma, Idly and Puha, which are being donated by our donors towards the breakfast. Lunch and supper is prepared in the Home, which usually contains Rice, Dal and one vegetable curry with papad and curd. Boiled egg is given twice in a week, while chicken once in a week. We are continuing to give boost added in milk in the mornings along with their regular breakfast. Lemon juice, Mango Juice and Summer Drinks are provided to children everyday. Twice in a week, we are providing seasonal fruits and sometimes our donors also bring bananas, grapes, mangoes, water melon which the children relish. These are also sponsored by our donors.

During this period, we have 5 girls who are undernourished and 7 girls who are overweight. We have begun a special diet for them. The 5 underweight girls are given fruits along with multigrain nutrition powder with milk and jaggery twice a week. They are also given Peanut chikki and dry fruits. Their diet is still being followed as they were very underweight. One girl who previously was undernourished has attained healthy nourishment. In addition to maintaining diet, children in overweight category are being encouraged to make a habit of participating in some exercises, such as doing yoga, walking or jogging, taking up dancing and physical activity based games. There is some improvement in both the underweight and overweight girls and we are continuing with their special diet.

Food committee

The food committee is changed once in every two months as per the norms and the children are carrying out their responsibility as members of the committee, by ensuring that the children do not drop food while eating, maintain queue when food is being served and ensure that food is not wasted. The food is being cooked as per the menu recommended by the food committee. The food committee decided to not waste the food by piling up all the food items and not eating the same, instead the children themselves decided to take smaller portions of the food items in their plates, taste them first and then based on their appetite pertaining to that particular hour, get the fillings to the plate.

Health and Health camps

Health and wellbeing of our children has always been a top priority for us. We strive to maintain good health of the children by taking preventive measures and by providing timely care to the children. Our Health Coordinator looks for not only physiological changes in the children but also for the behavioral and psychological changes with close co-ordination with the counselor and helps the children maintain their Holistic Health. The energy levels of children are also paid attention to and then the children are helped based on their conditions and informed consent. The General Health camps conducted in the Home have been effective in identifying the health conditions and appropriate interventions were implemented.



General Health

The ANM from the Primary health centre visits the home every month and checks on the girls if they have fever, headaches and other general ailments. New girls are tested for their blood group when the ANM comes. The children are looked for digestive ailments and other types of disorders. Visual Aids were purchased for the children based on the Doctor. The new children are screened for various ailments through different tests which are performed under the Osmania General Hospital's purview. One girl who had previously undergone a leg surgery and had to get the rod removed from her leg was operated for the same.

Education

All the girls, who are residing in our home, are attending school regularly. Those enrolled in Gurukul and in KGBV hostels run by government, are continuing their studies from their respective hostels. In the home, all the children are supported in their study by Ms. Prashanthi, our Education Coordinator. She helps them complete their school homework, prepares for the monthly tests in the school and also helps them understand the lessons. Tuitions for 1st to 8th class students for their Annual Exams have commenced in the Home itself. While for the 9th and 10th standard students Yashoda Foundation had taken special classes for Mathematics, Science and Social Studies. Intermediate 1st year and 2nd year students were facilitated to paid Tutorials. Vocational Training for Tailoring was given to the Drop out children referred from CWC

Children admissions - Placements

As part of providing educational placements to the children, who have completed high school education, the following children were given placements in various colleges as per the course chosen by them as per their best interest....

- Sonika and Ruhi were enrolled in class 1 at Chudi Bazaar, Kholsawadi Primary School.
- Akshara and BhagyaShree were enrolled in class 4 at Chudi Bazaar, Kholsawadi Primary School.
- Sanjana and Sambhavi were enrolled in 8th and 9th Standard classes at High School Kunta Road.



Life Skills

The girls attended multiple life skills sessions including the ones conducted by Youngistaan foundation and Bharosa Centre shared that they have acquired good amount of knowledge about life skills and learned a lot of new things through these sessions that are very useful knowledge from the sessions, which were taken by various Resource persons during period such as Career guidance, Life skills, Communication skills, Jobs availability, Trafficking, Emotions and Values, Self Grooming, human and child rights, financial management and Cyber crime. The girls express their willingness to attend more of such sessions.



Talent Mentoring – Participation

As part of building confidence in girl children through self-defence activities, Ms. Akshitha Jaiswal, who is a trainer in the field of Karate, had conducted classes with the children thrice in a week for 4 months. Our girls have participated at an event and have been awarded a prize at **Stand up for girls-UTSAV** held at Mudiraj Bhavan Bhoiguda- Secunderabad. A magician surprised the children with his feats that the children were elated throughout the duration of the magic show at our home.



Capacity Building Programmes:

SRD's emphasis on the capacity building of the caregivers as evident in the Rainbow Home Program Induction Training and Child Review & Reflection ,St. Ann's Generalate, Tarnaka held at St. Ann's Generalate, Tarnaka, wherein the caregivers participated and committed towards strengthening their performances in providing best child care.



Extra-Curricular activities

Arts and Crafts

The children feel rejuvenated everytime they are encouraged to do art work as it brings their creativity to the forefront and the girls always are excited to create something new each time, it has now become a norm at the Home for the girls to make atleast one unique art work every time they practice the skills whether it be with water colors, cryons, sketches or color pencils, the girls feel no longer amaeteur as is evident in their craft .



Sports, Singing and Dancing

The children spend good time in playing sports besides singing and dancing. Usually we find our home girls interested in playing Kho-Kho, Kabaddi, Badminton and throw ball. Some small girls also spend their time playing indoor games like carom board, Ludo and snake and ladder as well as chess too. The girls spend their free time, Group singing and Dancing along with tending to the plants in the premises of the Rainbow Home.



Screening of movie

Inaddition to the movie screenings happening in the home periodically, The children are also taken to theatres to watch movies, the picture is from one such occasion where the children were taken to PATHAAN movie at PVR theatre, which the children enjoyed watching.



Parents Meeting

The parents meetings at home are organized with much planning and about 36 parents had participated in the meeting during this period. The home team discussed the issues and academic developments of the children with their parents. In this meeting, we had explained to the parents about our skill training course and how we intend to support the girls for their education under the respective component.

Counseling sessions

Our counselor counsels the children based on the requirement. On regular basis, she takes the counseling session four days in a month covering career guidance, education, health care and other personal problems that the children come-up with. Children also have group counseling and also one-to-one counseling. We have other counselors from My Choices Foundation who come once a month. They usually conduct group counselling sessions and also facilitate sessions on topics based on the outcomes in the group counselling sessions.



Celebrations and Festivals:

Religious festivals like Christmas, New Year's Eve, Sankranti, Holi, Ugadi are celebrated by all the girls in the home in a very traditional manner and the girls are helped to feel the cultural importance of celebrating these festivals. National festivals like Birth Anniversaries of Freedom Fighters and Social reformers, and days of National and international Importance like International Girl Child day, Women's Day are celebrated by thorough

planning and competitions (Drawing, Essay writing) are conducted couple of days prior to the dates and the prizes are distributed on the days of National importance.



National Festivals Celebrated with immense joy, Pride and Brotherhood



Celebration of the National Girl Child Day : Celebration of National and International Girl Child days are very crucial for our Home as it is the day that the girls go out into the outside world to empower other girls in the community to stand-up, be bold and live fuller lives.



Social Justice Day:

Our children attended the celebration at Bala Tejassu Home, the theme was “ Achievement and realization of social justice in all the population” irrespective of caste, creed and other distinctions is one of the base principles of socialistic pattern of the society, where Justice is equally accessible in all of its forms to all the individuals of the society.



Visitors

- On 13th of January 2023, Shri. Murali Mohan, City Court Senior Judge, DLSA visited our SRD Rainbow Home and educated the children on NALSA, Legal Services for Children, POCSO Act, Acid Attacks. The children were very active and readily interacted with the Honorable Senior Judge and expressed that they are happy at the SRD Home.

- 18th of January 2023, Bachelor of Social Work 2nd year students Sufi, Rakshita from RMCSW & RC visited our Home and conducted Maths test to 14 students at our Home.
- 26th of January 2023, Ms.G. Manjula Rani, TRS Charminar Mahila Vice President visited the Home and celebrated Republic Day with the children.
- 02nd of February 2023, Mr. Suraj Bhan and team who were conducting health camps have visited the home, Screened the girls for their health conditions and suggested extra care for Dental, optometric and Dermatological concerns among the children at our home.
- On 14th of April 2023, Shri. Murali Mohan, City Court Senior Judge, DLSA visited our SRD Rainbow Home to celebrate the Birth Anniversary of Dr. B.R. Ambedkar and educated the children on the greatness of Father of our constitution and urged the students to regularly read the Indian Constitution.

Skill Training courses

SRD has supported for Computer training, Tailor training, Loom-work training and Beautician Courses for the community women across its training centres in Siddique Nagar and Cha. Cha. Nehru Nagar. The training courses are 2-3 months long and are running well. The Beneficiaries are interested in taking up and practicing the skills at professional level by gaining suitable employment based on the course or starting their micro-level enterprises.



Dry Ration and medicine support to people infected with Leprosy

About 250 persons, who are infected with Leprosy having no support from either their families or the government were identified in Bapujinagar, Yapral, Moula-ali, Hayath Nagar, Shanthi Nagar. These people were supported with dry ration comprising rice, flour, cooking oil, sugar, pulses and with medicines for BP, Diabetes and other medicines prescribed specifically for them. We have also helped them psychologically and emotionally. These items of necessity will be provided every month.



Challenges:

- Preparatory training for future girls to cope with life outside rainbow home
- Spoken English for the girls who are currently undergoing short term computer course in the home.
- Leaving the child with her parents under sponsorship program – whether she will be protected and receive good care in her home amidst step parents and other relatives

Other Social Engagements:

- Our Director Mr. S. Srinivas Reddy, ever-ready to campaign for the rights of children and the realization of their rights in every sphere of life has undertaken professional meetings with representatives from UNICEF and many other organizations working in this arena of Child Rights fulfillment as pathway for better conditions for all the population.
- Ms. A. Shivarani has been an active promoter of equal rights for all men, women, transgenders (LGBTQ) community, expressing solidarity by participating events earmarking the support for Queer community is one of her mainstay.
- Participation in Feministic movements by our staff has been one of the important activities for facilitating a more inclusive society.





Together, we are stronger and complete: For the Nature of Human life itself is a Collective strive...

