

ANNUAL REPORT OF LIBRARY CUM COUNSELLING CENTRE AT SAATHI CENTRE

**Funded by: Australian High Commission
August 2011-June-2012**

The past one year has been one of many transitions and achievements for Saathi Centre. Being operational in an area for past seven years with very high incidences of crime and drug abuse, we have strove to empower young people through 'Information, Education and Capacity –Building' approach. To utilize the energies of the young minds in a constructive way, to enhance their employability and to make knowledge and information available to the Youth in Kalyanpuri area, Functional English and Computer Literacy programs were started. However, the plethora of changes taking place in the economic environment in the society and increasing challenges faced by the young people made them feel Increasingly disillusioned and uncertain of their future professional lives. Concerns expressed by the young boys and girls and absence of any place where they could gather information and get help in making informed choices within their reach, impelled us to start a library-cum- vocational counselling program. With the support of Australian High Commission, a library was started at Saathi Centre, which has become a platform where the young boys and girls feel secure and safe, meet each other, read and satisfy their curiosity, gain knowledge and strengthen their creativity and develop new skills and can make informed choices regarding their professional life.

Library:

First two months of the project were devoted to construct the library and in planning out the activities. Within the Centre a separate area was earmarked for the library. Wooden shelves for books and a proper seating arrangement were made. A list of activities and workshops were drafted for first three months. With the inclusion of a trained counsellor in the Centre's existing team, the service of Vocational counselling was also started in the month of October.



To disseminate the information about the library service, Community visits were made and meetings were held at different blocks. Pamphlets regarding the services of the library were distributed. Students of Computer Literacy and Functional English classes at the centre and of neighbouring Municipal Corporation schools were encouraged to participate in the activities. With 45 members in the month of October to the 104 life members (holding a library card) by June 2012, the membership increased slowly and steadily. Equipping the library with books was done in phases, after lot of deliberation and interaction with the readers. At present there are 996 books – story books, competition books, encyclopaedias etc. in the library. For daily news we get two-a Hindi and a English-- News papers. All the books have been numbered and listed. We are also in the process of

listing out the books on a computer through a software programme so that any book can be accessed through the click of a mouse. In these few months the readership in the library has increased slowly and steadily. We get readers from neighbouring schools, people from the community and even police personnel from at joining police stations to use the books.

To emphasize the need for using the library and to inculcate the habit of reading among young people, many sessions and discussion meetings were held. In the months of September to December, to promote the habit of reading and develop concentration and understanding of new words, readings, storytelling, increasing vocabulary to word-power sessions were conducted once a month with small groups of participants. Continuous efforts were made to make the young people to use the library and love books and view them as a medium to learn new concepts and gain exposure. Story telling sessions were made interactive and discussions on topics like importance of library, good reading habits, books-our friends, how to read a book etc.were held. From the month of January onwards till June, to enhance the ability to think creatively and to express them freely and use their imaginative powers, regular sessions on creative writing were organized. Students were encouraged to write their thoughts in the form of stories, poems caricature etc. These efforts were given a shape and a bi- monthly library magazine- **Yuva- Maksad** was initiated by the students. The first edition (May-June) has been well received.



At the centre, we always have aimed to modify our activities into becoming a training ground for the youth. Keeping this in view, during upgrading the library at every step youth was encouraged to give their views and suggestions regarding the kind of books they wanted in the library, had firsthand experience in buying the books along with the staff members, in binding and covering the books and arranging them in the library. Two students-from each course –are trained in maintaining the library and the books under guidance. Even for the library magazine, an editorial board comprising of youth and staff members was formed. . More than four meetings to discuss the layout, the subjects to be covered, number of articles to be included and the name of the magazine were held. The team members also took the initiative to encourage their friends and classmates in the school, centre and community to write articles, selected articles and printed them. (A copy of the magazine is attached)

Group Discussions:

Under the library activities the young people were always provided with an opportunity to express themselves freely, share ideas and learn new skills. Group discussions were an integral part of all activities.



Various issues relevant to the youth were taken up like- Domestic violence, overcoming stressful situations, decision making, and time management. Presidential elections etc..Last Saturday (or the last working day) of the month, was assigned to have a group discussion. . Students were encouraged to select and read relevant material on the topic selected, reading material was distributed prior to the meeting and role-plays and small skits were presented to make these discussions interesting. These meetings were mostly facilitated by the youth members with the help of staff members Life-Skill workshops, Right To Information workshops,

Spoken English and Pronunciation Workshops were conducted by the distinguished Resource persons.

Counselling:



Saathi Centre has always determined to provide a long term, consistent support and guidance to the young in the community. Keeping this in mind, along with imparting vocational skills to the youth, through Computer training, mobile repairing, Basic electrical fittings course, book- binding, Vocational guidance was also made an integral part of the services provided at the Centre. Counselling, both vocational and Psychological was given to more than 188 students. Through Counselling Workshops on various issues like choosing subjects after higher Secondary, vocations and courses available after Senior

Secondary, were discussed with young people belonging not only to Kalyanpuri ,but coming from adjoining areas too. Once every month a Vocational guidance workshop was held and information regarding careers like Police Force, Army, teaching, law, and Social work etc. was made available to students. Few students, who have passed their XIIth, were taken to Employment Exchange at Karkardooma to make them aware of the registration procedures for the employment.

On May23rd, 2012, an interface was organised with service –industries. Companies working in the field of retail, BPO training, Hospitality were part of the interface held at Trilokpuri, Block 36.28 young boys and girls, aged 17yrs. to 22yrs.benefitted from the experience. They were exposed to types of Service industries in the market, procedures of registration, presentation and interview skills. They had firsthand experience in interacting with the Heads of HR departments of many companies. Five of our students have been selected and are undergoing training in various vocations with an assurance of placement in the industry.

Therapeutic Counselling has become an integral part of the services provided to the students. Most of the young people at Centre and in Kalyanpuri belong to very low economic strata and face lots of economic, social, psychological pressures, from various quarters, which were addressed from time to time and whenever required. More than 32 cases requiring either simple catharsis or intensive

sessions involving behaviour modification therapies, relaxation techniques were handled. In these cases not only the client but also their family members were included to understand the family dynamics and to seek their support to enable the client to understand and cope with his\her challenges.

During Summer Vacations (May-June 2012), many activities ranging from Spoken English classes (9-10 May), story- writing competition (14 May), Glass painting (28th May 2012) ,Electricity fitting Course(14-21 May 2012), Mobile repairing course(22-28 June 2012) for the young boys and girls were organised.



Nutrition Program:

The nutrition program of Bachpan is a major platform to understand and observe the growth patterns of children enrolled in the centre. With a humble start, to provide clean, nutritious food, twice a week to the children to learning new habits, to inculcating good values, the nutrition program has proved to be a hallmark of learning and development for the children as well as for the staff.

To develop leadership qualities and to have a proper system of food distribution, five groups- Abhimanyu, Eklavya, Chhota Bheem, Dhruv, Prahalad were formed. Responsibilities like maintaining discipline while washing hands, distributing food items, conduction prayer before food, etc. were given to the leaders, who were chosen unanimously on rotation basis. These kind of activities have not only inculcated leadership qualities and discipline among children but has also become a platform for personality development and spiritual growth.



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In this program, not only children but parents are also involved at regular intervals to share and discuss the benefits of balanced and nutritious food, of adopting hygienic practice of washing hands and other issues. Due to these interventions there has been a marked increase in the attendance and one can see happy and healthy faces of children. A growth chart (height and weight) of each student is also maintained.

Our experience shows that the nutritive food distribution has proved to be a very important component for the wholesome growth of a children's program. We propose to strengthen this programme by introducing regular medical check up, eyes testing, anaemia detection etc.

Annexure 1

Sl. No.	Name	Problem Faced	Assistance Provided
1.	RK	Student approached for vocational counselling and guidance	The interaction with the student began during a group discussion where he expressed confusion regarding his future. Individual session with student showed him to be a very ambitious, but hard working person. He wanted to earn lots of money, but fast. He wanted to become an actor but wasn't getting support from his family. Over few sessions (8) the student was enabled to explore his aptitude and interests. A paper-Pencil test was done on him and the results showed that he was good in scientific, analytical areas. Then he opened up and shared that actually he was interested in joining Naval forces and had taken science stream but lack of funds was giving him anxiety. Had a telephonic conversation with his father, who fully supported him, if he went for further studies. A sponsor was indemnified, who is sponsoring his studies. R has done quite well in his XXI and is preparing for competition exams.
2.	K	Ms. Client was brought by her friend for vocational guidance dropped out from school VIII th class.	K is a young girl of 17yrs. , but with a very meek demeanour. She lost her mother three years ago and also her will to study. Her father was not very interested whether she pursued her education, or not. she had submitted to her fate and showed disinterest in everything. Had intensive sessions with her to know her mind. She wanted to study but was scared to talk to her father. Had a session with her father who had no objection to her studies but after his wife,s demise did not send her to school worrying about her constant ill-health. They both were encouraged to rebuild a relationship. K was helped to pursue her education through open

			<p>school. She filled her Xth class admission forms from Open Learning School. There has been a lot of change in K's personality. She has successfully given her exams from Open School in June 2012.</p>
3.	H	<p>The student had not been able to clear his XI class exams. He was being ridiculed by his family and had plans to run away.</p>	<p>H is a very reserved and sensitive young boy. He joined the Centre for English classes. In his XI class examination he couldn't clear his two papers and was not promoted. His whole family was very upset and had even beaten him up. The counsellor observed him to be very withdrawn and reticent after the results were declared. So the counsellor approached him in one of the counselling sessions. He tried to evade the issue and took some time to open up. He shared that he had not been able to fulfil his parent's dream, so was being manhandled by his brother at home. He had run away for a night, but came back thinking he could get some assistance from the centre, but could not bring himself up to talk in front of so many friends. A home visit was made and his parents were counselled. "H" was encouraged to work hard and lesson plans were worked on with him. His brother was also counselled, who has promised to give full support. A regular feedback is being maintained.</p>
4.	MJK	<p>M is very disturbed out his future. He is wanted help in a) Adjusting to sudden demise of his stress. b) handle the stress to cope with the subjects he had taken after Xth c) Future course of action to get admission in college.</p>	<p>Rapport building sessions were held with the student. He was very upset with the demise of his friend, who had committed suicide, due to academic pressure. Therapeutic sessions were held with him where he was given opportunity to freely express, fears and concerns relaxation techniques and behaviour modification therapies were used with him to be more relaxed and accept his environment. He was encouraged to be part of the editorial board and involved activities. Constant</p>

			<p>support and encouragement has made him believe in himself. On vocational side, he has identified, the course which he would like to pursue, and is working hard to towards his goals. Needs encouragement from time to time as poor economic condition of his family creates doubts in his mind.</p> <p>V came across a very quiet and reserved student. He, in one of the discussion group meetings had</p> <p>Rapport building sessions were held with the student. He was very upset with the demise of his friend, who had committed suicide, due to academic pressure. Therapeutic sessions were held with him where he was given opportunity to freely express, fears and concerns relaxation techniques and behaviour modification therapies were used with him to be more relaxed and accept his environment. He was encouraged to be part of the editorial board and involved activities. Constant support and encouragement has made him believe in himself. On vocational side, he has identified, the course which he would like to pursue, and is working hard to towards his goals. Needs encouragement from time to time as poor economic condition of his family creates doubts in his mind.</p>
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Sl. No.	Name of Programme	No. of Beneficiaries
1.	No. of Members Enrolled in Library	92
2.	No. of Library Users	225
3.	No. of Individual Career Counselling Cases	156
4.	No. of Individual Psychological Cases	32
5.	No. of Discussion Meetings Held	12
6.	No. of Children Under Nutrition Programme	150 Aprox. per month

Annexure: 2

List of Participants of Discussion Meeting on 27/09/2011 Timing - 3:00 to 4:30 PM

Topic: Jan Lok Pal Bill

Sl. No.	Participants Name	Address
1.	Khemant Kumar	9/110 Trilok Puri
2.	Pradeep Kumar	17/263 Kalyan Puri
3.	Vikram Kumar	4/248 Khichri pur
4.	Rajesh Kumar	Shankar Vihar Khora
5.	Gorav Kumar	12/126 Kalyan Puri
6.	Ayodhya Kumar	18/209 Kalyan Puri
7.	Preeti	12/10 Kalyan Puri
8.	Shahnawaz Alam	26/278 Trilok Puri
9.	Nitesh Kumar	10/197 Trilok Puri
10.	Amit Gupta	18/352 Kalyan Puri
11.	Amit Kumar	18/937 Kalyan Puri
12.	Nazia	26/278 Trilok Puri
13.	Afsana	3/139 Khichri pur
14.	Pooja	10/242 Trilok Puri
15.	Sunita	16/209 Kalyan Puri
16.	Pradeep Kumar	17/263 Kalyan Puri
17.	Rakesh Kumar	9/90 Trilok Puri
18.	Avinash Kuamr	2/263 Trilok Puri
19.	Kushal Sharma	2/12 Trilok Puri
20.	Atul Verma	4/173 Trilok Puri
21.	Sanjeev Kumar	18/87 Indra Camp Kalyan Puri
22.	Talim Islam	C-461,23 Mulla Colony
23.	Parveen	1/381 Trilok Puri
24.	Kameswar	2/496 Trilok Puri
25.	Vicky	E-87/251 Kalyan Puri
26.	Dharmender Kumar	Saathi Centre Kalyan Puri
27.	Hemant	12/124 Kalyan Puri
28.	Gaurav Kumar	12/1126 Kalyan Puri
29.	Amit Gupta	18/352 Kalyan Puri

Group Discussion on 29th May 2012

Topic: Fear of Examination

Sl. No.	Participants Name	Gender	Age
1.	Kanchan Singh	F	19
2.	Vishal Singh	M	18
3.	Shivam	M	17
4.	Amrik Singh	M	18
5.	Rajesh Kumar	M	20
6.	Sunil Kumar	M	17
7.	Sachin Kumar	M	16
8.	Manish Kumar	M	19
9.	Sachin Kumar Ojha	M	18
10.	Rahul Kumar	M	17
11.	Sunil Kumar	M	19
12.	Kundan Kumar	M	17
13.	Sachin Gupta	M	17
14.	Rohtash	M	19
15.	Sanajy	M	17
16.	Pintu	M	18
17.	Sumit Kumar	M	17
18.	Akash Kumar	M	18
19.	Mrityunjay Kumar	M	18
20.	Chetan	M	17
21.	Mukesh	M	16
22.	Pankaj	M	15
23.	Amit Kumar	M	17
24.	Mamta Kumari	F	18
25.	Sanju	F	19
26.	Rahul Kumar	M	17
27.	Ankit Jha	M	17
28.	Barkha	F	19
29.	Kanchan	F	18
30.	Keshav	M	18
31.	Rajesh	M	17
32.	Ahbilash	M	16
33.	Ravi Kant	M	20
34.	Ajay Kumar	M	21
35.	Shobha	F	17
36.	Dinesh	M	18
37.	Pinki	F	24
38.	Hemant Kumar	M	17
39.	Lalit Kumar	M	18
40.	Rohan	M	17
41.	Vidhi Dixit	F	24
42.	Pankaj Kumar	M	21
43.	Seema Jaykumar	F	48
44.	Dharmender Kumar	M	22

List of Participants In Career Counselling / Job Fair

23rd May 2012

S. No.	Name	Father / Mother Name	Qualification
1.	Zikrulla Ansari	Sh. Ahmed Ansari	12 th passed
2.	Annu Kumari	Sh. Vishram Singh	12 th Passed
3.	Pooja	Sh. Baijnath	
4.	Jaya	Sh. Hukum chand	12 th result waited
5.	Khushboo	Sh. Subhash	12 th result waited
6.	Vikas	Sh. Uday Sankar Singh	12 th
7.	Rohan	Sh. Sanjay	12 th retail
8.	Shipi	Sh. Dhananga mandal	12 th retail
9.	Rahul kumar	Sh. Ashok kumar	12 th
10.	Mrityunjay kumar	Sh. Gautam singh	12 th retail
11.	Sanjay kumar	Sh. Bhim singh	12 th
12.	Rohtash	Sh. Dalchand	12 th
13.	Munesh	Sh. Harish	12 th retail
14.	Premlata	Sh. Rajkumar	12 th retail
15.	Poonam	Sh. Prayag mahto	12 th retail
16.	Kanchan	Sh. Kaptan singh	B.com 1 st year
17.	Ajay kumar	Sh. Subhash singh	12 th retail
18.	Silpi mandal	Sh. Dhanu mandal	10 th pass
19.	Minakshi	Sh. Hari kishan	12 th retail
20.	Deepak	Sh. J.K. Sherwal	11 th
21.	Aakash	-----	-----
22.	Anand	Sh. Gautam singh	-----
23.	Suraj Kumar	Sh. Ram Sagar	12 th retail
24.	Sanju	Sh. Mani ram	12 th retail
25.	Ankit kumar	Sh. Vijay Jha	11 th retail