

Report of Skill Development Program – (Tailoring) January to December 2021
Navjeevan Social Centre Harnaut



17th Batch students with Fr. Christu Raj(New Parish Priest), Sr.Tessa and Teachers



INTRODUCTION

Navjeevan social centre is conducting tailoring for the young girls and women especially of poor and marginalised. It is a one year course. 16th batch completed on 26th November 2020. And the new batch that is 17th batch has started on 30th November 2021. In the month of August 2021 tailoring Machines were given to 15 girls including one handicapped girl. We have selected the girls who are financially poor, good in learning, regular in coming to the centre and good behaviour. All of them are doing well and earning some income for the family. **The centre was closed from April to June 2021 as per the government order due to covid 19 pandemic.**

The purpose of Navjeevan tailoring centre is mainly focused on **all-round development of each student and make them self-confident and self-supportive**. In this centre they are given many opportunities to grow as fully human beings. They are taught not only tailoring, but also various skills such as knitting, embroidery, painting, different types of board making etc. Navjeevan tailoring centre takes keen interest in each one to bring out their talents and abilities and the sense of art which is hidden in them. Girls come from different villages of Harnaut and some from far away villages. They come and stay in relative's house and learn. This skill has very good scope for the future.

Most of the students belong to very poor families and they are given the chance to grow as fully human beings. So it is a very good chance for them to develop one self and to grow with dignity and self-respect. They are also given practice for singing, dancing, skits and making speech etc. They take keen interest in learning. Some girls from the previous batch also are coming to stitch since they don't have machines. We pay attention to each student without any religion or cast difference which is very much practised in Bihar. We give them the message that we all are brothers and sisters and we have to live in peace and harmony by respecting every one

We conduct speech, dance and skit competitions and we give prizes to the winners and consolation prizes to all those who have participated in the competition to give the encouragement and support

After the completion of the course most of them are self-employed or employed by other tailors hence they started to earn and become self-reliant. Besides tailoring we give importance for other skills also like flower making with colour papers and clothe, embroidery, painting on the cloth as well as on the paper, toys making etc. All have to learn to do the embroidery by hand and in the machine. It is a golden chance for them to develop their inner qualities and become a capable and earning member of the family.

Children take good interest in learning. Attendance is taken every day. Every day before lunch news is read from the newspaper to make them have the habit of reading the news and became aware of what is happening in the world. Weekly planning (Lesson Plan) is prepared every Saturday by the teachers about what to teach next week. The plan is submitted to the sister in charge during the staff meeting on Saturdays

Family back ground of the students.

95 percentages of the students belong to very poor families. Most of their parents are agricultural Labourers or migrants, who go to other states for work, Mostly they belong to the poor and low cast families of the society living in huts. They were exploited and suppressed by the high casts and rich. The poor were supposed to work in the fields of the landlord and earn their livelihood. Majority of

the people were living like hand to mouth as they were daily labourers. So the children were also affected by this situation especially girl children and they remained at home taking care of the young ones and help their parents in the field

Other daily activities other than tailoring are

- **Prayer:** we start our day with a prayer Song. By this we teach the children the importance of asking blessing from God before starting any activity.
- **Cleaning:** After the prayer they clean the centre every day. This helps them to learn the importance of Cleanliness
- **Gardening:** Gardening also is a part of their Curriculum. They are given class on kitchen garden once a week also they take care of the garden in front of the social centre.
- **Herbal medicines:** They are taught about the medicinal plants and their usage in theory and practical also they are encouraged to plant at least few important medicinal plants at home.
- **Health.** They are given classes on different health problems once a week by staff or resource persons from outside.eg. TB, Malaria, HIVAIDS, diarrhoea, dysentery, menstruation and related problems, growth and the changes which takes place in girls and boy at the time of puberty, personal and environmental hygiene, home remedies for diarrhoea, dysentery, common cold, fever etc. Special emphasis is given on personal and environmental hygiene. The classes were given by question answer, demonstration, discussion, charts, posters and power point presentation.
- **Competition:** Competitions like: Sports, song, speech etc was conducted to develop the hidden talents in them
- **Study tour: Every year we used to Take the students for study Tour to different placeless but in 2021 we could not take them for study tour because of covid 19 Pandemic**
- **Tailoring centre was closed for two month .**
- **Cultural programs:** Cultural programs are conducted in special occasions like international women's day, girl child day, international literacy day, teacher's day, Christmas celebrations etc. where they perform Skits, song, speech, dance etc. along with supplementary, literacy and handicapped students.it is good opportunity them to other children.

Training to make cough syrph with Adathoda Vasica Plant's Flower

“ Adhatoda vasica belonging to family Acanthaceae, commonly known as Adosa, is found many regions of India and throughout the world, with a multitude of uses in traditional Unani and Ayurvedic systems of medicine. It is also called “Vasaka”. It is a well-known herb in indigenous systems of medicine for its beneficial effects, particularly in bronchitis. Vasaka leaves, bark, the root bark, the fruit and flowers are useful in the removal of intestinal parasites. Vasaka herb is used for treating cold, cough, chronic bronchitis and asthma. In acute stages of bronchitis, vasaka gives unfailing relief, especially where the sputum is thick and sticky. It liquefies the sputum so that it is brought up more easily. For relief in asthma, the dried leaves should be smoked. The juice from its leaves should be given in doses of 2 to 4 grams in treating diarrhoea and dysentery. A poultice of its leaves can be applied with beneficial results over fresh wounds, rheumatic joints and inflammatory swellings. A warm decoction of its leaves is useful in treating scabies and other skin diseases. In olden times its leaves were made into a decoction with pepper and dried ginger.

Procedure of the preparation



Branch of the plant with flower

Jaggery

Glass Jar

W.Machine

Adathoda Flower



Materials

1. Clean Glass Jar
2. Adathoda Flower 1KG
3. Jaggery 1KG
4. Weighing machine
5. Spices (Pepper, Cinnamon, Cardamom, Cumin seeds etc.) 5 gm each

Procedure: collect all the materials first. Cut Jaggery in pieces.

Weigh the jaggery and the flower one Kg each and place in a plate separately. Grinde the Spices and Keep in a plate. Then take the glass Jar and put some pieces of Jaggery in the Jar and put same amount of Flower on the top of the Jaggery again put Jaggery on the top of the flower. Like this place jiggery and flower in layers alternatively till the Jar is full. Place the spices also in between may be after two to three layers. Close the lid of the glass jar air tight. Keep it under the sun during day for 41 days. Your cough Syrup is ready. Strain and keep it in bottles. Dosage: 1 tsp. Three times a day for adult and ½ tsp. for children.



Filled Glass Jar



Cough syrup
Made earlier

Exposure visit of other NGOs to our Tailoring centre



Voluntary Health Association of Patna has brought 56 women from different villages to our tailoring centre as an exposure for their women to learn from our students. Our students gave them a grant welcome. They had very good interaction with our students. Our students shared their experience and also they have told us about their work. It was very enriching experience. We have learned from each other.

Welcome Dance by Tailoring and Literacy Students



Message by Sr. Tessy



Voluntary Health Association Patna Team with the staffs and Tailoring Students of Navjeevan Social Center Hatnaut

INTERNATIONAL WOMEN'S DAY CELEBRATION

International women's day was celebrated in Navjeevan Social Centre on 8th March 2021 with verity of cultural programs by **Tailoring**, Literacy, Supplementary and Differently abled students and SHG members. All of them took active part in it. The celebration went very well. We started the program by lighting of the lamp followed by a prayer song.



Competitions

During the one year course we conduct different competitions like speech, Dance, Songs Painting, Handicraft etc to bring out the hidden talents in the children



Speech competition was arranged on Republic Day for tailoring girls as a part of celebration: Subject given was Republic Day.

Sports Day



Painting and Handicraft.

They are given training in painting and handicraft along with cutting and tailoring. They are taught to make different decoration materials.



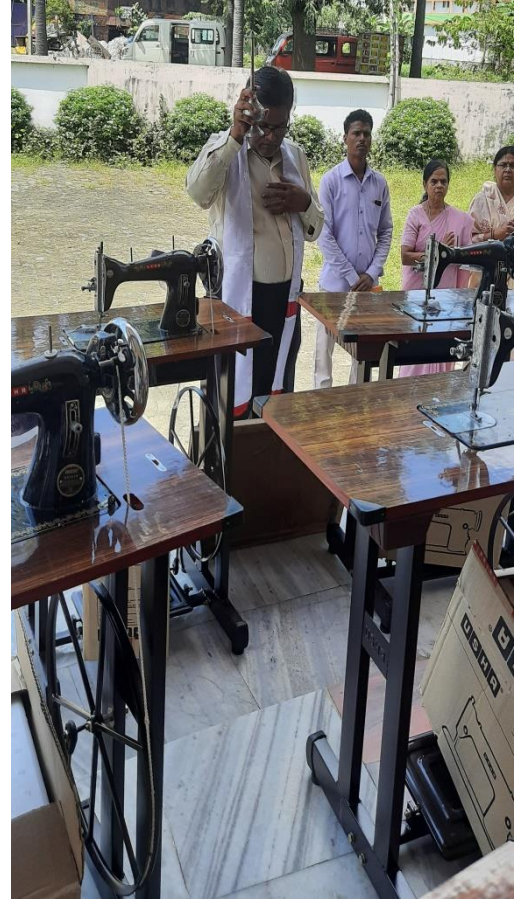
DISTRIBUTION OF TAILORING MACHINE

Every year we select few deserving students and give tailoring machines to them.

Criteria for the selection of students:

- From very poor family
- Should complete one year course successfully
- 97% attendance
- Good behavior

The teacher and the sister in charge along with the supervisor visit each student's family before selecting the students. This year machines were given to fifteen students.



Training to tailoring students on Nutrition by KVK team

Sr. Tessy gave the introduction to the training and introduced the Resource person and the participants. Mr. Jyoti Singha The resource person has talked to our students all about balanced diet and also the need to add locally available and seasonal vegetables and fruits in the our daily food. She also gave the children the list of Pluses, grains , vegetables and fruits with its nutritious values. The training was very good and ended with snacks.



CONCLUSION

Our tailoring center is going on well. Every Batch there is 60 to 65 children and they are attending class regularly. 99% of the students are earning a good amount of money. They work either in a tailoring shop or have their own shops in the town or at home. This tailoring is very good help for the women and girls especially for the poor and marginalized ones.

We, the teachers and students are very grateful to Mrs. Agnes and the Team for their generosity to help us also in the midst of Covid 19 Pandemic. Be sure of our love and prayers for all of you.



Sr. Tessy Parappuram