



ANNUAL REPORT

2023-24

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Introduction

Aarvam is dedicated to the holistic development and empowerment of our community. This report encapsulates our journey throughout 2023, highlighting the major initiatives, their impacts, and the unwavering support from our partners and community members.



Message from the Director

Dear Friends and Supporters,

It gives me immense pleasure to present the Aarvam Annual Report for 2023-2024. This year has been transformative, filled with activities and programs that have brought significant changes in the lives of many. Our journey of empowering communities through mental health, education, and cultural enrichment has been remarkable, thanks to the tireless efforts of our team and the unwavering support of our partners and well-wishers.

Together, we have made a lasting impact, and I am excited to share our achievements and future plans with you.

Warm regards,
S.Shanmugam
Founder | Secretary



S.Shanmugam
Founder | Secretary



➔ Mission

"Empowering women, children, youth from marginalized communities to lead a dignified life."



➔ Vision

- Providing quality education and vocational training.
- Promoting and protecting child rights and gender justice at all levels for holistic development.
- Empowering youth for community leadership.
- Fostering a society where everyone has equal opportunities and rights

Our Approach

Education

Aarvam has established supplementary education centre's to serve as backup schools for underprivileged students, particularly in slum and rural areas. These centre's aim to enhance the quality of education, ensuring every child, regardless of background, achieves proficiency in language, math, and science. Initiatives like reading circles and the Reading Class Program promote literacy and learning, benefiting thousands of children annually.

Child Rights

In prioritizing child rights, Aarvam ensures that children actively participate in decision-making processes concerning their well-being and development. Through the Aarvam Children Movement, we empower children to become advocates for their rights, fostering a culture of awareness and accountability within the community. Additionally, Aarvam implements targeted interventions and initiatives aimed at addressing issues such as child labour, early marriage, and violence against children, advocating for their rights at all levels of society



Mental Health and Well-being

This project is strategically designed to facilitate comprehensive mental health education for adolescents and their caregivers, addressing the critical need for counselling and support services. Targeting individuals within the age range of 12 to 18 years, the initiative aims to engage them in structured guidance and counselling sessions.

By imparting pertinent knowledge and practical skills, the project endeavours to elevate awareness surrounding mental health phenomena and equip participants with the necessary tools for effectively managing encountered challenges. Through the deployment of trained counselling coordinators, the program seeks to foster a supportive environment conducive to constructive dialogue and holistic mental well-being. Embracing scientific rigor and professional methodologies, this endeavor aspires to instill resilience and empower adolescents and their families to navigate the intricate landscape of mental health with confidence and competence.



Skill Building

Through the Life Skills Program, Aarvam focuses on equipping adolescents with essential life skills. Workshops and activities cover a range of topics including self-confidence, goal setting, and effective relationship management, empowering youth to navigate the challenges of adolescence successfully. Vocational training programs further enhance employability, enabling individuals to pursue sustainable livelihoods.

Vocational Training

Aarvam prioritizes vocational training for both schoolchildren and community members, offering courses in computer skills, spoken English, music, and more. These programs not only impart practical skills but also instill confidence and pave the way for economic independence. By emphasizing job placement assistance and career guidance, Aarvam ensures that individuals are well-equipped to thrive in the workforce.



MAJOR INITIATIVES AND PROGRAMS



Blooming Brilliance: Celebrating Creativity at BSAC's AarVam Buds Summer Camp Valedictory and Art Exhibition

Step into a world of vibrant imagination and artistic marvels as Bro. Siga Animation Centre (BSAC) proudly presented the culmination of ten days of awe-inspiring creativity at the AarVam Buds Summer Camp Valedictory and Art Exhibition. This momentous event, which took place on the 27th of May 2023, was a feast for the senses, showcasing the remarkable talents and achievements of the young participants. Nestled within the picturesque SM Nagar Park in Vyasarpadi, Chennai, this enchanting celebration captivated hearts from 3:00 pm to 4:00 pm with an exquisite art exhibition.



Visitors were enthralled as they wandered through a tapestry of artistic expressions, featuring stunning photography, ingenious creations from recycled materials, and cultural masterpieces that reflected the diverse heritage of our community.

Blooming Brilliance: Celebrating Creativity at BSAC's AarVam Buds Summer Camp Valedictory and Art Exhibition

Each artwork was a testament to the boundless creativity and unique perspectives nurtured during the summer camp. Blooming Brilliance: Celebrating Creativity at BSAC's AarVam Buds Summer Camp Valedictory and Art Exhibition The event was a magical celebration, as we honoured the young artists and bid farewell to a summer filled with cherished memories and creative discoveries. Together, we celebrated the kaleidoscope of talent and applauded the indomitable spirit of the aarVam buds, as they embarked on a lifelong journey of creativity and artistic expression.



Eye Camp: A Vision of Hope

On April 6, 2023, in collaboration with MSSW College MSW Interns, Aarvam organized an eye camp in the Vyasarpadi community. The initiative aimed to provide comprehensive eye care services, detecting and treating eye-related issues at an early stage. The camp offered free eye check-ups and consultations to 89 individuals. Early detection was crucial, and four individuals requiring cataract surgery were referred for free treatment. This initiative significantly improved the vision and quality of life for the community members, preventing potential complications through timely intervention.



Dental Camp: A Smile that Shines

Aarvam, in partnership with the PG Department of Social Work, BSAC, and the TN Government Dental College & Hospital, organized a dental camp on April 18, 2023. The camp aimed to promote oral health and hygiene among the Vyasarpadi community. The event provided free dental check-ups, consultations, and treatments to 64 individuals. This initiative not only increased awareness about oral hygiene and preventive care but also empowered the community with the knowledge to maintain healthy smiles.



Puppetry Weaving Its Mesmerizing Magic

Supported by MANASEVA, Aarvam introduced finger puppetry in its Reading Class Program at Vyasarpadi's Government schools. This creative initiative aimed to foster a love for literature and enhance children's imagination.

Throughout the program, 608 children from 3rd to 5th grade participated, engaging in storytelling and creative expression through puppetry. This initiative not only promoted a lifelong love for reading but also enhanced the creativity and imagination of young students.



Supplementary Classes: New Horizons Beckon

Aarvam initiated supplementary classes to provide additional academic support to young students. These classes, which started in June 2023, focused on improving the academic performance and confidence of students from 1st to 2nd grade. By offering individualized attention and guidance, the supplementary classes created a supportive and encouraging learning environment for 27 students, helping them achieve their academic potential.



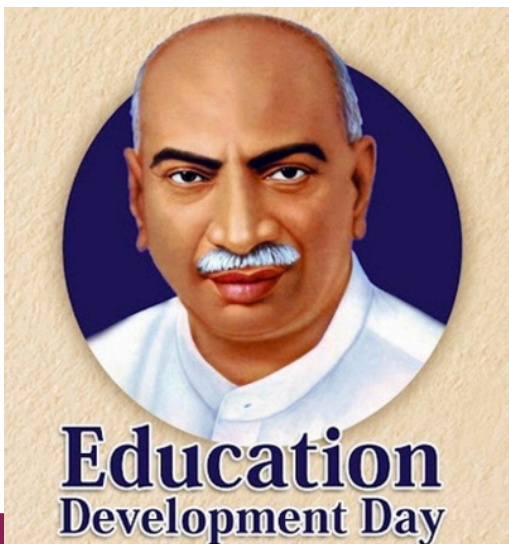
Toy Drive: A Tale of Delight

In July 2023, two high school students organized a toy drive, bringing joy and happiness to the children at Aarvam. This initiative, which distributed toys to 30 children, highlighted the spirit of empathy and sharing within the community. The toy drive not only created moments of joy and laughter for the children but also encouraged youth involvement in community service.



Kamarajar's Birthday Celebration

On July 15, 2023, Aarvam celebrated the birth anniversary of K. Kamarajar with a special screening and discussions. This event aimed to educate children about Kamarajar's contributions to education and society. By screening documentaries and organizing interactive sessions, the celebration inspired 35 students with Kamarajar's legacy, promoting values of simplicity, integrity, and service.



Mental Health Program: Nurturing Minds and Uplifting Spirits

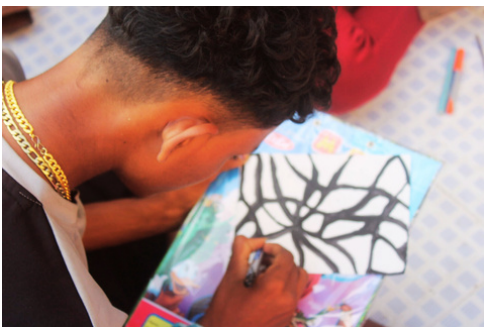
With the support of Wheels India and Chennai Smiles, Aarvam launched a mental health program aimed at adolescents. This program, initiated in August 2023, focused on promoting emotional well-being and resilience among adolescents. Through interactive sessions and activities, the program provided a safe space for adolescents to express their thoughts and emotions, fostering self-awareness and emotional resilience.



Art for a Cause: Children's Tribute to World Cancer Day



In September 2023, Aarvam organized a drawing competition in honour of World Cancer Day, encouraging children to express their compassion and raise awareness about cancer. The competition, which saw the participation of 30 young talents, showcased the children's art and compassion. The event raised awareness about cancer and emphasized the importance of support and unity in the fight against the disease.



Independence Day Spectacle

Aarvam celebrated Independence Day with various activities, fostering patriotism and showcasing the talents of young participants. The celebration included creative costumes, speeches, and competitions, as well as cultural performances and patriotic songs. This event strengthened national pride among the youth and highlighted their talents and creativity.



National Nutrition Week: Feeding Minds and Bodies

In September 2023, Aarvam conducted an orientation session on balanced diets and healthy eating habits, promoting nutritional awareness and healthy lifestyles. The session provided practical tips and guidance for healthy eating, educating the community on the importance of nutrition. This initiative encouraged healthier lifestyles and improved knowledge about balanced diets and their benefits.



Teacher's Day Celebration

Aarvam celebrated Independence Day with various activities, fostering patriotism and showcasing the talents of young participants. The celebration included creative costumes, speeches, and competitions, as well as cultural performances and patriotic songs. This event strengthened national pride among the youth and highlighted their talents and creativity.



World Suicide Prevention Day: Cultural Ode to Suicide Prevention

On September 10, 2023, Aarvam marked World Suicide Prevention Day with cultural events, including street theatre and Parai, to raise awareness and spread hope. The performances addressed the stigma surrounding suicide and mental health, promoting mental health awareness and support. This initiative encouraged community participation in suicide prevention efforts and emphasized the importance of mental health.



Sports Day 2023

On October 24, 2023, we organized a Sports Day for adolescent children. The event saw the participation of 76 children who competed in various events such as running races, kabaddi, relay races, skipping, and sack races.

The participants and winners were honoured with certificates and prizes. We were privileged to have Mr. Murugan, the Physical Training Master from FES Matriculation Higher Secondary School, as the resource person for this event. His guidance and support were invaluable in making the day a success.



Celebrating Pongal at Aarvam: A Revival of Forgotten Indian Culture

The Aarvam Pongal Celebration was filled with the richness of tradition. From the spirited beats of paraiaatam to graceful dance moves, we celebrated our roots with joy and fervour. The day was marked by traditional games, vibrant festivities, and the joy of togetherness. Here's to a Pongal filled with laughter, dance, and the warmth of tradition.

At Aarvam, we celebrated Pongal with little artisans who revived the essence of forgotten Indian culture. Our children showcased their creativity and eco-friendly flair by crafting miniature kitchen sets from clay mud and adorable cow crafts from waste paper, preserving traditions with a modern touch.



Program MARCH (Youth Wellness Club)

The program MARCH is a collaborative initiative of SCARF, CITIES RISE, and AARVAM, to fulfill the goal of creating awareness and empowering youth regarding positive mental health. It focus on reaching out to young people and advocating for mental health literacy, creating a pro-social space for youth, ensuring continual engagement, fostering an environment for self-care and peer support, and educating about mental well-being.



We believe in driving change in every possible way—not only by helping youth in need but also by raising awareness about mental health and breaking the stigma within our community, in ways that resonate with young people.

Program MARCH (Youth Wellness Club)

As part of this program, we conducted monthly training sessions with our clubs focusing on gratitude, kindness, and hope, ensuring continual development and positive reinforcement for the youth.

Additionally, as part of this initiative, we have formed Youth Wellness Clubs at the end of the program. Each of the two clubs consists of 30 children who will act as points of contact to raise awareness in the community and refer peers in need of help, under the supervision of adults



Spreading Positivity Through Art

Spreading Positivity Through Art :Our beneficiary parents created a beautiful rangoli with the theme "Say No to Drugs," which caught the eye of the inspector at the P3 Police Station. They appreciated the initiative and generously rewarded them.



flood Relief

In response to the recent floods, our organization undertook several relief initiatives to support the affected communities. We distributed sanitary napkins to 200 adolescent girls to ensure their hygiene and well-being.



Additionally, we provided blankets to 300 beneficiary children to protect them from the harsh weather conditions. Furthermore, we distributed rice bags to 30 disabled individuals, ensuring they had access to essential food supplies during this challenging time.

Niranthara Shayak change management program for Grassroot organization

In the final assessment of the 15-month organizational change management program for grassroots NGOs by Dhvani Foundation, BRO.SIGA has achieved outstanding results, securing a remarkable 94.16% score. The program, designed to enhance capabilities across compliance, human resources, management information systems, program management and supervision, governance, leadership and strategy, accounting and finance management, as well as marketing and fundraising, has demonstrated significant impact and improvement in operational effectiveness and organizational capacity.



Achievements

aarYam
CHILDREN SCRIPTING OWN SUCCESS
from **BSAC**



S. Udhayakumar (9th Grade)

Bronze medal winner in the 14th National Championship (Boxing) held in Jammu, Tawi.



S. Ajeesh Kumar (9th Grade)

Winner in the 200 meters running event conducted by the Educational Department's annual sports meet.



"Lens of Hope: Meet Yogesh, the 10th-Grade Prodigy Capturing Vyasarpadi's Stories Through His Art"

In the realm of artistry, young talent has emerged as a true maestro behind the lens. Meet Yogesh, a remarkable 10th-grade prodigy who discovered his extraordinary gift during the BSAC summer camp. With an innate ability to capture the essence of Vyasarpadi, Yogesh showcased living conditions through captivating portraits that tell poignant stories.

Guided by expert mentors, Yogesh's talent flourished during the immersive summer camp. He uncovered hidden narratives within the housing boards of Vyasarpadi, using his lens to shed light on stories of resilience and hope. Yogesh's emotive photographs transcended age barriers, evoking empathy and inspiring meaningful dialogue.

His artistry became a catalyst for change, motivating society to address pressing issues head-on. As word of Yogesh's exceptional talent spread, his portfolio garnered recognition and admiration. His work served as a testament to the transformative power of art, touching hearts and inspiring action. Yogesh is not just a talented photographer but also a storyteller who paints vivid narratives with his lens. His journey serves as a beacon of hope, reminding us of the extraordinary potential within young artists. As Yogesh continues to embark on new photographic adventures, we eagerly await the stories he will unravel and the transformative impact he will undoubtedly make.



Hema Malini's Path to Improvement

Hema Malini, a 14-year-old child, was identified during a community visit for a mental health program. Her mother was very worried and started complaining about her attitudes, as she is very slow and cannot understand things quickly. We then instructed her to take Hema to counselling.

Her mother mentioned they had already taken her to the hospital, where they were given a slip, but they were unsure of its contents. After reviewing the slip, we learned that Hema has an intellectual disability. Following this, we had a session with her parents to help them understand her challenges.

We then recommended her to start attending counseling sessions. Hema is now regularly attending these sessions. When she first joined our mental health program, she was very scared to talk to people and understand things. However, with continued encouragement and support from our staff and her peers, she is now actively participating in all the activities we organize. Her mother is very happy with her improvement.



Future Plans

Looking ahead, Aarvam aims to expand its programs and initiatives to reach more communities and individuals. Our future plans include:

-  Establishing more supplementary education centers in rural and urban areas.
-  Enhancing our mental health and well-being programs to include more comprehensive services.
-  Increasing vocational training opportunities to improve employability.
-  Strengthening partnerships with organizations and institutions to amplify our impact.

Launching new initiatives focused on sustainability and community resilience



Conclusion

Aarvam's journey in 2023 has been marked by significant achievements and impactful programs. We are grateful for the unwavering support from our partners, community members, and well-wishers. Together, we have made a lasting difference in the lives of many. As we move forward, we remain committed to our mission of empowering communities through health, education, and cultural development.

Acknowledgements

We extend our heartfelt gratitude to all our partners, supporters, volunteers, and the Aarvam family. Your unwavering support and dedication have been the cornerstone of our success. We look forward to your continued support as we strive to make a lasting impact in the community.





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