



## Swayamshakti Sewing Center – an oasis for rural women in Pilani

The 40th edition of APOGEE, the annual technical extravaganza, was conducted from April 7th to April 10th at BITS Pilani campus. Women from our Swayamshakti sewing centre, displayed their products at the APOGEE stalls. From jute coasters to quilling earrings to key chains to scrunchies to

hand-made denim bags, the stall had a lot of products for sale. The women had never thought in their dream of dreams that they will meet Ms. Zainab Nagin Cox, the NASA Exceptional Service Medal winner and the Bruce Murray Awardee in 2014. Curious to know about the products, she

interacted with the women. Volunteers from NIRMAAN translated the questions and responses of the women. She was moved and bought a few earnings for her sister in the US and a few scrunchies. It was an unforgettable experience for our instructor Suman who had never seen a foreigner in her life.

## A quest for safer environment

World Environment day was observed at the PARC Campus on 5th June. Prayogshala students were informed about the importance of World Environment Day, phenomenon like global warming, climate change and its affect on Mother Earth. Thereafter, the students were asked to express their thoughts. They drew intriguing creatives to show how will our Mother Earth look like if we continue to exploit our resources. Children enjoyed participating in the activity and the goodies they received towards the end.





## A health camp for mothers and children

A health camp, focused around women's health and nutrition, was organised on 23rd April with the help of PARC student division and NSS, BITS Pilani. Dr. Rinku Singh, a renowned gynaecologist from Prateek hospital along with her team screened 112 patients who attended the camp. The camp exposed the stark reality of women's health. A majority of the women screened had haemoglobin levels well below the norm. One emergency case was immediately rushed to a nearby hospital. Apart from addressing ailments like leukorrhoea, women were found to be suffering from thyroid, anaemia, malnutrition etc. There were cases of pregnant women too, who were given advise and referred to the nearby hospitals for further check-ups. They were informed about the importance of institutional deliveries. All patients were given appropriate medicines and iron and calcium supplements. Besides this, 78 women were given a packet of sanitary napkins each as well. PARC team will be closely following up with these patients to understand their future requirements.

Overall, the camp was a huge success. Dr. Souvik Bhattacharya, Vice Chancellor, BITS Pilani, inaugurated the camp. Dr. Chandrashekhar, Dr. Naveen and Dr. S K Verma were also present on the occasion.

## Towards a safer childhood and motherhood!



The first few months of a new-born baby is the most crucial period for the growth of the child. As per the information shared by World Health organisation, 50 per cent of the under-five deaths take place during the first 28 days of life. India has the highest number of new-born deaths.

PARC has been collaborating with the local health authorities for conducting immunisation and vaccination camps for new-born babies and pregnant women. During this quarter, we have reached out to more than 30 pregnant ladies and 40 children have benefitted from this activity. The mothers and their family members are also advised on their eating habits, nutrition, importance of breastfeeding, cleanliness, hygiene etc. They are also given iron and other supplements free of cost with the help of medical worker.



- 37 women learnt the nuances of stitching and tailoring at Swayamshakti Sewing Centre
- 42 Children participated in Prayogshala Sessions
- 303 people from marginalised sections got treatment in Physiotherapy unit
- 40 new born children and 30 pregnant women given vaccination
- Around 80 made aware about nutritional aspects of food
- 112 women and girls benefitted from the health camp
- 22 women made aware about menstrual hygiene management
- Around 400 children and 50 adults benefitted from water cooler installations
- Around 100 children and 50 adults benefitted from Playscape project
- Around 80 made aware about nutritional aspects of food
- 60 students enrolled in Pratham Vocational programmes, 52 students completed their training, 39 students got jobs

## Vikas's journey of Self-reliance

Unemployment has been on the rise since the advent of Covid-19. A lot of people lost jobs. The hospitality and tourism industry were one of the most affected sectors. Given the scenario, it was difficult to find jobs for our students enrolled in the vocational training projects. Our NGO partner, Pratham, thought of initiating a new batch of students for frontend support in the hotel industry. The programmes were reinvented to meet the requirements of the industry. The batches were run virtually and students attended classes through mobile devices.

Vikas Sharma was one of our first students from this batch. A graduate, he was depressed with the financial situation of his family. His father, a farmer, was finding it difficult to keep his family going. The online classes gave some respite to Vikas, who was clueless about his future. At least, he was able to interact with his teachers. During the course, Vikas was given information on client handling, working knowledge of computers, terminology used in the hospitality sector, a virtual tour of the mock restaurant, communication skills etc. A bright student, he picked up quickly.



Soon after the course, his resume was shared with EFS facility management company, Qatar. Vikas quickly got a job after clearing the interview and was on his own. He joined the organisation with great passion and interest. He is extremely happy as he is able to remit some amount to his family in India. PARC and Pratham have together changed the lives of more than 2300 youth.

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