



# Snehavaani 20-21

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## Director Speaks



As we are in the summer season the nature appears tough around Snehagram but the green campus we nurtured and maintained here is a blessing for us. The green canopy in the Campus becomes a conducive ambiance not only for the Children here but for many varieties of birds and animals. Though in pandemic situations a few programs like online classes including dance classes, games, athletic coaching, climbing hills, and so on brought more smiles and joy to the face of the Children.

The guidance from Juvenile Justice Board, CWC, and so on helped us keep COVID protocol and send out smiles in spite of the use of masks.

It was also paramount that the children keep at most care in maintaining health during this season. Having organic and healthy food, medical checkup, and above all the ardent spirit of Dr. Gladson in keeping our children fit by regular online consultation of exercises made it sure that they keep optimal fitness.

New means and ways of learning and classes helped us take the study beyond four walls and classes in the open air, under the trees kept the spirit of learning. After a break from some of the training, we could resume poultry farming and improved animal farming to continue the student's gain the best. Though the pandemic year limited our normal life Snehagram could conclude the academic year with the contentment of exploring new ways and means of making use of the best opportunities and we look forward to a brighter year ahead even in the shadow of the existing world atmosphere especially with a new team of administration coming into. May the new academic year bring more vigor and meaning into the lives of each and every one of us. We shall together March forward under the protection of the Lord to bring the best in all.



## Nature Never Fails



COVID has brought unprecedented issues to the normal life of human beings. One among them was proper food supply. In Snehagram, we seldom faced issues related to farming but this year the story was another way around. We lost lot more crops to pests. Tomatoes, radish, lettuce, bottle gourd, ridge gourd, and brinjal didn't yield to our expectations. Especially tomatoes failed us constantly with poor produce. Pests and insects invaded plants and devastate production. These were few months Snehagram struggled to maintain the flow of fresh and green veggies to our kitchen. As every problem has a solution, we too found a proper organic remedy for the problem which controlled the issues considerably. Now we are able to produce veggies in our kitchen without a break. It has been proven once again that nature will not fail us if we treat nature gently.

## Cover Your Face, Not Smile

The best way we can express our happiness is to show a bright smile on our faces. During pandemic Snehagram Children never dimmed their bright smiling faces. No matter what happens around us we rejoice always. There is always someone behind our smile. Our generous benefactors, doctors, coaches, and staff play a big role in sustaining our smiles. We are blessed to have such great people around us who selflessly care for us. We bow before them for letting us spread radiant smiles even in this pandemic time.



## Barbeque Evening



Barbeque evening is a special family time at Snehagram. The way it is organized is quite interesting. A large fire is made using firewood in an open area. The whole flock gathers around the fire singing and dancing. Meanwhile, a team would spread marinated chicken pieces on the grill, and cooking would take half an hour to one hour. Along with the hot grilled chicken, some other items like poori and channa would be served. Chicken is served sumptuously. That makes the evening complete.

DJ songs would be played on the backdrop. Some champs would make dance steps according to the rhythms of the DJ. Staff also dances along with students which makes the evening exhilarating. Evenings like this are the lifelines of Snehagram.

## COVID Is No Barrier For Sharing Knowledge

Christ University students pitched in again to continue the collaboration by sharing their time and knowledge.

Students indeed showed enough interest in their session even though the internet troubled at times as the session was an online platform. It added countless experiences, learning to interact online and being able to present the same offline to other students.



## Rhythm Of Body Is Dance



There is an amazing quote on dance that says “You've gotta dance like there's nobody watching”, dance is something that never bores us. With the help of Christ University students, all those who loved dancing got an opportunity to fine-tune their steps and be able to dance better with a little training. All the students especially girls loved attending the dance training class on Saturdays of every week. The training had instilled more confidence in students.

The greatest achievement was those who never danced started loving and enjoying the dance. One of the students says “I wish I received this sort of training earlier as I have lost many joyful days being shy and sitting back.

## Talents Can't Be Hidden Forever

Some share their interest, a few show their interest but very few need to be observed keenly to know their interest line. It was incredible seeing one of the students exploring the camera when it was laid beside him. It was impressive as he shot few amazing clicks which clearly showed how passionate he was about learning photography and its skills. The student will surely be given the training to enhance his skills and build his passion and interest in the same.





## Games In Corona Season



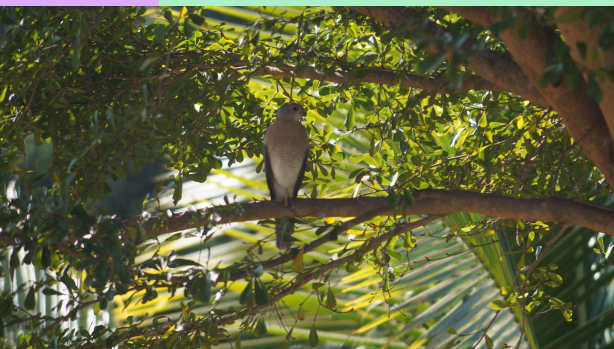
When being in a group there comes crazy ideas to keep ourselves engaged. Even at this Corona season, we didn't want to sit lazily doing anything, thus we started investing more time in sports and small games that kept us energized and happy. We had volleyball, Futsal, Football and Cricket competitions. Variety broke the monotony of doing the same daily.

## Feast Of Our Lady Of Lourdes

11th February is celebrated as the feast of our lady of Lourdes in the Catholic Church. The same day is also commemorated as the world day of sick. Lourdes attracts thousands of sick and disabled for healing and consolation in life. We at Snehagram celebrated both events with much devotion and piety and prayed for all the sick and suffering invoking the intercession of Holy Mother Mary.



## Sanctuary Of Birds



Once the winter is over, all the trees shredded leaves, signaling the arrival of spring. This change of season invites a lot of birds into the campus. The green trees, fragrant blooming flowers, and fresh air make the campus look rich and lovely. The birds dance and sing all day along bringing a happy feeling to the inmates. The students love seeing new birds with different shapes and colors. Bird watching could be a potential hobby on the campus!

## **Dr. Gladson Is *Medicine***

Stretch to be fit. Dr. Gladson, our sports physiotherapist, never loses interest in students, to monitor the fitness level, and to address various injuries. The doctor does the consultation online due to the pandemic. The enthusiasm level of the doctor is very high which motivates students to continue exercise plans even if they don't like it at times. He also spends his valuable time guiding them with precious life skill lessons.

## **Up To The Hill Again**

The hill always brings a new experience, no matter how many times you explore it. There is always something new and interesting to feel or see. On Sundays, we love walking to the hill and enjoying the scenery. The chill breeze and warm sun make most of it. It brings immense joy while spending time over the hill and especially with like-minded friends and staff. Most of the students wait to go over and over again to the hill.



## **Visit From JJ Board**

In March we had an official visit from the Juvenile Justice Board, for an official inspection of the Covid-19 protocols and to see the health condition of the children. The officers checked all the documents, records and interacted with students keeping the COVID-19 protocols. It was happy news as there were no backlogs or any remarks to be made. All the preventive and promotive measures were well followed.





## Yoga Mats

Running and Yoga has been part and parcel of our life in Snehagram. We thank the Decathlon team for sponsoring yoga mats. A good mat means better performance in yoga and exercise. Using them makes us feel so comfortable and at ease in doing the exercises, stretches, and yoga postures. It brings no stress to our knees and body while performing few postures after using the mats.

Student says: Doing yoga is very good for health, but doing the same early in the morning in the cold weather is not as easy as we speak. I had been doing yoga for the past 4 years, but I never felt the need for a yoga mat. But from last year I started doing yoga for a longer duration as usual. Here I felt that having a yoga mat would be helpful. Today it had been a week's time using the mat, now I am happy that I am not getting scratches as I used to get while doing on the bare floor. I feel to do the exercises and yoga for a longer duration. I am happy now with the smooth and comfortable mat. Thanks to the decathlon team.

## Classes Beyond Four Walls

No more teaching within the four walls. The teaching style changed as Corona coming in. Open air turned out to be classrooms. Students don't learn from the books but by observing and doing. Every student indeed loved the sessions and classes as it added more variety and interest among them.

## Academic Year Closure 2020-21

On 26th March Academic Year 2020-21 was officially closed. As every year, the academic year was closed in the last week of March. This year due to the pandemic we didn't have any formal closure ceremony. We had a lot of learning throughout the year 2020-21, learning to cope with Corona's challenges and making the best use of the time. All the students are eagerly waiting for the opening of the academic year 2021-22 in June.

## Child Parliament

Having an adolescent group, it is not easy to handle the mixed feelings and opinions that arise from peers. When a staff checks the duties and asks for some responsibility to be taken the response from the group is poor. The Child Parliament will be responsible to lead the group and liaison with the

management. When such great responsibility is given, the group takes it very happily and feels responsible and accountable. This team helps the administration as most of the concerned activities are take care of by the Parliament. They decide and plan how to manage all the given activities, of cause with the guidance of the authorities concerned.



## Medical Check Up



Our medical doctor comes home to do the regular check-up of the students. The doctor meets every student individually assessing the health issues, and if in need prescribing the needed medicines. This time doctor had a review of the overall health system and talked to the administration about the concerns issues of a few students. Other than that doctor took a session making students aware of COVID and the ways to be protected from the deadly virus. The doctor was very happy to hear that so far there are zero cases of COVID in the institution.

## Eat Healthy, Stay Fit.

A healthy diet is essential for good health and nutrition. It protects us against many chronic non-communicable diseases. Eating a variety of foods and consuming less salt, sugar, and saturated and industrially-produced trans-fats, are keeping the student healthy and strong. Consuming homegrown vegetables and fruits makes life healthier. This has been keeping the students always healthy and happy.





## Closure Of Online Classes



Being the end of the academic year 2020-21, students of Christ University also concluded the online classes that had been going on. The students wrote their experiences and review the complete classes conducted. Most of the students requested more such sessions in the upcoming academic year. Christ University students also shared their views and experiences on their interaction and assured that it would be continued in the coming year.

## Poultry Farming

We successfully restarted one of the vocational training, that is, poultry farming that was stopped last year due to the pandemic. We started it on the 23rd of March, as now the students have learned how to manage and grow the chickens with best results, practically with no outside help. The students were glad as it is one of the ways to keep themselves occupied.



## Summer



Summer in Snehagram is a season to be adored and at the same time be cautious. The temperature has been pretty high. The heat was high. As every year, we lost some plants and trees. The happy news is that the sunrise and set are a feast to sees. The sun is so glorious with its rays and adding color to the sky. This in turn makes the night even brighter with shining stars and glowing moon in the clear atmosphere of Snehagram. The best part of summer is the rain that follows the heat; all are eagerly waiting for the summer rain to make the campus cool down.

## Session On TB



In the second week of March, we had Dr. Prathana, who conducted sessions on Tuberculosis (TB). The session was held mainly for the fellows but it was attended by the other students as well... Dr. Prathana planned the session to be more interactive than lecturing. Fellows were asked to write down their doubts and queries on a piece of paper and each of them was answered one after the other by a doctor. It enabled doctors to be more specific than generalizing the topic. The fellows too were clarified doubts that they held for

long without a valid answer from experts. The crowd at large was indeed happy and satisfied by the 2-hour session that added information and knowledge. We were happy to have Dr. Prathana for spending her time with us during the pandemic.

## Coaching On Athletics

On 12th April, athletic coaching camp was kick-started. Ms. Thanuja, a former National athlete, a certified fitness trainer from the Government of Karnataka, led the camp. She is also about to complete MPED. The major focus of coaching was on flexibility, speed, reaction, running development, basics with the potential inputs on the technical corrections, posture stability, and skill development drills. The evening sessions were driven by fun-oriented fitness activities like Zumba, aerobics, dance fitness, and motivational talks. The trainees were very enthusiastic to participate.



## House of Uncommons

### HOUSE OF UNCOMMONS

Vishaka George



Uncommons, the story of Snehagram, was published in 2020 by Karadi Books. The book is written by Vishahka George as a Novel. It is an uplifting story about a brave teenager Krishnan who comes to Snehagram from a village called Chincholi. The book can be purchased through Amazon.



## No Idea To Some Idea



Being involved in fellowship for two months, taught me a lot of new things, and new learnings every single day.

At the beginning of the fellowship, I really had no idea what the training is all about. Slowly I was able to get some idea through the interventions of Mr. Michel, Miss Neha, Miss. Sneha and Namitha, who actually guided me and my friends to understand what the fellowship is. I learned to understand students, to make lesson plans, and to guide and fellow students who are at the last bench. At times I felt a bit boring, on listening to the entire lesson planning, because I never thought of the hard work of teachers.

Usually, I get into a class and teach lessons and come out. After attending the training classes, I learned a lot about the art of teaching, and feel happy that I was given free training on teaching skills. With all the learnings that I got from it, I was able to apply it in my teaching style as well, and, guide my fellows with whatever knowledge that I gained from my facilitators.

Even Friki's courses and program management were really helpful to me to understand why that sort of method is important.

Finally, I learned that sharing is joy, and sharing knowledge is growing in knowledge. Overall the whole training opened a new horizon of outlook in relating with people.



## Beyond COVID, Brighter Year Ahead



Challenges are part of life, few of us speak of it, few of us run away from it and only a few face it. There are many who are facing this deadly virus. Nothing is permanent, everything must come to an end so does corona. People lost many things in life during this pandemic. Our education was ruined, the poor became poorer, health collapsed, we lost freedom of movement, the economy took reverse gear, people are panicked and lives are endangered. All these have suppressed us and put us down over and over again.

I have hope that all these will vanish soon, and we will have sweet times again. I am hopeful to experience a brighter and sweeter year ahead. Having everything back to its place, having friends and family, lively sports, dance and art life, joyful classes, and school times. Finally, to smile again!





**Director Speaks: Fr Johnson Varghese MI**

**Editing: Fr Joy Inchody MI**

**Writings: Snehagram students**

**Word Correction: Michael Babu Raj**

**Design: Babu**