

INSPIRING BHARATHIYAR ASSOCIATION
பாரதியார் எழுச்சி இயக்கம்



ANBU MAGAL CAMP REPORT

2022

அன்பு மகள் தன்முனைப்பு முகாம்



4-6 September 2022



Brahmavidyanyam,
Sungai Kob, Kedah



[http://](http://inbha.org)

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INSPIRING BHARATHIYAR ASSOCIATION



Vision

To create sustainable human capital development through education and skills among young Malaysians

Mission

To identify, inspire and empower the young minds' dreams and drafting achievement plans for them as well as community

We are

Inspiring Bharathiyar Association (INBHA), a registered Non-Governmental Organisation (NGO) striving for a progressive community in Malaysia

01 | INBHA INTRODUCTION

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ANBU MAGAL

YOUNG GIRLS TRANSFORMATION CAMP

Bold! Brave! Beautiful!

"The Empowered Women Is Powerful Beyond and Beautiful Beyond Description"

The young girls' empowerment camp, Anbu Magal is exquisite and significant concept by Inspiring Bharathiyar Association (INBHA) to boost and uplift the of teenage girls. This significant effort was established to educate and enlighten the participants on the challenges and their roles to face them in a constructive way.

INBHA stands with the intention of imposing knowledge on diverse opportunities to explore resistances and risks to confront in each and every young minds to shape dynamic, energetic and forceful women assets on transforming the society and also country. Thus, Anbu Magal is one of the effective platforms to inspire every girl with this intense idea.

INBHA aspires to mould bold, brave and beautiful young girls who are competent to lead the family and community. With our prime purpose stated, this project focuses solely on nurturing the participants to identify their will power and strength which is secluded by various circumstances. We also aim to mould the girls to be successful in their profession, respected by the society and responsible for every individual. Teenage girls from 12 to 15 years are our target group since they are at the most vulnerable age and require rightful insights for them to unfold their teenage life in a righteous way.

Their ignorance and curiosity trigger them to lead way-off which affects their life. Hence, we take the responsibility to instil and foster ideal character and value via this camp. Despite having our primary goal for this wonderful initiative, Anbu Magal is also aligned with sustainable development goals (SDG) on gender equality. We stand by the fifth goal of SDG where gender equality is not only a fundamental human right, but a necessary foundation for a peaceful, prosperous and sustainable world.

Our first Anbu Magal camp was held on 2017 in IPG Kampus Tuanku Bainun, Bukit Mertajam, Penang with the collaboration of Tamil Unit of the institute. Various knowledge imposition took place to 70 young girls aged between 12-15 years. The journey follows every year until the Covid-19 strike, and we shift our programs online.

<https://inbha.org/downloads>



GLIMPSE OF FEELINGS

The start of this association and initiative boils down to something similar we encountered 6-7 years ago when we ourselves are new in handling such situations. But its give us a purpose to serve the NEED, to empower girls to have strength and ability and support structure to handle such situations and other challenges thrown at them. Below are the "tip of the iceberg" listing of issues we found through our sessions in the program and we are addressing through therapy modules, follow-up programs, small group discussions, support structure and physical followup programs.

my parents torture me to study hard although I'm the class topper

my family seems to be a good family but inside it is not....

My parents always avoid me, sometimes I feel am I a wrong person to this family...

I feel like crying.. My **CENSORED** tried to **CENSORED** me but I didn't tell anyone..

My father and mother always fight.

My mother shows anger on me and siblings instead of to my father

My parents applied for a divorce. soon they will be seperated...

my **CENSORED** tried to **CENSORED** when I was 10 years old...

DAY 1



Objectives:

- confidence building
- self identification
- recognising self value
- team spirit
- presentation & communication skills
- mental health & awareness
- stress management

Day 1 started with ice breaking as most of the participants were from various background. After the grouping our participants were involved in instructions based activity to test their attentiveness.

Our special guest Ms.Pricila conducted super skills for life where participants had opportunity to do more hands on practices. Later there was a forum discussion on the issues they face and how they can cope up. The final activity was a physical memory activity to remind value of struggle & hardships of their parents and connect them with student's education journey.

This slot also counters the attitude of giving reasons & importance of handling challenges & struggle before a victory.



DAY 2



Objectives:

- family & parents awareness
- decision making skill
- leadership
- team spirit
- emotional intelligence
- embracing hormonal & physical changes

Day 2 comprise of value based modules. There were various modules conducted to inculcate and instill life skills such as decision making, critical thinking skill, leadership, creativity, confidence.

These were hands on activities which required active engagement from the participants. We also briefed them about accepting the changes they go through as teenage girls and how to embrace them in a positive way.

The modules were focused on strong decision making skills and trying out new opportunities without fear and hesitation. Its more on "FIND YOUR WAYS" when ever a problem thrown at you!

Second day includes some emotional and motivational slots where participants have the platform to realise, reflect their life as a whole and steps to encounter in the future. Day two is to build their resilience and "INNER STRENGTH" to encounter challenges.



DAY 3

Objectives:

- exposure to higher education
- goal setting
- instilling love towards self, family and community

Day 3 was widely covered on the developing the participants to move way forward. This was done with more positive approach with encouragement to become a role model for the family, society and the nation.

Participants were given exposure to higher education opportunities and to set a goal for them to excel in their life. Then, they were also briefed on the importance of implanting love towards their environment. We also conducted parenting workshop to cater the current generation in an intellectual way.

Parents were also briefed on current issues faced by students. There was also parenting workshop conducted by licensed counselor with inhouse case studies and issues identified.

We concluded the camp with a session to cultivate parents & students love towards each other for the betterment.

Their name must become a BRAND know by everyone one day in a very successful way. That's the conclusion given to the participants. The journey does not end here, for the participants & also to us.



FINANCIAL IMPLICATION

No.	EXPENSES	QTY	AMOUNT	NOTE
1.	Accommodation- Hall, Food, PA system	RM100 x 60pax	RM6000	Noble Sponsors
2.	I AM SPEACIAL- Therapy activity book	RM25 x 60pax	RM 1500	Ms.Pricila sponsored
3.	Trainer & Facilitator expenses	6 pax	RM 800	INBHA
4.	Camp Items		RM 1,000	INBHA
5.	Printing & Modules		RM 100	INBHA
6.	Parents Lunch	60 pax	RM 600	INBHA
TOTAL			RM 10,000	



Total : RM 10,000



Participants



Facilitator & admin



PARTICIPANTS REFLECTION

I have all the problems and challenges which all the teenagers face nowadays. Anbu magal camp came to me when I was 11 years old. I attended the camp but after some days I eventually changed. When I was 13 I attended again and had seen just a bit of changes. COVID 19 comes and my overall attitude gets the worst. And finally in 2022 I came here again and the doubt about myself faded and I changed to be a courageous person. This took a long period and journey for me. I really enjoyed and gained more knowledge when I'm with my facilitators, brothers and sisters. Such a caring soul. I see them as my own sisters and brothers as I don't have any siblings. I want to become a better person and I can make my own decisions. All the way, they are trying to help more teenagers and also want to guide us until we are in a good position like them. Thank you so much for the kind hearted souls and hope this may continue- Tamilarasi Buvearasan

In this camp I have improved a lot. I have been a good girl at home. I can wake up early in the morning. I can be a person with more confidence like Paniir sir say. I like this camp very much. I have got a lot of new friends. Have a chance to meet new akka. I can share any of my problems with them.- Eshita

I want to excel in my life. That's what made me to come to this camp and also to accompany my friend. On the first day I felt like the faces were stressing me but I connected every word that akka told me to my past depression phase. To be honest, I learned, I listened, I observed and I thought to myself like literally everything you guys told me there I feel like If I was there by age 12 it'll be more and more useful and maybe a game changing moment in my life but after the camp I can make sure that I'm going on the right path. My mother has taught me in many times that if you want to do anything to others you have to always put you in their places before you do that. The one advice that I still hold in my life and every minute follow akka. I'm sure that 100% you guys boosted me for my goals and motivated me - Tanushri



TRAINER / FACILITATOR REFLECTION

I have never lose interest in participating as a facilitator in camps conducted by INBHA. It always have been a pleasure to be a part in any of their events. The most inspiring factor is that INBHA works hard on their modules to cater to the targeted audience. I would like to share of my experience with them. As an adult who is walking towards the achievement path, I have always had the thought of contributing to our community for the future generation to grow well. There was always a motivation factor in me to educate the youngsters so that they would be able to get more opportunities. I was fortunate enough to be a part of INBHA where they conduct empowerment camps for school students.

Anbu Magal camp was only conducted for female participants and I had the opportunity to travel with them throughout the program. During the preparation period for the camp, my project manager was dedicated enough to follow up with the students' parents to confirm their attendance. Moreover, the team work was extremely strong that we had each others back in every situations. Moreover, INBHA also gives opportunity to conduct sessions by providing proper guidance. Not forgetting to thank the students who were willing to put in the effort to make it to the camp.

In addition, the contents of the camp were developed according to the current needs where students were emphasized on their emotional and human values. I always believe that human and emotional values are as important other than being educated only. This would enable the students to become a responsible and sensible individual among our community. That is why Anbu Magal camp is always special as they motivate the students to lead a proper and better future.

Lastly, I would like to thank the whole team for coming out with such a strong content and empowering the students. It takes a lot of hard work and dedication to come out with new modules, changing the program structure and conducting them with minimal issues and INBHA never fail to prove their success towards completing the program well.

Best Regards,
Devayane Shunmugam



TRAINER / FACILITATOR REFLECTION

When I first had the thought of conducting camps for teenage girls, all I ever wanted is to meet them and share the journey I've crossed throughout and to let them know things which are not widely shared and discussed about.

Being a girl and going through physical, hormonal and emotional change from 12 years is challenging. These girls need to be guided and monitored for them to be wiser and able to make their own decisions for the betterment of their life.

In Anbu Magal we focus on various modules for us to mould the girls to be bold, brave and beautiful. When I was a teenager, I wanted my voice to be heard, my feelings to be shared, my confusions to be clarified and my unawareness to be verified. This is what I want to do for the participants I see in every batch without fail. I want to tell them we have all the strength secluded in us. We just need to ignite and keep up the momentum. There's nobody to stop us.

From the bottom of my heart, I see them as my sisters. When I listen to their stories after our counseling sessions, I want to create a path that they can walk. I want them to build a hope which they hold on to no matter what happens. This is what I tell them whenever I get the opportunity to conduct any slots.

Obviously, I understand the fact that all these cannot be instilled just by talking. Thus, we come out with various methods by inculcating activity based and hands on practices so that they can remember what is being shared. We have participants who are now doing well and still keep in touch with us. This year we wanted to do something extra thus we come out with a plan to conduct follow up activities every month and to put the girls in groups. They will be monitored and guided by facilitators throughout until they reach to a certain extend.

I know this is a work in progress, but one day when I turn back I am sure I can see the fruits, flowers and plants which I have planted for years are blooming beautifully.

Best Regards,
Asshadwi Paneerselvam

TRAINER / FACILITATOR REFLECTION

YOUR NAME MUST BECOME A BRAND

For me, this camp is a calling or the main purpose of my life. I strongly believe that by empowering a girl, she will empower the family, community and the nation as whole.

Our girls today is living in world full of challenges. It is so tedious that they face many forms of discrimination, hatred, foul play, psychical and online sexual harassment, degrading and many more hindrances which hinders them from being in the pathway if success in life. Plus the role model that they are seeing everyday is not promoting educational or better career advancements to them.

These SCAMS put them in a very difficult situations in life and leave them with little room to improve and become better.

This is where we position ourselves through our camps. We empower, handhold, be a better role model and mentor to them. My primary focus in this camp is to build resilience in them so that they have the capacity and wise in whatever decision they are making. We make it happen via series of activities based on NLP modules and cultivate analytical thinking patten, decision making consideration and skills, leadership and bravery. Therapy sessions was conducted by Ms. Priscilla Ho and Assha was focusing mainly on building their inner resilience in terms of their feminism.

We conclude with a note, "Your Name Must Become A Brand". This is the milestone we set for them where they have to build their selves with all the knowledge and skills and their name must be remembered by people as a BRANDED Person for their excellence and better living.

I am confident that with the follow-up programs we are having, our girls will become a great role model to many and lead a dignified life. I wish all of them, be bold, brave and beautiful always.

Best Regards,
Paniirselvam Jayaraman

06 | Reflection



TRAINER / FACILITATOR REFLECTION

It is essential for a counselor to be willing to struggle to practice what he preaches to be a role model and become a more therapeutic person for his client (Corey, 2017). From the perspective of a client, a counselor is someone who cares for the well-being of his client, empowers his client to understand and be in control of his life. Because of the personality training I received as a counselor in the Anbu Magal camp, I am able to pick up on others personalities through basic conversations, and that allows me to better understand what makes them tick, what aggravates them, and how I can best support them.

During the camp, I had many experiences and I learned a lot about teenage girls nowdays. At the beginning, I had some difficulties in handling the girls because I was the only counselor there in the camp. Anyhow I managed. Facilitators in the camp helped to counsel the students personally with guidance. From the camp, I found that our teen girls live in a complicated, contradictory, and media-saturated world, and the roads they must navigate extend beyond the changes of their physical bodies. Some of these roads include discovering a unique identity, taking on more and more aspects of adulthood while leaving aspects of childhood behind, and developing independence while maintaining healthy family bonds.

Moreover, I believe that all the varies modules used in the camp for the girls educate and enlighten the girls on the current issues and their roles to manage them in a constructive way. I hope each and every sessions the girls attended very useful and made them realise about the challenging world they going to face and also prepare them to beat the challenges and live as a proud and successful woman in the word.

I learned that there was plenty of experience to be found in this camp and can't wait to explore it in my next camp

Best Regards,
Puneswary Rames



TRAINER / FACILITATOR REFLECTION

As a Faci , Anbu magal camp has taught me to be a better person, more patient with others and myself. It has contemplate who I am and why I do the things I do. It has been growth promoting experience. Through the camp I was able to create a new community and grow into a more confident leader. I developed my communication, and organizational skills, among many other skills. While my role was to teach and guide students in the camp, I believe that I learned a great deal from the students and the development of their character as well. I know that I will take the lessons I learned at the anbu magal camp especially as a Facilitator, into my future career and life in general.

Best Regards,
Venilla

I would like to share about why I decide to become a faci for the girls... First of all, I would like to thank to the organizer of this wonderful program for giving me this opportunity to lead and become one of the mentor for the young growing girls.

As a teenage girl, I had go through alot of struggles from the society to become a successful person. Here I choose to become faci because I want my sisters to aware of those problems and help them through out their journey to overcome those problems. I want them to be successful in their life like other successful persons.

Moreover I'm taking this opportunity as a chance to make good changes among young teenage girls and lead them to a successful life. My only policy let's be successful together.

Best Regards,
Sharveena Balamurugan



WAY FORWARD : FOLLOWUP PROGRAMS

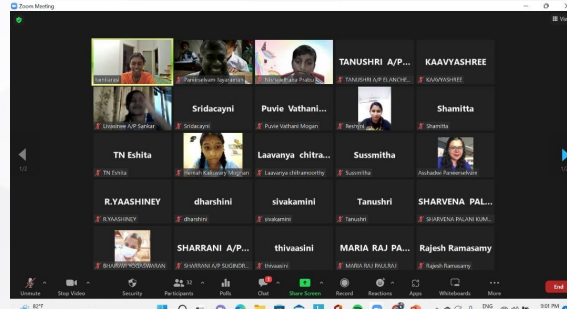
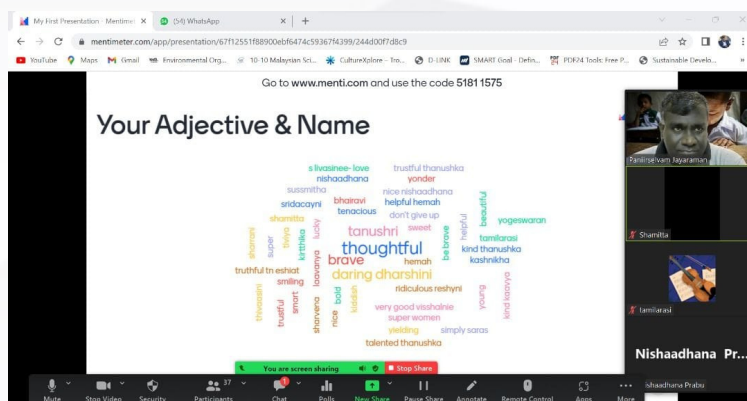
We have conducted 3 follow-up programs online with the participant's.

1st follow-up programs conducted as reflection of the camp modules and enhancing of the thinking skills which eventually help in their decision making skills.

Second follow-up is sharing from our very own role model, Vanmitha Athimoolam, USM Aeronautical Engineering undergraduate who founded WAU Rocketry and participated in International Spaceport America Cup 2022. It was a very inspiring sessions with her sharing her personal experience in handling challenges and failures as a girl.

Third follow-up conducted as briefing to break the participants into small group discussion sessions which will be the next phase of follow-up. This small group handholding and mentoring session will be a continued effort by INBHA to handhold and mentor participants for long term.

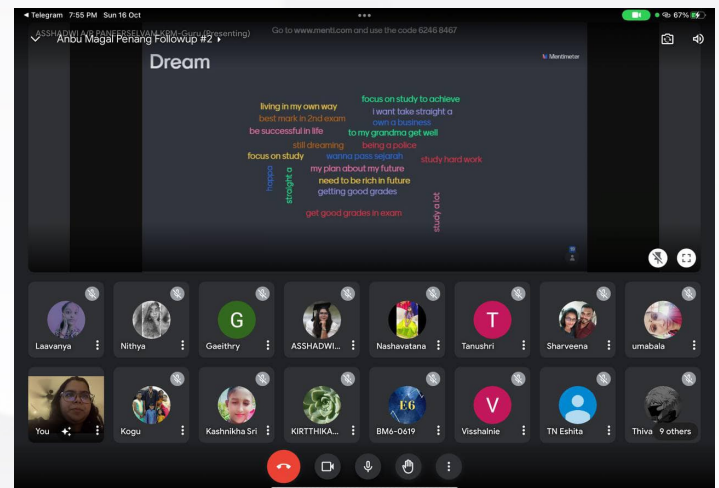
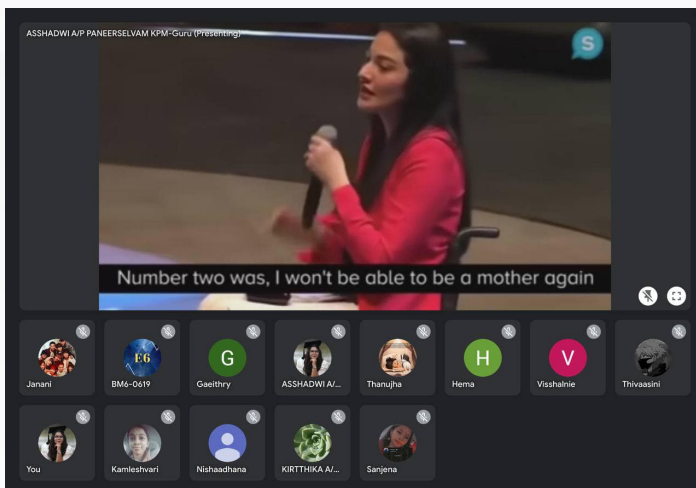
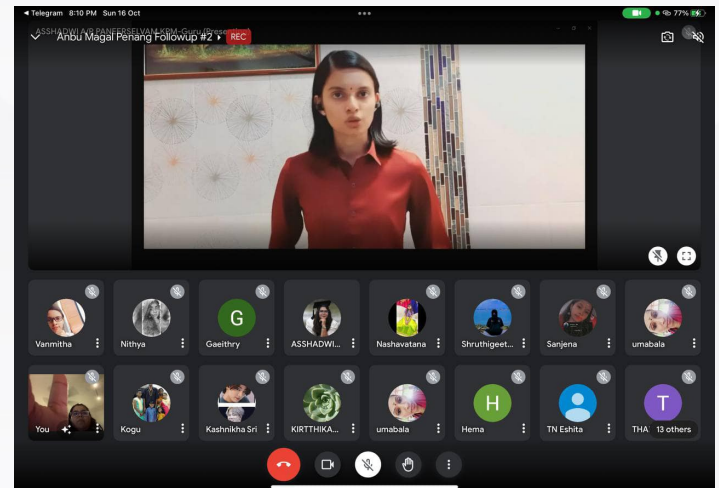
These follow-up sessions are vital in counseling the girls in terms of their problems personally and chart a better "way forward" decision for them. This methodology will be a **very strong support structure** for each of our participants which build their resilience both physically and mentally.



1st Follow-up

WAY FORWARD : FOLLOWUP PROGRAMS

2nd Follow-up



Vanmitha and her team with
their own space rocket

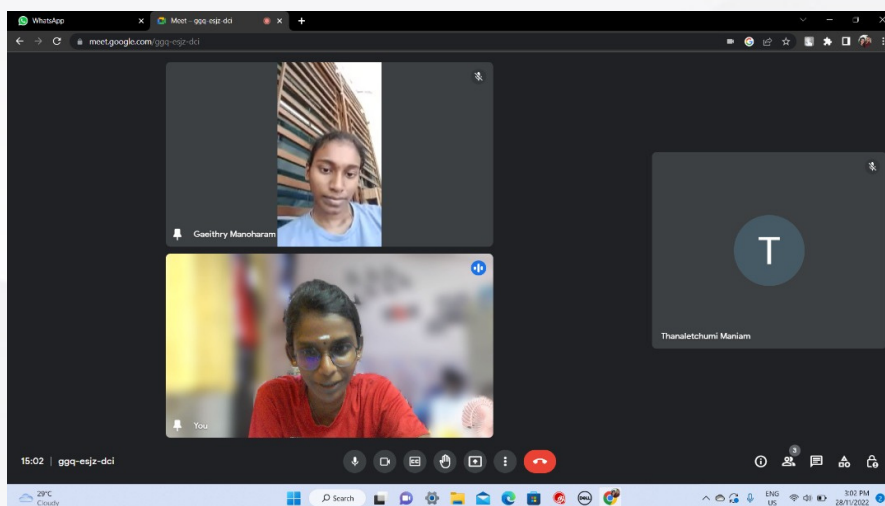
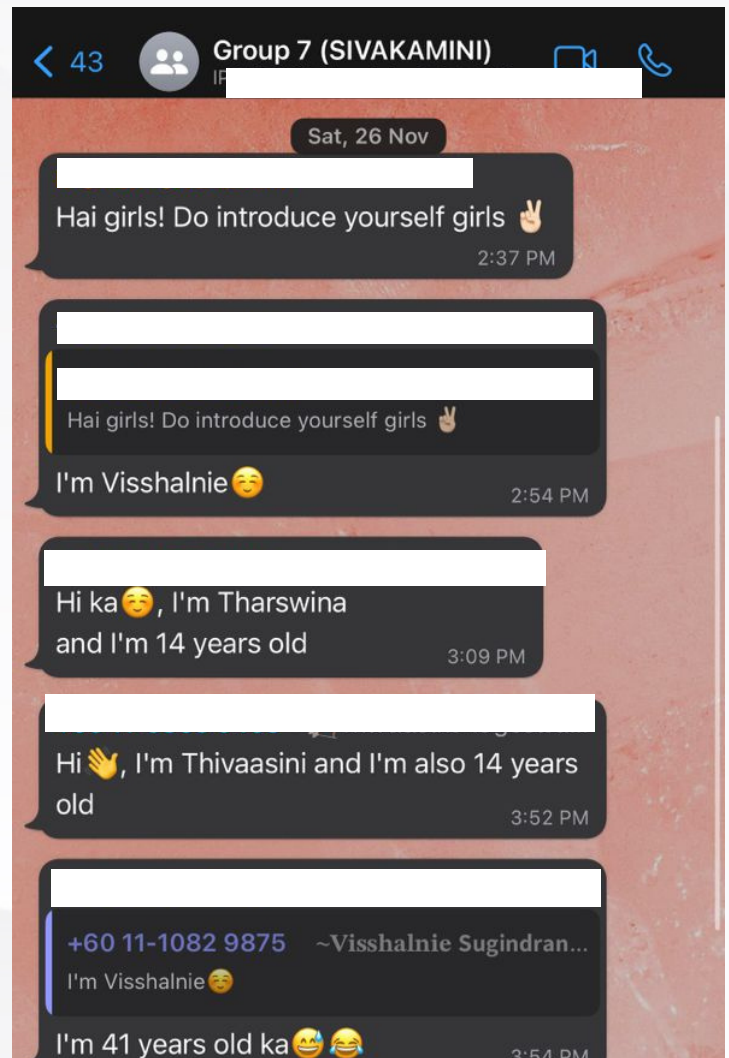
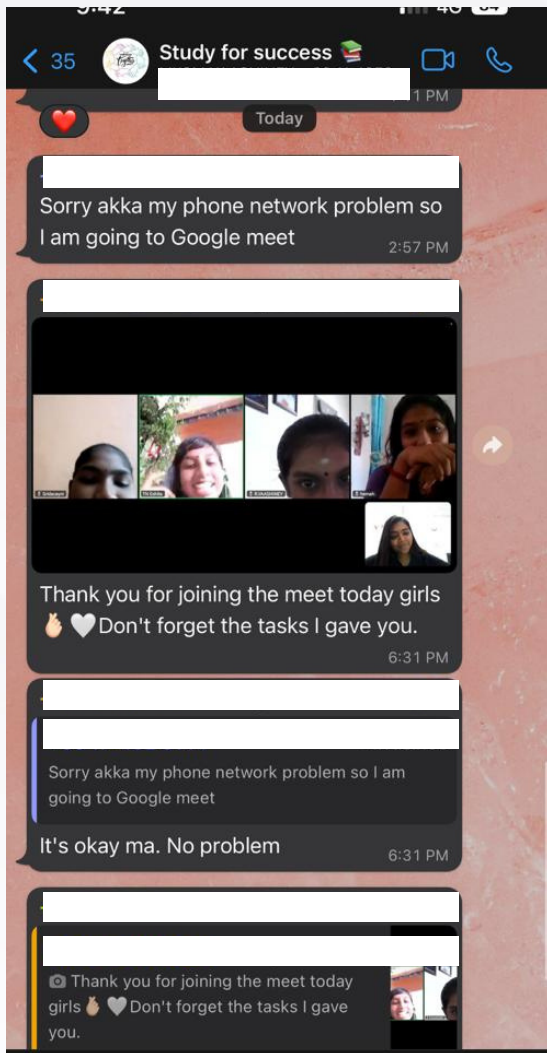
to support her cause, browse
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WAY FORWARD : FOLLOWUP PROGRAMS

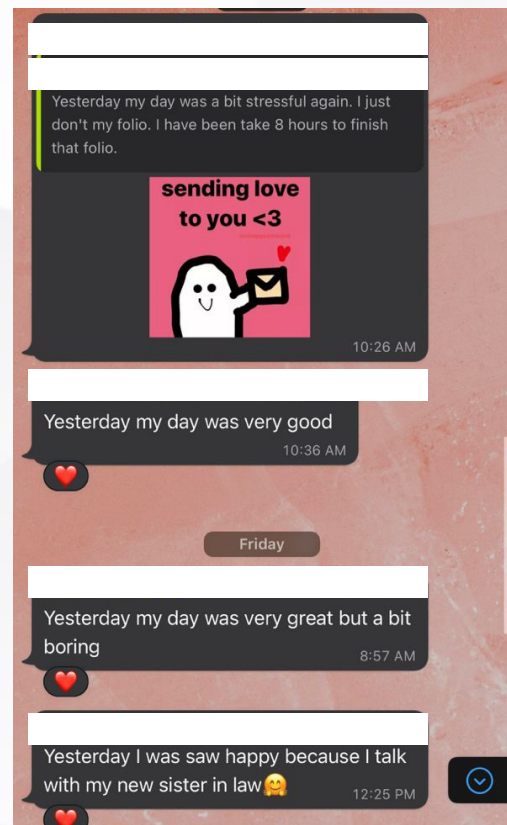
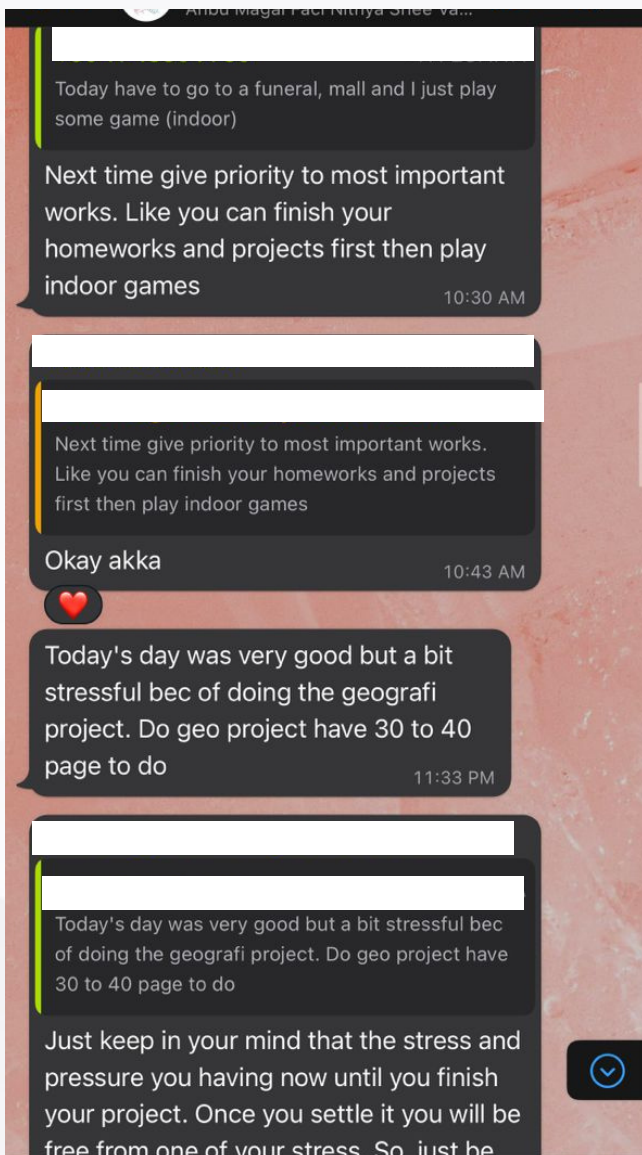
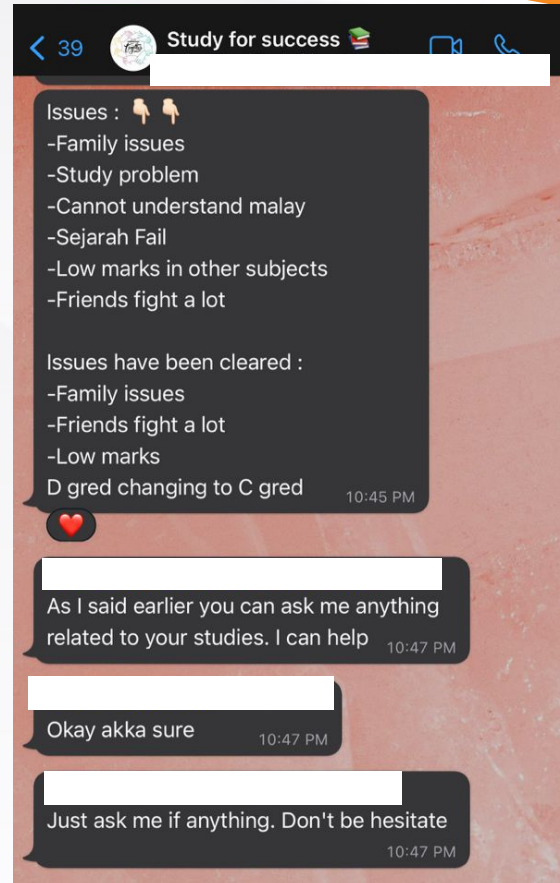
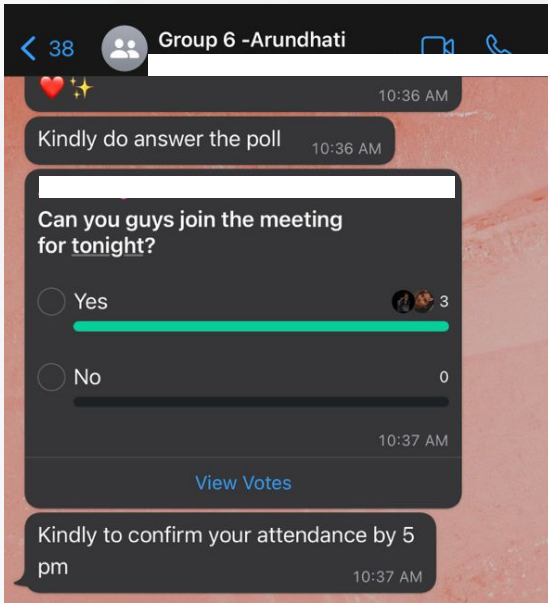
3rd Follow-up

The WhatsApp small groups & conversations



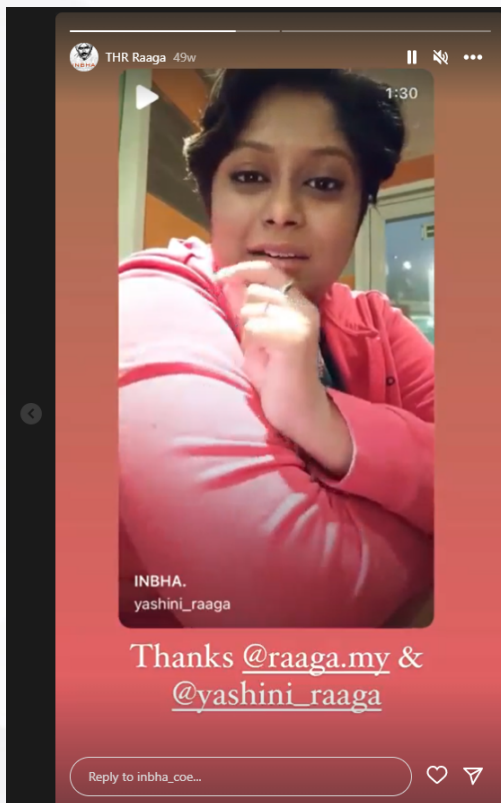
06 | Way forward

WAY FORWARD : FOLLOWUP PROGRAMS



SPECIAL RECOGNITION

Special thanks to RAAGA Radio Station for hosting a camp briefing session with Asshadwi explaining about our purpose



SPECIAL RECOGNITION

Special thanks to Ms. Priscilla Ho, Play Therapist and founder of Creativity at Heart, who works on building emotional resilience. Her session with participants was fully funded by her and the "I Am Special" book was sponsored by her for all of them.



SPECIAL RECOGNITION

the "I Am Special" therapy based activity book by Ms. Priscilla : Some photos & art based behavior analysis.



The Rose bush being abused



Very sad presentation of the Rose Bush, as if in the cage



SPONSORS RECOGNITION

Mr. Devraj

Ms. Anne

Mr. Jega Jeevan

Ms. Sivapriya

Mr. Bala

Mr. Arulkumar

Ms. Kasvini

Ms. Jamunah

Ms. Kavishini

Mr. Praveen

Mr. Tandraj

Ms. Dineshwary

Ms. Dulasi

Ms. Sasikala

Mr. Jegatison

Mr. Kannan

Ms. Alysha

Ms. Kasturi

Ms. Dulasi's friends

Ms. Yashini

Anonymous

Mr. Vicky

Mr. Harrish

Ms. Muruganesvri

Ms. Rubini

Ms. Darshini

Ms. Banu

Ms. Nalina

Annapoorna Group

Ms. Nalini

Mr. Dinesh

Ms. Bavani

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Mr. Karthigayen

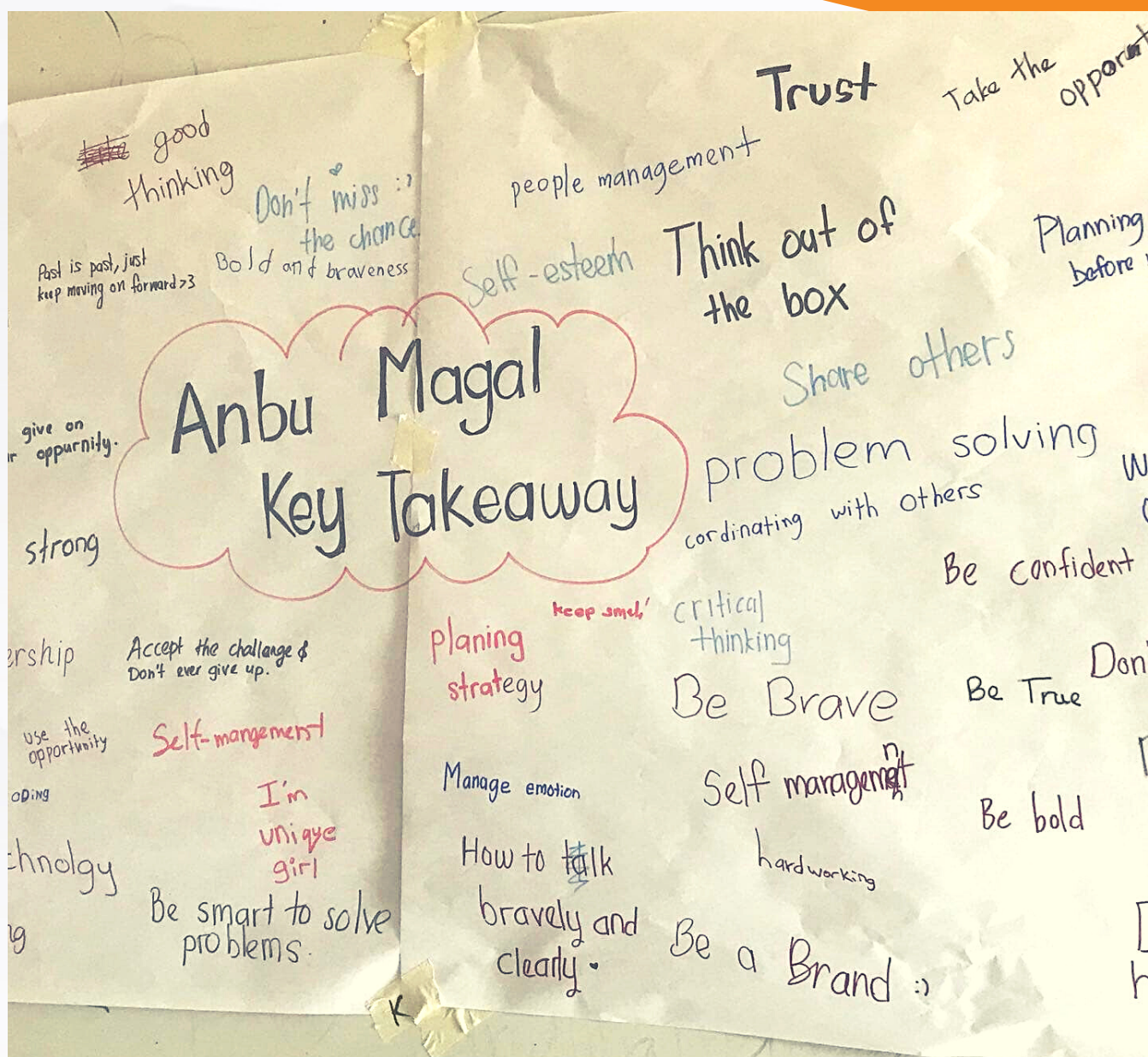
Mr. Arasu

Mr. Gobi

Ms. Sivamalar

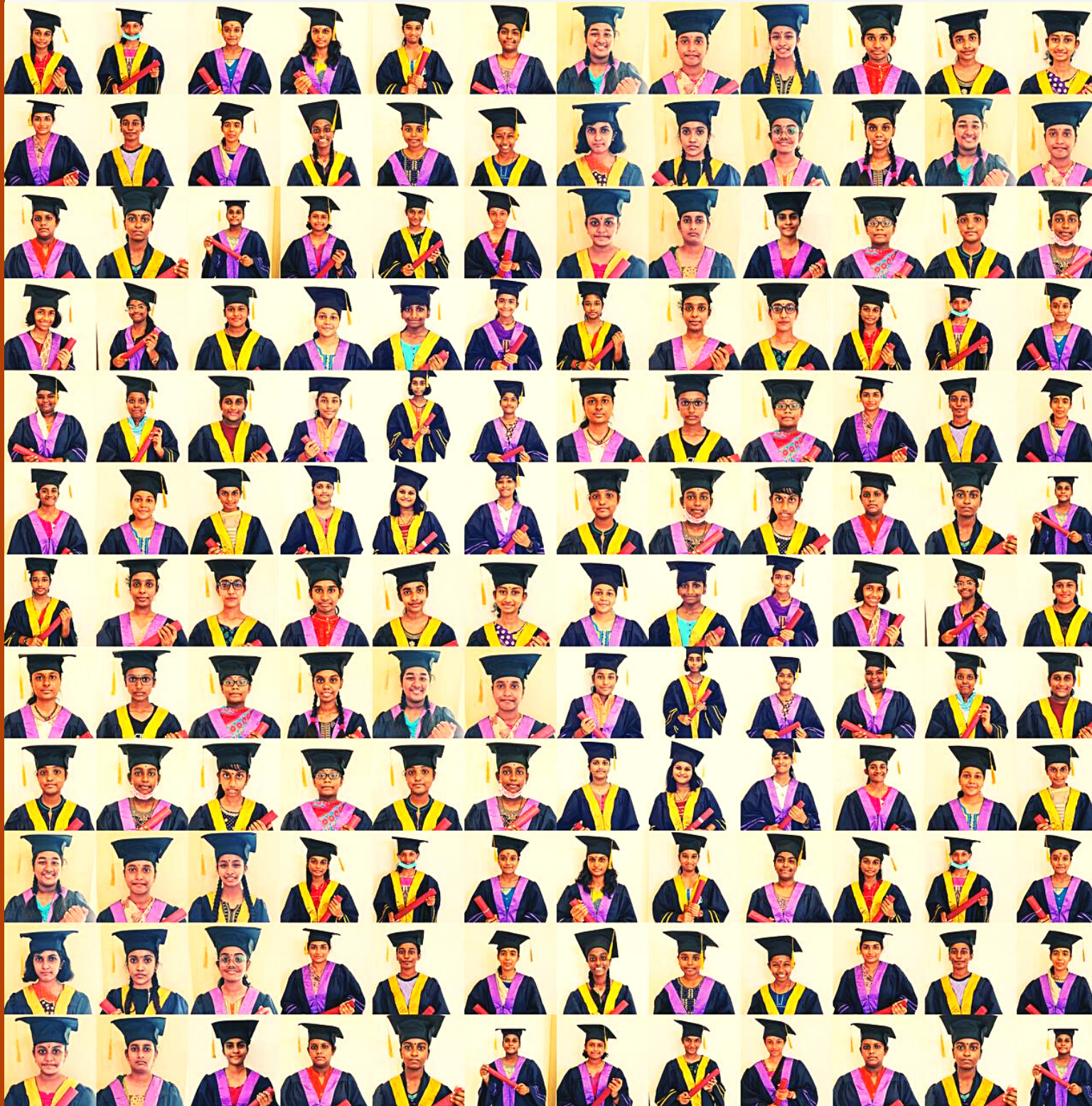
Mr. Siva

Mr. Jagathesan











THANK YOU

TRANSFORMING MINDS..

INSPIRING NATION

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