



INSPIRING BHARATHIYAR ASSOCIATION
பாரதியார் எழுச்சி இயக்கம்

KAARAINAGAR FRATERNITY CENTRE
காரைநகர் நட்புறவு மையம்



ANBU MAGAL JOHORE CAMP REPORT

அன்பு மகள்
தன்முனைப்பு
முகாம்

2023



10-12 March 2023



Kaarainagar
Fraternity Centre,
Kangkar Pulai,
Johor



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Candle
promises

-Parent's love

Mother's love
& care

• Bold, never give up

Never ever
give up

Anbu Magal
Key
Takeaway

→ hard work

* unity EXCISE

- Opportunity

- Goal /
never give up

Believe
in yourself

• Be brave to face
your problem

use
Opportunity
wisely

1. Candle

2. Never give up

3. Brave & Bold

make a
De

• Goal, Candle

• self confidence

Never give
Up

Bold, and

Confidence

parent's love, opportunity
never give up

opportunity
Never give
Up

respect parents &
use Opportunity
wisely

ANBU MAGAL JOHORE 2023

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Inspiring Bharathiyar Association (INBHA), a Non-Governmental Organisation (NGO) striving for a progressive Indian community in our nation. Group of friends started the ball rolling to initiate the idea of encouraging and elevating the young minds of Indian youths in our country. Despite being involved in diverse programmes and camps we have a prime purpose of witnessing a society with a greater foundation in education, economy, social and skills.

We have several programmes, 3 days and 2 nights camps to cater the need of the society. The slots and activities throughout these camp is tailor-made by our speakers and facilitators by including several aspects and values. As our programmes involve youths and teenagers, we focus on the importance of education, mental health, family relationship, life skills and significant values to cultivate advancement.

These modules have been tested and tried for several years and went through crucial evolvement to be able to cater our participants. We have 'Menuju Ke Sekolah Menengah' camp for the primary school leavers going to secondary school. This camp is to create the awareness on embracing the journey and to encounter the upcoming challenges. Next, Anbu Magal is done specifically for teenage girls to create a space for them to get to know themselves and to mould them to become a beautiful, bold and brave woman. Then, we also conduct camps for SPM students on guiding them to make better life decisions and to focus on their education and career development. Despite, we also provide TVET skills awareness on enrolling in government institutions like IKBN, Polytechnic, ILP. We also set up an online UPU guidance team to help SPM and STPM leavers on UPU applications. We have also conducted webinars and workshops for teachers on creating interesting lessons.

All the expenses for these camps are mostly collected through crowd funding. In this way everyone gets to be a catalyst for community transformation. To conclude, we strongly believe that education is the strongest rival to promote progressive improvement in our community.



KAARAINAGAR FRATERNITY CENTRE



Kaarainagr Fraternity Centre (Kaarainagar Natpuravu Maiyam) is a non-profit organisation. This NGO was set up in 2011 to introduce the Tamil culture among the Indians in this area. Then, due to the poverty of the local Indians (approximately 65% of the Indians in Kangkar Pulai are from B40 groups - household income RM3,000.00 & below) and the disciplinary problems among the students and their educational backwardness (both in primary & secondary), we began to give focus on activities involving children's education via holistic mental development.

Now, we are focusing on needy Indian students from very poor families, where the children do not get either parental support, guidance or attention for their educational improvement. The students were selected with the assistance of their respective class teachers and the respective child's performance report in school. They were given educational guidance classes for thought via free Yoga and 'Thirukural classes'. We also have tuition classes at a very minimal fee or free of charge for these children.

We also carry out some activities involving women, especially single mothers, housewives and the unemployed, to generate income.

All the funds required for our activities were donated by the volunteers and their immediate family members. Some of our volunteers and well-wishers made a permanent monthly contribution in offsetting all other fixed monthly expenditures.

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. After the pandemic we conducted our Anbu Magal 2022 for Kulim and Penang participants. We also have follow ups for our participants as ongoing effort. These follow-up sessions for 35 participants 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. For this Anbu Magal Johore we will be having the same method on conducting follow ups for the 25 girls.

<https://inbha.org/downloads>



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GLIMPSE OF EMOTIONS

The necessity to get to the young girls plays a vital role on working towards their betterment. Anbu Magal was crafted after various evolvments on catering the current social and emotional situations of the teenagers. Our modules have specific criteria for us to create a space for the participants to share their thoughts and feelings so that we can tailor made our upcomings programmes and follow ups.

my parents always
compare me with others

Is it wrong to hate myself??

My mother says she doesn't like
me anymore for what I did...

my father broke **CENSORED** because he was
angry on my mother right in front me

I love him because nobody else
love me

My parents are going to be
seperated.. they always fight

My **CENSORED** touched my **CENSORED**
and said not to tell anyone

Participants' Sharing Page 4

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DAY 1

Objectives:

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



Day 1 began with ice breaking just get the ball rolling, continued by some games and grouping. Then participants had hands on art therapy session conducted by Mr.Selvaraj. This session started with name designing, self love, expressing love towards parents and family. Later there was a forum discussion on the issues they face and how they can cope up.

The last activity was a physical memory activity to remind value of struggle & hardships one has to go through to reach a height. This session also emphasised on the importance of self discipline and education. This slot also encounters parents struggles on providing for their livelihood.

DAY 2

Objectives:

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



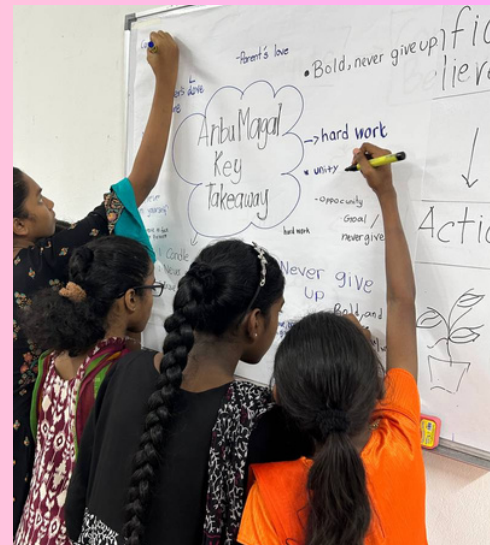
Day 2 includes widely value based modules and life coping skills. There were various modules conducted to inculcate and instill life skills such as decision making, critical thinking skill, leadership, creativity, confidence. Participants had hands on activities which required active engagement. We also shared on how they should accept 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 hesitance. 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.

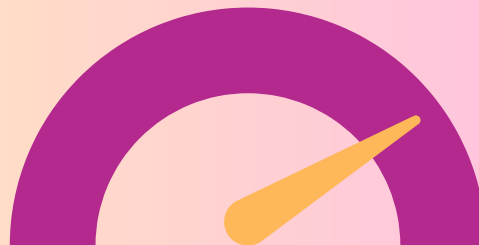
Participants were given exposure to higher education opportunities and to set a goal for them to excel in their life. Then, they were also briefed on the importance of implanting love towards their environment. We also conducted parenting workshop to cater the current generation in an intellectual way.

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.	Accomodation-Hall, Food, PA system	RM100 x 25 pax	RM2500	Noble Sponsors
2.	Trainer & Facilitator expenses	6 pax	RM 800	INBHA
3.	Camp Items		RM 1,000	INBHA
4.	Printing & Modules		RM 100	INBHA
5.	Parents Lunch	60 pax	RM 600	INBHA
TOTAL			RM 5,000	



Total : RM 5,000



Participants



Facilitators & admin

total fund collected from sponsors: RM3,500

remaining : RM1,000 will be used in next camp

PARTICIPANTS REFLECTION

Hi I am Thurgeethaa,

I have learn lot of things from this " Anbu Magal" camp like learning to be a bold girl that didn't scared for anything.

- 1.Be confident and believe myself
- 2.No reason for anything
- 3.Take all opportunity or make own opportunity
- 4.Respect parents
- 5.Avoid bad thoughts like (love and toxic relationship).
- 6.Be a pure and good soul girl tulasi

I decided to be good in future with positive mindset and valuable girl ♡, thank you.

In the camp I learned lot of secrets that I don't know like how to build our life like a tower. Then skip our problems like a task. And I learn lots of good habits like how to manage the time.

When I come back from the camp I took my candle with my heart. and until now the candle is bright like a sun. When I am sad the candle is less bright.. But I will say this to my clone. (Krishalineee) you are not this.

1. I have learn how can I use my opportunity
2. I have learn to be brave and confident
- 3.I have learn the critical stage of live
- 4.Always be alert.
- 5.Give respect to parents and parents sacrifice for me.
6. I have learn about mental health-rasional and emotional thinking

Thank you for this golden opportunity and have learnt many more lessons by this camp. ♡ - Sashwinidewi

PARTICIPANTS REFLECTION

BEFORE

- low confidence
- nervous to speak in front of people
- anxiety (too much)
- mad at my parents when they scold me
- stop asking questions from teacher who are strict or scold me for not knowing the basics
- doesn't listen to anyone's advice because I found it annoying
- confuse in aims and future ambitions
- trust issues among friends
- easily get foolish
- introvert
- depending on others
- unmotivated because thinking I m the worst person in the world (including house work, school studies because of comparing me with others)
- always around Indian friends

AFTER

- anxiety (getting lesser which i found satisfying)
- becoming extrovert and friendly
- motivated by family and mostly my teachers
- independent
- interested to listening people's problem and give solutions
- sharing others benefit I got from the camp
- got an aim (psychology) studying hard to get overseas work

From this camp, I learnt many things and I could see differences in me. I started working with my friends ,grab opportunities and become open minded started to make friends(including Malays, Chinese and Sabah friends). Most importantly I started to ask questions to teachers in subjects I don't understand. Next year, I will be sitting for SPM and I really hope to get great marks. I wanted to be a great example for my brothers. I stop caring if any boys would see me or propose me. My aim is to be a successful person, make my parents proud and provide free camps for students in next generations. Lastly, thank u very much for your hardworking akka which inspired me a lot. - Thanussha

TRAINER / FACILITATOR REFLECTION

Anbu Magal is a part of me.

When I say this, I see the participants as my sisters. Being an elder sister all I want for them is to let them know what they can do by being who they are. As I always share to the girls our focus is to mould them to be bold, brave and beautiful. Every teenager should be given opportunity to enhance their capacity. It can be a place to share their feelings, a space to clarify their confusions, a stage to hear their voice and a bubble to feel safe. Thus, whenever I get to meet them in camps I just give what I uphold in my mind. I tell them the strength and the wisdom are already there. My duty is to ignite the spark which I believe I have been doing in every camp without fail. One thing I keep reminding to myself being a faci is that the universe has given me an opportunity to get to these girls now when I do it I do the best.

From the bottom of my heart, every camp is unique and special. 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. This camp made me to tell them to just to believe on them. No matter whatever always say this mantra 'I have me'. Although we have people to rely on being there for ourselves is important and it can take us to places.

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 is the second follow up batch for us. This is the commitment that we take to see them every month and monitor them. This is just a support system.

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. Then we plant more seeds to continue the cycle.

Best Regards,
Asshadwi Paneerselvam



TRAINER / FACILITATOR REFLECTION

This camp is very important during this period. It was a camp that developed unity and self-confidence among the students. This camp is also able to develop leadership among them. All of them enthusiastically participated in the activity. Students learned what they need in life through this camp. They realised how important education is in life. After this, I hope there will be a change in their lives. One day they will definitely be successful in life.

Best regards,

Vijaya Morthy-Teacher SK La Salle, Klang



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.

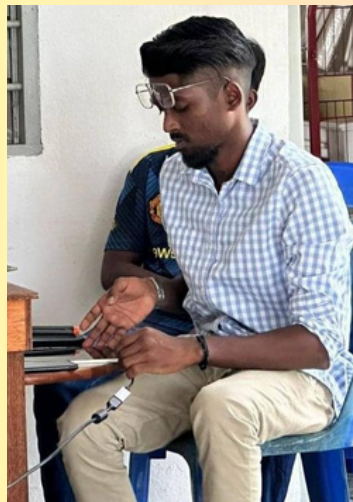
Vennila Morthy-Teacher SJKT Ladang Pelepah, Johore

TRAINER / FACILITATOR REFLECTION

I came to the Anbu Magal camp which was held on 10-12th March as a facilitator. The camp was well organised and the activities conducted were very enjoyable. I feel like the students learned so many good ethics in form of teamwork, how to help one another, to be attentive and so on. I'm looking forward to join the camp help the organisers once again in future 😊 Thank you for the opportunity.

Amuthiny A/P Asathamby

Undergraduate, University Malaysia Sabah



Being a new facilitator this camp made me to realise the importance of instilling some vital values like decision making, critical thinking, leadership to the young girls. As for me I feel blessed to be a part of this camp and to know I have done something good for the girls is really satisfying. The way the speakers and facilitators took the initiative to give the best to the girls to cater their needs is awesome. The Light of wisdom slot really caught my attention where students had to go through some challenges later to realise why its being done and the part of embracing the light in all of us was good too.

Gopynath Suresh Kumar- Admin Kaarainagar Fraternity Centre

As far as I know, connecting the participants via emotional intelligence made them to realise many important values of their life. The follow ups should be done so that we can monitor them and provide what we can for their betterment.

SanggaTamilian- Admin Kaarainagar Fraternity Centre



TRAINER / FACILITATOR REFLECTION

I'm very happy and glad to be a part of this camp however I can't able to join the programme from the first day but im really enjoyed and learn alot for the 2 days.Im really like and enjoyed all the programme and its really interesting for the girls. I believe that this camp make the girls to be independent, stronger and be ready to face any battles. As a facilitator this camp gave me a huge impact in my life too .Thank you to the team for the best coordinations.

Subhashini Kumar - Admin Kaarainagar Fraternity Centre



I, on behalf of kaarainagar fraternity centre would like to thank you and your entire team for giving this great opportunity to Kangkar Pulai's young girls. It's a fruitful camp and I'm sure the girls had learn many new things in these 3 days camp. Looking forward to work together with you guys in future.

Santha Letchmy Perumal

Committee member Kaarainagar Fraternity Centre

WAY FORWARD: FOLLOW UP SESSIONS

We uphold to our aims on instilling good values to our participants throughout the three days camp. However, we are also aware that motivation and guidance should be on-going and continuous to strengthen and maintain the values instilled. Hence, the idea of follow up has been introduced. These sessions will be a continued effort by INBHA to handhold and mentor participants for long term.

- These follow up sessions are conducted monthly once via online.
- We also have a physical follow up with 2 days and 1 night to get back to our participants and work closely with them.
- The online meet up consists of mental health and social awareness modules. The meet up is done by our trainers and also guest speakers.
- At the same time we have follow up sessions for our participants in small groups.
- 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.

SPONSORS RECOGNITION

Mr. Sharu Hassan

Ms. Yamuna

Mr. Muruga

Ms. Sisiliyah

Ms. Megala

Mr. Baratithasan

Ms. Buvna

Ms. Alysha

Ms. Annapoorna

Mr. Selvam

Mr. Varatharasan

Mr. Deva

Ms. Dahrshini

Ms. Tharani

Ms. Sivapriya

Ms. Jamunah

Mr. Paneer Selvan

Ms. Dulasi

Mr. Ragu

SPECIAL RECOGNITION

Special thanks to Kaarainagar Fraternity Centre Committee and team members for the dedication towards making this camp a meaningful one. From taking care of the girls to making sure everything runs smoothly.





pasting 'graduation' photo in goal setting slot



goal setting slot



opinion sharing during forum



Mr.Selvaraj during Art Therapy session



name designing during Art Therapy session



name designing during Art Therapy session



self designing during Art Therapy session



role play briefing-Emotional Intelligence



Unakkul Oruvan slot



Instruction game briefing



Expenses briefing



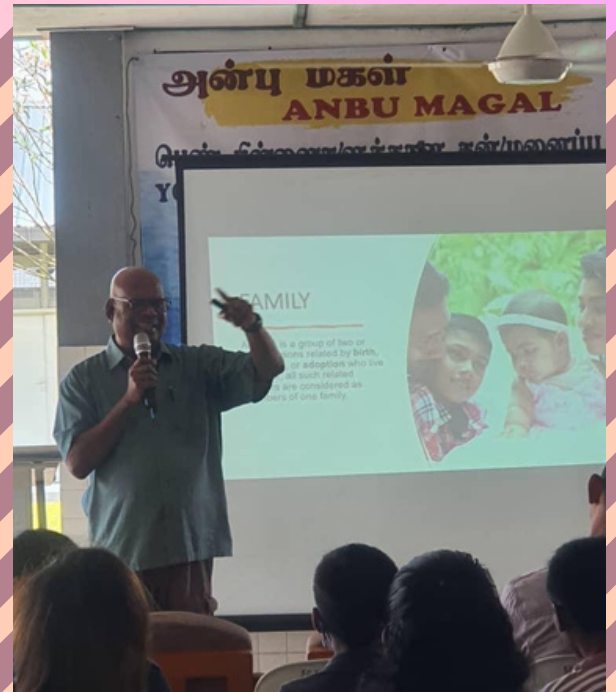
Briefing on public universities and facilities



Tower building during Yes you can



Participant burning the realisation letter after unakku oruvan slot



Parenting workshop

Mindfulness session





Participants during light of wisdom



Participant during ice breaking



Participants during light of wisdom



sharing light of wisdom to participants



Anbu magal Johore 2023 participants

Our **HOPE** to witness our participants as graduates



CONTACT US



011-3610 7399



admin@inbha.org



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THANK YOU



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