

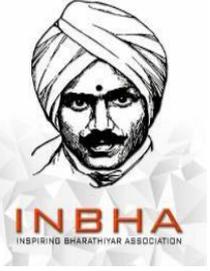
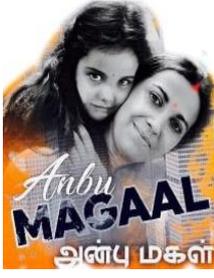
# INSPIRING BHARATHIYAR ASSOCIATION

Pertubuhan Inspirasi Bharathiyar

பாரதியார் எழுச்சி இயக்கம்

(PPM-017-07-21072017)

No. 9, Lorong Desa Juru 9, Taman Desa Juru, 14100, Simpang Ampat,  
Pulau Pinang



## CAMP REPORT

### ANBU MAGAAL 2.0

### YOUNG GIRLS EMPOWERMENT CAMP

அன்பு மகள் தன்முனைப்பு முகாம்

**BOLD**



**BRAVE**



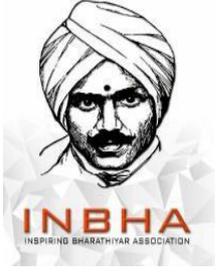
**BEAUTIFUL**



**6<sup>TH</sup> - 8<sup>TH</sup> DECEMBER 2018**

**BRAHMAVIDYARANYAM,  
SUNGAI KOB, KEDAH**

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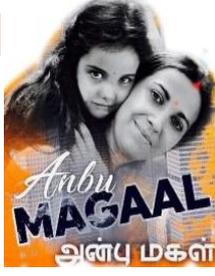
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## Inspiring Bharathiyar Association-About Us.....

“Only a life lived in the service to others is worth living” Albert Einstein. With great and humble gratitude to the almighty and the legends who showed our journey to uplift the society, we would like to present our group, 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 and social.

With a great note from Mahatma Gandhi, “The best way to find yourself is to lose yourself in the service of others” we would like to put forth our vision and mission. Our ultimate vision is to identify, inspire and empower the young minds’ dreams and drafting achievement plans. In conjunction with that, we have numerous programmes and slots whereby we uphold to the principle of providing a clear guidance and enlightenment on empowering them to plan a better future. Whereas, our mission is to witness a successful, respected and responsible community. Our heart and soul is to run as many as programmes we could in order to promote self-advancement and enrichment among each and every youths.

Meanwhile, as our idol Subramania Barathiyar mentioned that ‘Man is Immortal’ our facilitators inculcate an ideal behaviour and aspire to build an educated and developed Indian community in our nation. Our facilitators are professionals from various sectors of government, non-government, entrepreneurship, teaching and others. To be more precise our only dream is to let our brothers and sisters to experience the life we rejoice after being recognised as professionals and graduates. We want them to be competent and attentive to the rapid growth of the nation. The aspiration of letting each and every Indian youths in a great position will be a catalyst for the empowerment of the whole community.

Despite digesting the bitter truth of social issues which has diffused across the board our community, we have a strong instinct that we could at least mould then young minds to be conscious. The enlightenment and guidance given by us focuses on establishing social awareness consists of several activities. Generally, activities focus on the effects of the social issues and how the children can stay away from them. In addition, our intention is to make them to emulate the spirit of success and ignite the light of wisdom. Our programmes also involves on guiding the kids to manage their time and integrate some effective learning strategies and techniques.

To conclude, we strongly believe that education is the strongest rival to promote progressive improvement in our community. “Arise, Awake Stop Not Until Your Goal is Reached”-Swami Vivekananda.

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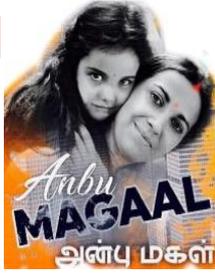
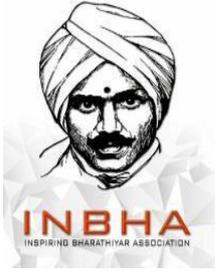
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## Project Advisor

Our President Mr.Raaj Mohan Nadarajan, is motivational expert and social entrepreneur. His selfless service towards the society made him to come out with unique and specialised NLP modules especially for youths in order for them to achieve their dreams and goals. His countless endeavorance and aspiration leads him to inspire thousands of young minds about 20 years.



## Project Director

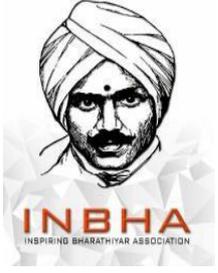
INBHA's Executive Secretary comes Programme Director of Anbu Magaal is a teacher. The willingness towards prosperity of the society gave rise for to be actively engaged in this for past 6 years. Her aspirations to bring out the best qualities in young girls to lead a beautiful and the best life and empower their family and society.



## Programme Manager

Our programme manager, Sarrika has graduated from University Malaysia Kelantan in Bachelor of entrepreneurship (commerce), always look up influential ideas which are catalyst to enhance and boost the society. Her determination made her to take up this noble effort; Anbu Magaal to instil numerous great values and ethics which benefits themselves, their family and the community as a whole.

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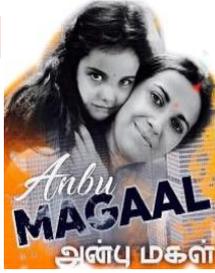
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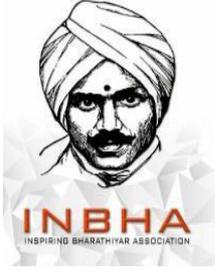
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## 1.0 Introduction

The young girls' empowerment camp, Anbu Magaal is one of the precious effort initiated by Inspiring Bharathiyar Association in conjunction to educate and bring awareness to the teenage girls about the environment and current issues. INBHA believes that it is very crucial to educate the young minds with the opportunities they need to venture, the threads they need to encounter, the obstacles they should go through and the risks and danger they have in the society especially as a woman. Our second Anbu Magaal was a huge success with 79 participants from 3 states; Kedah, Penang and Perak. Thus, this 3 days and 2 nights camp was a great eye opener for them in order to acquire themselves with adequate knowledge and to empower themselves. The main objective of this camp is to bring out the 'power' in each girl which is secluded. We also aspire to mould the girls to be successful in their profession, respected by the society and responsible for every individual. Our module for the three days comprises numerous values to be inculcated together with the sense of love towards the parents and also uplift the strength and confidence among the participants.

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 only on helping the participants to recognise their will power and strength which is secluded by the environment. 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 13 to 15 years old are our target group since they are at the peak risk of attempting and involving in social ills. Both the ignorance and the interest trigger them to get into these issue which affects their life. Hence, we take the responsibility to instil and foster ideal character and value via this camp.



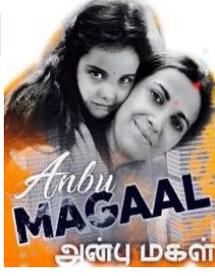
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## 2.0 Camp highlights

### ➤ Participations and registration

The participation for this camp was opened for public via social medias like Facebook, Instagram, WhatsApp, banners and flyers. Besides, INBHA had a huge opportunity to talk in Vizhutugal (Astro Vaanavil) and advertise in info zone Thr Raaga. Participants registered through WhatsApp. We had 79 participants together who are from 12 years to 15 years old.



Our Participants during Registration and Coordination

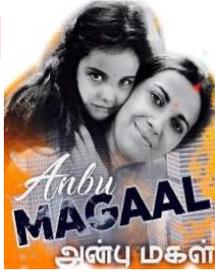
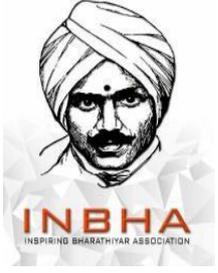
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## ➤ Facilitators and Trainers

There were 20 facilitators who merged hands together to conduct this noble effort. Their willingness and selfless effort on the society made this historical event the most successful. They were equipped with training on handling and monitoring the participants previously for a systematic and productive outcome. Meanwhile, the trainers were the members of Inspiring Bharathiyar Association (INBHA). The collaborative effort made it possible on enlightening the young souls to have a precise and clear life goal.

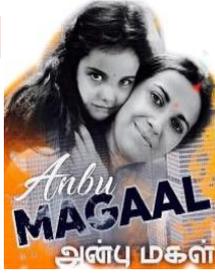
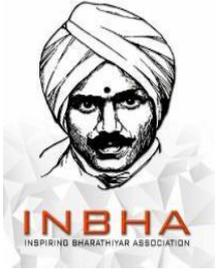


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## ➤ Slots and Activities



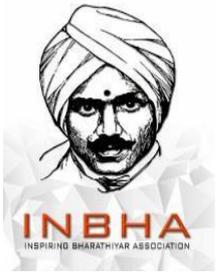
### Grouping

Participants were divided into 6 groups after few games during ice breaking. Since they were from various schools ice breaking played a vital role for them to mingle around and get to know themselves. Besides, the games also engaged them to participate well and triggered their interest towards the camp. As they were put together with their new friends and the groups were named with well-known women leaders. The names were nominated by the participants which was very impressive and effective.



Ice Breaking And Grouping

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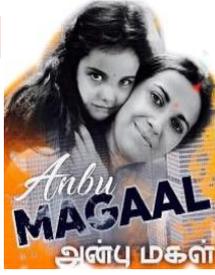


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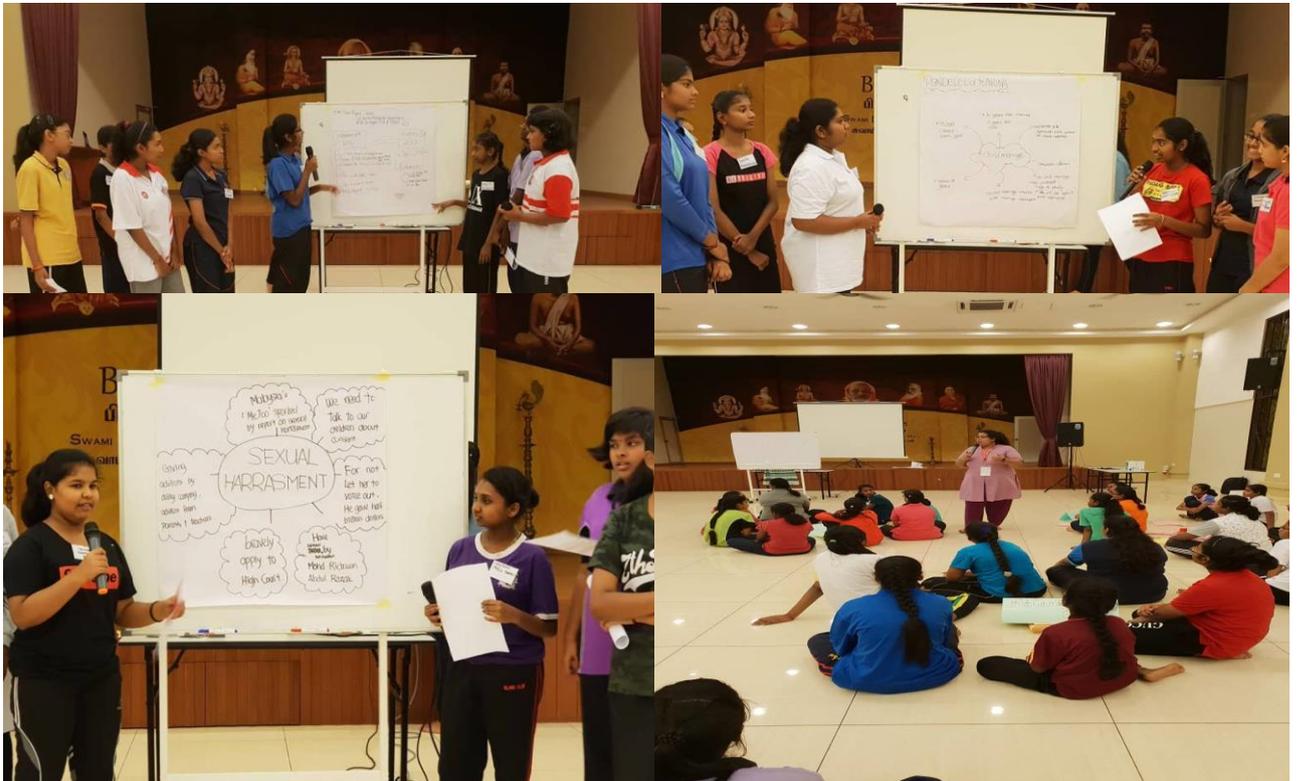
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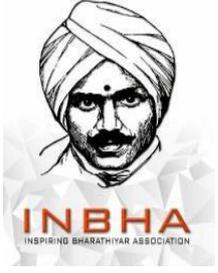
This slot is to bring forward the current issues among women in Malaysia and world and enlighten the participants about risks and dangers of the community. The main focus of this slot is to illuminate participants' on the threatening and risky occurrences which leads to their insecurity. Meanwhile, the participants also need to know what are the consequences of getting involved in unhealthy habits like gangsterism, vandalism, physical abuse, bully and other social ills. Each group was given a news and they need to explore it before presenting it in front of their friends and colleagues. After all the presentation, there was a conclusion session on highlighting the risks of the issues presented.



The News Presentation and Discussion

Each group was given 2-3 facilitators who were with them all the while throughout this camp. The facilitators were more like sisters for the participants. The counselling sessions were platforms for the participants to exchange their feelings,

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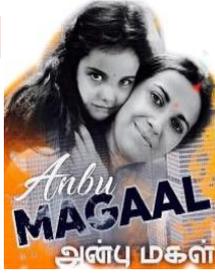
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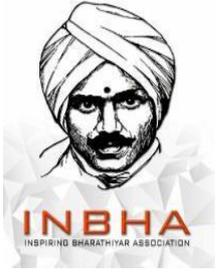


experiences, lifestyle, family and friends' background, personal interests and so on. Although the information shared was in group, our participants were willing to share about them freely. After each session, all the facilitators gathered to filter and analyse the details and information they collected. Generally, the information was regarding their financial background, personal interests, relationship, issues and obstacles. The issues identified was discussed and rectified in the following slots.



## Light of Wisdom

This is an outdoor activity. The participants' hands, legs and eyes were tied accordingly in their groups. The leader's eye wasn't tied so that she could lead the group across the obstacles. Participants should only use signals to transfer information among each other during the game. The challenging obstacles and the physical disability made them to really struggle to complete an hour journey. After the session, they were briefed on the challenges and obstacles their parents face every day to provide them adequate and comfortable livelihood. The participants were enlightened on their parents' struggle in providing basic facilities for them. Moreover, the countless reasons they give on not focusing in their studies were directly interrelated to the special needs life. They could give thousands of reasons in order to stop continuing their life but they are still trying. This slot was included with videos and songs about the elements mentioned above. The significant element of this slot is when inculcating education and knowledge is the way to witness wisdom. The lights were shared from the facilitators who were at the



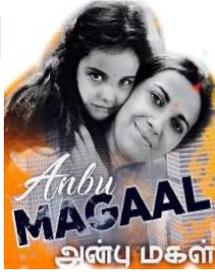
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position of success to the participants who promised to not to give reasons and embrace the light of wisdom in their life.



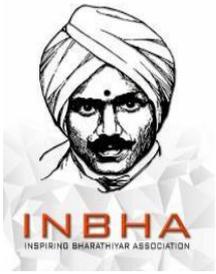
Shared Lights – Symbol of Wisdom



## The Expenses

The name speaks all about it. The slot aims to expose the expenditure every parents do since the birth of a child until present day. The participants calculated the money their parents spent for them since they were born with the guidance of facilitators. They were numerous elements included in the calculation like clothes, food, medicine, school fee, stationaries, tuition fee, and so on. The general amount we got from the calculation was RM 133 770. This reflects a huge amount and the parents are investing solely for their each and every child for them to live a better life. We believe that the

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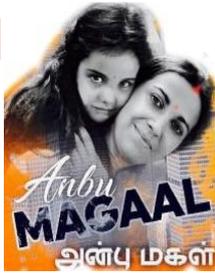
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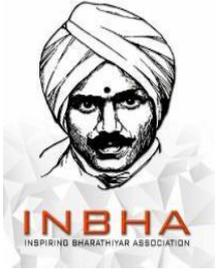
girls need to know what their parents are doing for them in order to realise and aware.



## Yes! You Can!

This slot motives to uplift participants' confidence level and to boost their mental strength. This slot started with an activity followed by briefing on sustaining our confidence level and also to avoid giving reasons. Each participant was given 5 cards and instructed to build tallest tower. The main idea is to put their cooperation into test. Most of the participants tried to build the tower by only using the given cards or only among their group members but they failed to realised that if they were to accumulate all the cards given they could build a tallest building.

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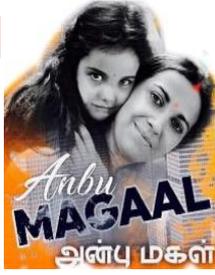
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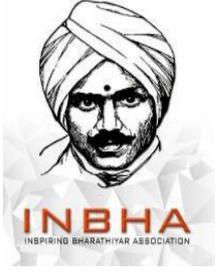
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## Junction and Female Hygiene

This slot is mainly to discuss about the issues and threats the teenage girls face in their daily life. There was a fruitful and informative power point presentation on the social ills and how the teenage girls fall into the traps. This slot included with videos and photos on social ills for the participants to have better understanding. This slot was initiated due to the lack of awareness on reproductive health and physical hygiene among women as a whole. It is very crucial that the teenage girls need to be educated and nurtured about the mentioned

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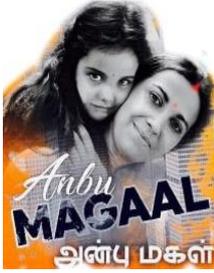
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information. Therefore, our facilitators' presentation on both of the topics enhanced the participants to be well versed and equipped with various sources like menstruation, hair cleanliness, white discharge and others. The descriptive slot even triggered our participants to raise questions on healthy eating habits.



## HIV Prevention

This topic is very much in need to be discussed and shared adequate information to the teenagers in order for them to be well equipped with knowledge and awareness. They need to be exposed well into this matter and know in and out so that they will not even have the idea of stepping into it. The speaker provided with relevant information with visual aids which prompted the participants' interest and triggered them to pay attention on what is being delivered.



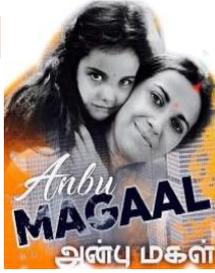
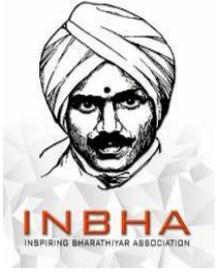
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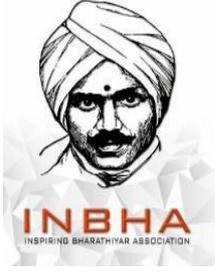


## Unakkul Oruvan

The unique and special slot divided into two segments. The first portion was on the love and sacrifice of the parents towards their on child and their presence which make their life very meaningful. The second portion of this slot was on boosting and elevating the strength and confidence of the participants. This slot include some crucial songs. The main motive of this slot is to let the participants to explore and dwell their life and experiences emotionally and to take a decision.



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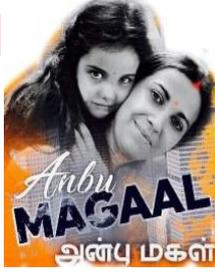


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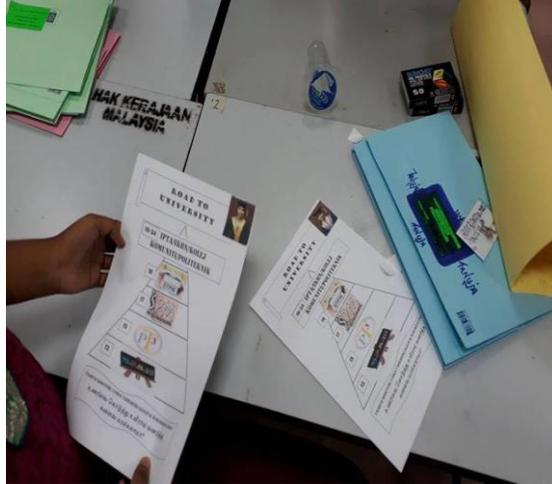
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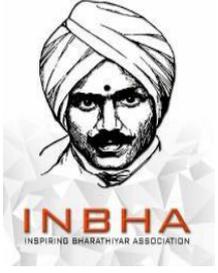


## Goal Setting

This slot was conducted in a unique way where the participants' photo was captured with the graduation attire and given to them in printed copies to set their life goal. It is INBHA's ultimate aim to impose the importance of having a professional background either in academics or technical. We strongly believe that education and knowledge has the capacity to change the fate of this community.



Pathway To Professional Education With The Graduation Photo



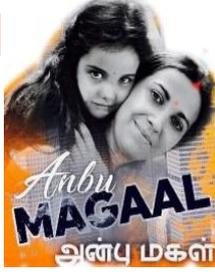
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## Parents Talk

As this camp was opened for public, we receive an enormous support from the parents. Parents were really eager to know the content of the camp and to register their daughters. The parents talk encompassed on the issues that their daughters are into and the importance of them to know this as parents. The session was very emotional when the trainer connected to their hardships and sacrifices they made for their children. The session ended with promises with self-realised daughters which was very emotional.



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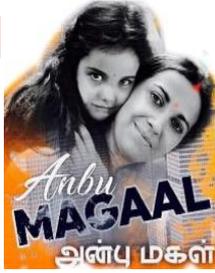
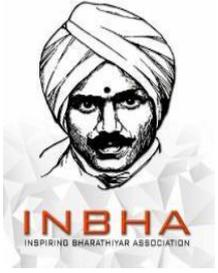
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பாரதியார் எழுச்சி இயக்கம்

(PPM-017-07-21072017)

No. 9, Lorong Desa Juru 9, Taman Desa Juru, 14100, Simpang Ampat,  
Pulau Pinang



## 3.0 External speakers

It is always a great pleasure to receive information and knowledge from the recognised and authorised people. Thus, we took the effort to look for few great souls who were willing to join our noble effort in educating the young girls. We invited speakers from different agencies to share various ideas and information.

### ➤ **Crime Prevention by Insp.Komathi (IPD Seberang Perai Tengah)**

This session was very fruitful with various visual aids where the participants were exposed to current issues involving our teenagers and youngsters from our society. The concerned police officer took the effort to enlighten the girls on the dangerous environment that they are in and importance of knowing the social ills such as gangsterism, bully, vandalism, physical abuse, sexual abuse, teenage pregnancy and so on. They highlighted some specific and peculiar cases to make the girls understand and get a clear picture.



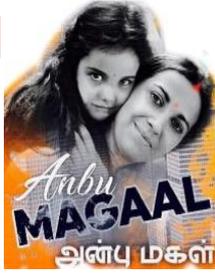
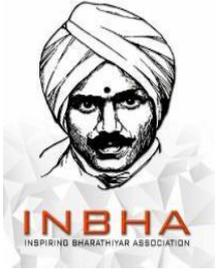
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## ➤ **Mental Health by Ms.Priscilia Ho (Play Therapist)**

This communicative and flourishing slot by the expert was very beneficial and favourable. The speaker was into the participants and knew how to grab their attention. She took the effort to use various aids like drawing papers, crayon colours, brochures and power point presentation engaged the participants to actively participate throughout the slot. Within the given duration she managed to comprise few topics like stress, bully and teenage pregnancy in her session. This interactive session made the participants to understand the delivery easily.



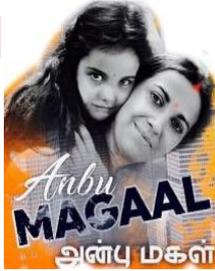
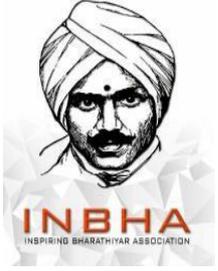
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## ➤ **Drug Abuse by Ms.Anita (Agensi Anti Dadah Kebangsaan)**

Although most of our participants were not into drugs it is very important for them to know about drugs and the consequences for them to step aside in this social ill. The speaker highlighted about the Malaysian Acts of this prohibited habit and the consequences they could face if they are into it. He also put forward few sample cases which was an eye opener for the participants.



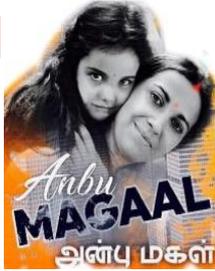
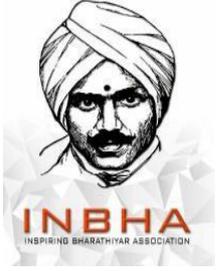
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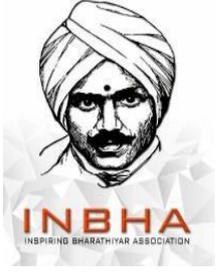
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➤ **Teenage female social illness prevention by Ms.Nisham Kaur  
(Women Centre for Change Penang-WCC)**

Number of social illness effects, causes and ways to overcome was explained in detail by the speaker. This slot helped the participants to be more aware of the surroundings and happenings. They also had some hands on activities which made them to actively engage throughout the slot. Visual aids and appropriate video added the understanding of the participants in the particular topics.





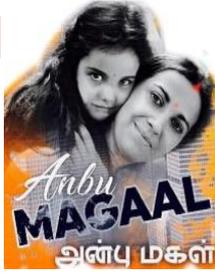
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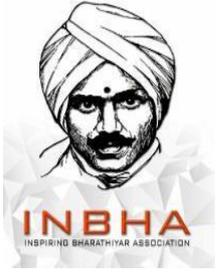


## 4.0 Issues and counselling analysis

Generally, the issues were identified during counselling and also few slots. There were few serious issues and some general issues among most of the participants. The deliberate and severe issue was on **bully**. There were few 4 to 5 bully victims in the camp who were mostly physically violated and abused. We came to know about this during counselling session. The most saddening part was this issue wasn't brought forward to the knowledge of parents. The next issue **the lack and excessive sexual awareness** of the students. Sexual awareness which arouses them to try out different unnecessary things. Their age that triggers them to explore and venture on this issue. Meanwhile, those who lack in this field tend to fall into fake friends and strangers. The participants often face **emotional disruption** due to the pressure of academic, social and economic aspects. They feel that they are the only ones who face all these problems and make them to think about this more and more. This leads them to suppress their feelings and causes emotional instability. The setting of the residence of the pupil is not very convenient to them. They have opportunity to mingle and interact with the students who are not in the same age group where this group people forces them to join **gangsterism**. Most number of girls admitted that they are **in relationship** with their schoolmates.

## 5.0 Actions taken

The first action was advising the girls to not to get involved in any of the dangerous and risky social ills since it may affect their whole life and they may lose self-respect. The next one was enlightening themselves with the effects and consequences of the issues mentioned above. Then, we also briefed their parents about their daughters' situation in general. We advised parents to keep up a good rapport and maintain a healthy communication so that the girls will not hesitate to share their feelings. We also going to conduct a follow up 2 days camp in the same venue to reinforce the information given and also to boost



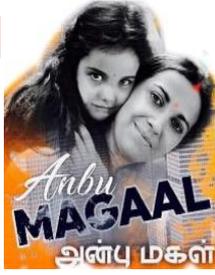
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their energy. Besides, there will be a feedback form send to all the parents to get updates on their daughters' changes.

## 6.0 Financial Implications

Expenses	Amount
Accommodation, Hall, Food, PA system-by Brahmavidyaranyam Sungai Kob, Kedah	RM 7500
Camp Items	RM 1000
Banner	RM 250
<b>Total</b>	<b>RM 8750</b>



**The camp was fully sponsored crowd funding**

## 7.0 Conclusion

In a nutshell, the camp was a massive success with each and every hand and soul which immersed directly and indirectly. Diverse and plentiful ideas are on the progress to educate these substantial assets of our community. This camp was a blessed one with more than expected number of participants, numerous donors and sponsors to run the show as we planned. Not to forget our enthusiastic speakers who had the willingness to share information, knowledge and experience to our participants. Our participants had a vast enlightenment from all the slots and activities. INBHA is delighted and contented that our ultimate aim to witness bold, brave and beautiful young girls who isgoing to be the most influential and powerful women asset for their family, the community and the nation.

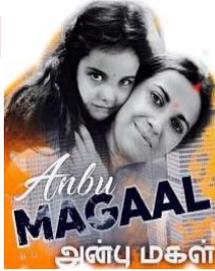
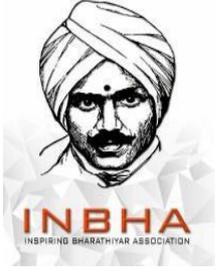
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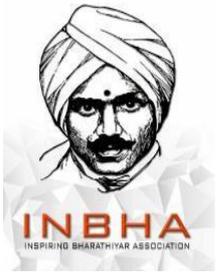
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INBHA would like to acknowledge  
generous act and show gratitude to

- Brahmavidyaryanyam, Sungai Kob, Kedah
- Insp.Komathi, IPD Seberang Perai Tengah
- Ms.Pricila Ho, Child Development Centre  
Penang
- Ms.Nisham Kaur, Women Centre for Change  
Penang (WCC)
- Ms.Anita Raman, Agensi Anti Dadah  
Kebangsaan (AADK)
- INBHA members & Facilitators
- All the warm hearted donors and sponsor



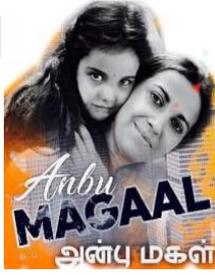
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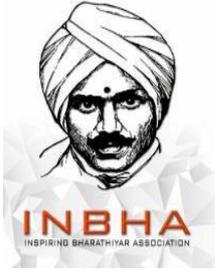
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*Noteworthy portraits...*



women lead ♡ women empowerment ♡ women legacy



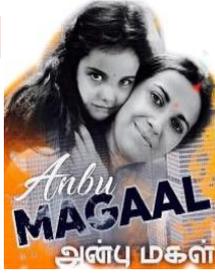
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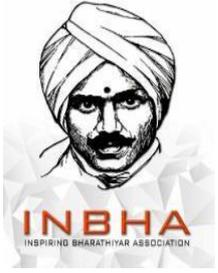
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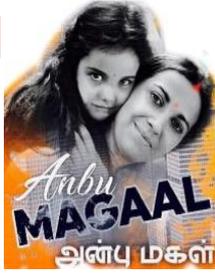
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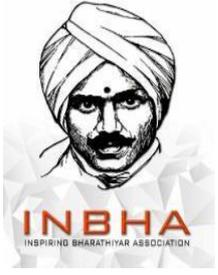
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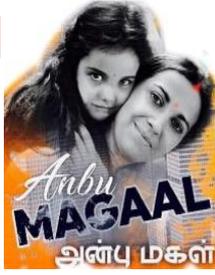
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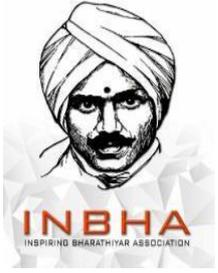
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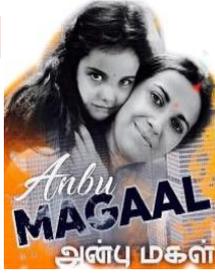


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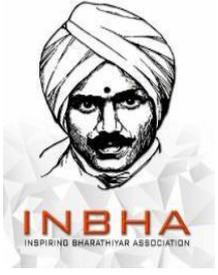
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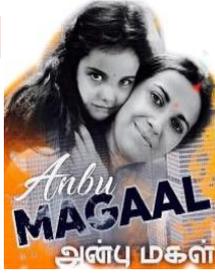
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