

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

Website: <https://inbha.org/> Facebook: INBHA

CAMP REPORT

NYAANA OLI CAMP 2020

(PENANG & KEDAH)

ENCOUNTERING

CHALLENGES IN

SECONDARY SCHOOL

ஞான ஒளி

தன்முனைப்பு முகாம்

2020



24-26 JANUARY 2020



BRAHMAVIDYARANYAM, SUNGAI KOB, KEDAH



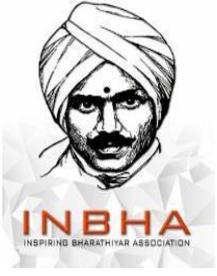
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INBHA



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“Nourishing Young Minds”

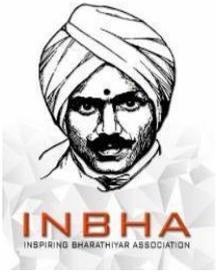
“Man is Immortal”-Mahakavi Bharathi. Inspiring Bharathiyar Association (INBHA), a Non-Governmental Organisation (NGO) striving for a progressive Indian community in our nation aims to spread educational awareness to Indian community via character building programmes.

The Nyaana Oli Camp is a subtle and powerful concept by Inspiring Bharathiyar Association (INBHA) to improve and uplift the students who are going to venture on their secondary school life. This camp creates a platform for them to get sufficient amount of exposure towards the challenges and environment that they are going to confront in secondary school. There is a crucial need that they need to be enlightened on the substantial revolution and transformation our country is going through. They need to prepare themselves to confront the radical change creatively and critically. This resolution is to lay foundation and enlighten the participants on future environment and their roles to accommodate them in a constructive way. INBHA stands with the intention of imposing knowledge on diverse opportunities to explore and resistances and risks to confront in each and every young minds to shape dynamic, energetic and forceful youth assets on transforming the society and also country. Thus, this character building camp is one of the effective platform to inspire every youths to pursue their dream with circumstantial goal setting with intense modules.

INBHA aspires to mould *optimistic, progressive and flexible* young minds who have the competence to sustain the global change. With our prime purpose stated, this project aims to create a framework on the future opportunities, importance of information literacy and sustainability to uphold their aspirations. We also intend to mould the students to be successful in their profession, respected by the society and responsible for every individual. The evolution of soft skills and intrinsic motivation should lead them to create attainable life missions and visions. Hence, we take the responsibility to instil and foster ideal character and value via this camp which will guide them to decide their path.

It is completely clear that we aspire to witness a productive and escalating youths who can accept and adapt the transformation in our nation and also who is capable of advancing themselves with the opportunities around them. In conjunction with this INBHA has formulated specific and exquisite modules and programmes for this Nyaana Oli Camp especially for our participants. Education and Career Pathway, Optimum Living and Emotional Intelligence, Anti Bully and so on which forms an impact for them to withstand the new environment . Besides this intellectual modules, INBHA included specialised modules like Light of wisdom, Goal Setting and Unakkul Oruvan which comprises Neuro Linguistic Programme (NLP) which act as catalyst to mould the s as per our mission.

In a nutshell, we hope that the participants can acquire insight of the whole idea and content of the camp for the betterment of their future. 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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PART OF OUR JOURNEY...



**NYAANA OLI UPSR CAMP
SJKT JENJAROM - 2017**



**ANBU MAGAAL
IPGK TUANKU BAINUN- 2017**



**NYAANA OLI UPSR CAMP-
SJKT LDG SG MUAR 2019**



**TRAINING OF TRAINERS
IPGK TUANKU BAINUN - 2017**



**NYAANA OLI UPSR CAMP-
SJKT CASTLEFIELD 2018**



**NYAANA OLI UPSR CAMP-
SJKT LDG SUNGAI RAYA 2019**



**SATHANAI CHELVAN –
TELUK INTAN 2017**



**NYAANA OLI UPSR CAMP-
SJKT LDG PELEPAH 2018**



NYAANA OLI SPM CAMP- 2019



**NYAANA OLI UPSR CAMP
SJKT AMPAR TENANG 2017**

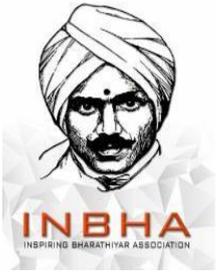


**NYAANA OLI UPSR CAMP-
SJKT PERAI 2018**



**NYAANA OLI SECONDARY
SCHOOL CAMP- 2020**

2
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1
7
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2
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SPEAKERS AND FACILITATORS



Mr. Paniirselvam Jayaraman who is engaged to numerous programs and events involving youth development and evolution, is one of founding member of INBHA. He has been actively engaged to initiate and establish projects which act as a catalyst to sustainable development of youth. He has been currently attached with EWRf for youths to involve in vocational training in ILP.



Ms. Puneswary Rames is a certified counsellor and also a teacher, who has been actively contributing to INBHA in transforming young minds. Her capability of identifying the potential in every youths make her to align with her purpose of producing them to be successful. She has been supporting the growth of youths who are now in varsity and also graduates.

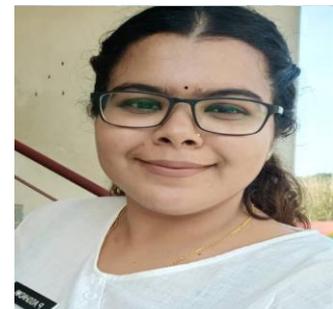


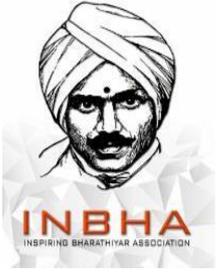
Ms. Cecilia Susai is a Project Manager at Educational Welfare & Research Foundation Malaysia and managing Main projects at EWRf. She is certified trainer for children sexual abuse prevention. She is also subject expert on Counselling & English for projects. She has 4 years of working experience in social field. She is graduated from University of Malaya in Bachelor of performing arts.



Ms. Shalini Arialakan is currently a Project Officer at EWRf, CSI Projects-Civil society Intervention is an innovative program which acts as a crime prevention plan among the Indian youths with a specific aim to reduce crime rate and improve positive attitudes. She has Youth and Community Psychology graduate from UMS.

Ms. Asshadwi Paneerselvam, secretary of INBHA who is also a teacher has been constantly supporting INBHA's mission of fostering society transformation. The willingness towards prosperity of the society gave rise for her to be actively engaged in this for the past 8 years. Her aspirations to bring out the best qualities in youngsters to become successful in their life.





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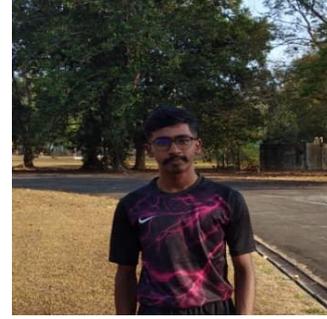
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Ms. Vennila Morthy, Tamil in
Education, IPG Kampus
Tengku Ampuan Afzan



Mr. Rajasivan Sivan,
History in Education,
IPG Kampus Darul Aman



Mr. Koshigan Saravanan,
Computer Numerical Controller
Programming, Penang Skills
Development Centre



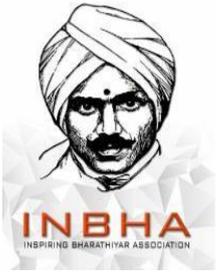
Ms. Vijaya Morthy, Tamil in
Education, IPG Kampus
Tuanku Bainun



Mr. Thevan Thanga Kaliswaran,
Counselling in Education, IPG
Kampus Darulaman



Ms. Suja Sukumaran History
in Education, IPG Kampus
Darulaman



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PARTICIPANTS' FEEDBACK



"I realised my parents are doing numerous sacrifices to raise me so I will make sure I will make them proud one day." "My only aim is to become a graduate to make my parents proud"-

Sanjena Karuppiah, SMK Bandar Tasek Mutiara



"I had the opportunity to get to know about my strengths and weaknesses. I know what I should do make my parents happy. Once I become a big girl I will make sure I am become a role model to the future generation and will share whatever the brothers and sisters conveyed to me. I will also strive and never give up in my life to become a graduate."

Swati a/p Ganesan, SMK Paya Besar



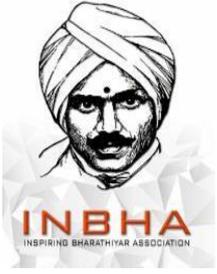
"The ultimate thing I am taking back from this camp is to utilise all the opportunities given to me. I will also make sure my destination is university. I realised to draw out my life journey to become a successful person in the future. I also should constantly imagine my success so that one day I can reach and it is my booster"-
Magilaruvi Balamurali Krishnan,
SMK TAMAN PERWIRA



"I should neglect my bad habits like stubborn, selfishness. I should be disciplined after this. I will put all my hard work to become a graduate to make my parents happy and proud" –

Gokul Sithartan a/l Sivanesan, SMK Bandar Tasek Mutiara





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GLIMPSE OF FEELINGS.....

We have few specialised programmes to discover and distinguish the mental state, problems, and challenges that they go through in their daily life. We have put in effort to recognise their expectations. Hence, we address these constraints via 3 days camp with various programs and activities. We undertake few solutions to impart to deal with them. We also brought forward these to the parents so that they can figure out what they can do to come out with practical solutions.

“Comparing with others”

“family problems”

“my parents are quarrelling often”

“I don't have time to play with my dad”

“I'm feeling stressed”

“blaming about my grades”

“my exam score is not good”

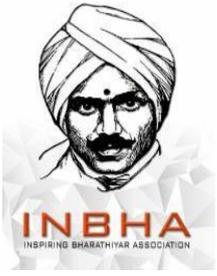
“parents are talking words that I cannot accept”

“telling personal things to relatives”

“My parents are not friendly”

“father drinks alcohol and disturb”

“others are bullying me because of my weakness”



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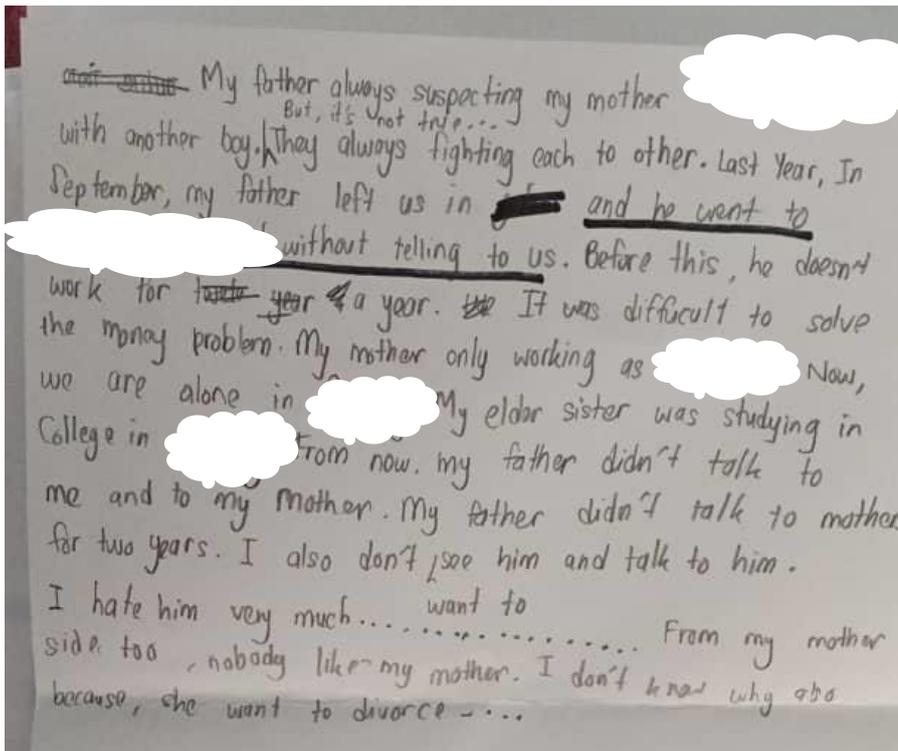
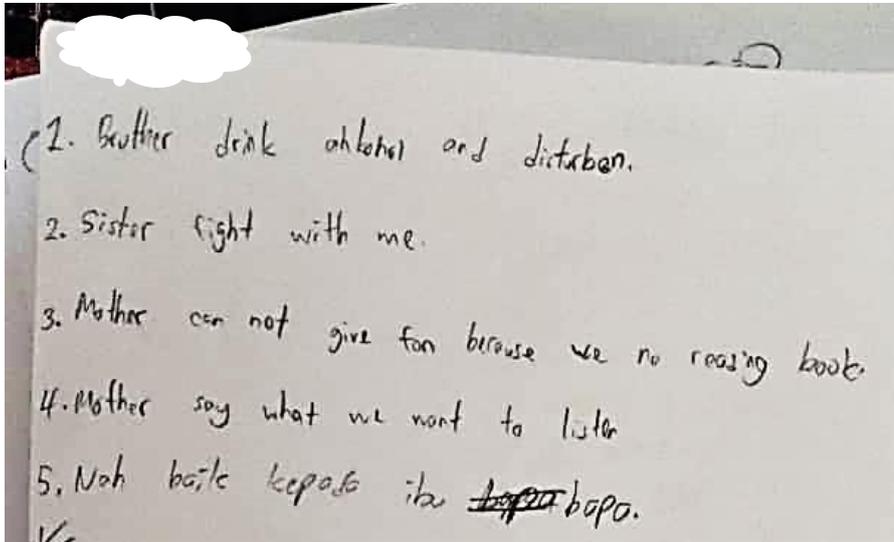
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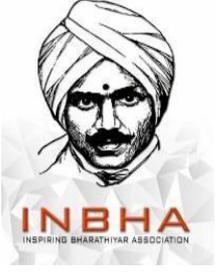
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THE NEED...





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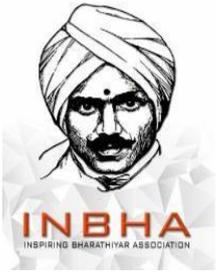
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- ① சமஸ்தவர்கள் என் குறைகளைப் பயன்படுத்தி என்னை பதிலளவு செய்யும் போது.
- ② நண்பர்கள் என்னைப் பேசாமல் இருக்கல்.
- ③ அம்மா கண்ணையையும் என் தங்கையையும் 'compare' பண்ணை பேசுது.
- ④ அம்மா என்னை ஏசும் போது.
- ⑤ ஆசிரியர் என்னை பாடாடும் போது.
- ⑥ அம்மாவைப் பற்றி என்னை தம்பாது/சொல்லு போதும் போது.
- ⑦ நான் செய்த ஒரு தவற்றை சிலர் காட்டும் போது.
- ⑧ அப்பாணைப் பற்றி பேசும் போது, என் சகோதரம் சகோதரி வந்திருக்கும் போது.

1. Father and mother fighting over small things.
2. Talking words that we can't accept.
3. Sisters and brothers shouting and yelling.
4. Mother scolding for not doing some small things.
5. My Parents not playing or being friendly to me. (sometimes)
6. ~~Telling~~ Telling personal things to relatives.
7. Making a small problem so big.



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1. my mother and my father is fighting so i don't concentra my homework.

2. when my exam score is not good.

3. my father drinking alcohol.

i'm doing my school

1. ~~சில~~ சில வாரம், அம்மாவுக்கும் அப்பாவுக்கும் பெரிய சண்டை வரும். இல்லா
~~வா~~ குடும்ப உறுப்பினர்களுள் சண்டை வரும் அப்பொழுது, நொய்
கவலைவா இல்லா stress இக்கும்.

2. Comparison- நான் கடைப்பட்டு யார் 'Mark' எடுத்தா, என் குடும்ப
உறுப்பினர் 'இதெல்லாம் ஒரு மார்க்?' அப்படின்று அவநம்பிக்கை
எற்படுத்துவாங்க.

3. நான் செய்த தவறெல்லாம் அடிக்கடி குாயப்படுத்துவாங்க (MRSN
கிடைத்தபோது நான் ~~அதற்கு~~ 'வந்தேன்' என்று.

1. Compare with others

~~2. my father is drinking alcohol~~

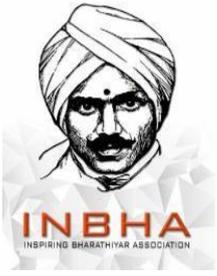
3. forcing to go for badminton class
siblings disturb me when I'm doing my school work

4. family problems

someone hurts my ~~family~~ dad.

I don't like that my dad ~~is~~ teaches for the students long time.

I'm haven't have time to play with my dad



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SLOTS AND ACTIVITIES

REGISTRATION & BRIEFING

The registration was done earlier via whatsapp. After registration participants were given briefing about the three days camp, the dos and don'ts.



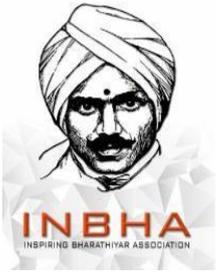
ICE BREAKING & GROUPING

OBJECTIVE:

Ice breaking was the platform to make all the participants who are from different schools and background to mingle around. They also had the opportunity to get to know the facilitators. 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 university names. This also created a platform for them to get along with the facilitators as well.

SPEAKER: MS.ASSHA, MS.VIJAYA & MS.VENNILA





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SELF IDENTITY



OBJECTIVE:

To instil the importance of knowing their self and how to introduce them in a proper way. The significance of grabbing the entire opportunity given at a time was also highlighted.

SPEAKER: MS.ASSHA.

INSTRUCTION GAME

OBJECTIVE: This slot foreground the necessity for them to follow instructions.

The consequence of not following the instructions given is directly imposed on this slot. Participants are given a set of questions where they need to go through all the instructions given before they answer. The trick is only if they read all the instructions they would know that they should only answer one question.

SPEAKER: MR.THEVAN & MS.ASSHA



GROUP COUNSELLING

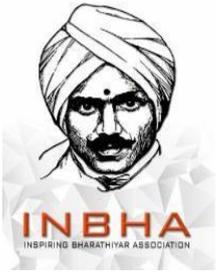


OBJECTIVE: focuses on recognising participants' academic, family and social background. This was also a ground for the participants to share their problems and challenges to their group facilitators.

GROUP FACILITATORS:

Ms.Punes, Ms.Vijaya,
Ms.Vennila, Ms.Suja,
Ms Assha, Mr.Raja





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THE NEWS PRESENTATION & DISCUSSION

OBJECTIVE: to bring forward the *current issues* in Malaysia 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. The achievement among our society also was taken into account.

Each group was given a news and they need to collect information on it with the help of group facis before presenting it in front of their friends. After all the presentation, there was a conclusion session on highlighting the risks of the issues presented.

Topics Covered: Bully, Rape among teenagers, suicide, future skills and education, the achievement of Kisona Selvadurai.

SPEAKER: MS.ASSHA & all Group Facilitators.



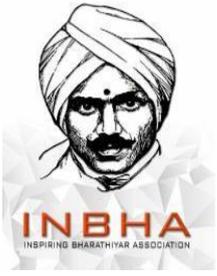
LIGHT OF WISDOM



OBJECTIVE: to visualise *the life without education*, the *hardships and sacrifices of parents*, to inculcate the behaviour of *not giving reasons and giving up*

This slot had two sessions. The first one was an outdoor activity where the participants need to go through a few obstacles and hurdles with their eyes, hands or leg tied accordingly. Participants should only use signals to transfer information among each other during the game. 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. The next session was sharing the NYAANA OLI, light of wisdom

SPEAKER: Mr.Paniir



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HIV AND AIDS PREVENTION TALK



OBJECTIVE: To create awareness on the causes of HIV and to bring forth the number of teenagers affected.

Due to the number of teenagers involved in drug and sexual intercourse is in alarming rate, we included this talk. The importance of creating an impact on the participants on the seriousness of the AIDS is a necessity. Participants were briefed well by the speaker regarding the issues and consequences.



SPEAKER: DR. Mahaletchummi Maran

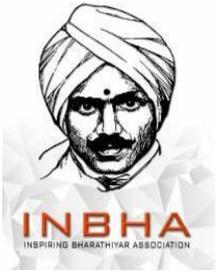
CRIME PREVENTION TALK

OBJECTIVE: To create awareness on social issues among teenagers in the society.

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. Both police officers 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 and so on. They highlighted some specific and peculiar cases to make the girls understand and get a clear picture.

SPEAKER: Insp Loganathan,
IPD Barat Daya Pulau Pinang





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THE EXPENSES

OBJECTIVE: 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. This amount reflects the parents are investing solely for their each and every child for them to live a better life. The speaker then highlighted parents' sacrifice to bring up their kids to lead a better life.

SPEAKER: Ms.Punes.

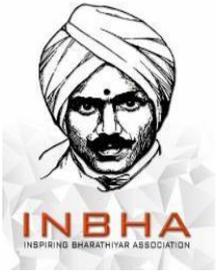


SPIRITUAL TALK & STORY



OBJECTIVE: The slot aims to implant some good values and mindfulness on conducting their life in a peaceful manner to attain success.

SPEAKER: Swami Brahmanantha Saraswathy



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YES YOU CAN

OBJECTIVE: 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. Team work is the essence of standing out for this activity. However, when the participants failed to follow the given instructions and to work as a team the speaker then put forth the consequences and briefed. The slot featured three main elements which is not to give up, give reasons, and not being selfish.

SPEAKER: Ms.Assha



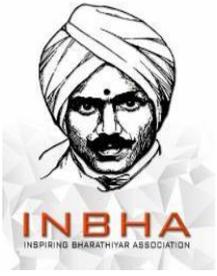
CAREER GUIDANCE



OBJECTIVE: drawing participants' interest to suitable work scopes and options.

This slot is to impart on the importance of identifying the area importance for a better future. The slot also accentuated on the importance of education in every students' life. The speaker also bring forth the necessity for them to have certain important qualities to survive and achieve a professional position. The sense of including an aptitude test to identify future career options for the participants was the right stuff since it was actively engaging and assisted them to look for options based on their interest. The post explanation given was brief and descriptive.

SPEAKER: Ms.Cecilia



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MENTAL HEALTH



OBJECTIVE: to convey and disclose the importance of having a healthy mental state, to cultivate stress free lifestyle among the participants.

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 art therapy engaged the participants to actively participate throughout the slot. The participants were instructed to draw a dreamland in groups, where after some time they were assigned to different tasks namely freeze, hand locks, mouth locks. Thus, the drawing they supposed to finish was harder to complete. This slot is to see how they can manage their stress and complete the task given. Later they share their experiences and feelings to everyone.

SPEAKER: Ms. Shalini



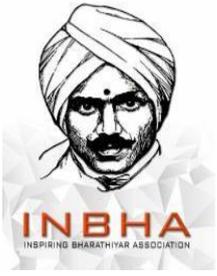
ANTI BULLY



OBJECTIVE: to derive the consequences of bullying and being bullied.

This mandatory and essential topic was covered and inculcated well by our speaker. Indeed it is a fact that everyone has the idea of bully but why it is still being experienced by the kids especially to a brutal extend? The answer is most of us do not realise we are bullying or being bullied by someone. This was best explained and laid out via this slot. The initiation of the slot by asking to write down how they can make fun of other group members followed by soliciting them to make the fun act was sturdy.

SPEAKER: Ms. Cecilia



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SUICIDE AWARENESS

OBJECTIVE: to draw out the consequences of committing suicide and bring forth the fall out due to suicide, to unfold there are various methods to counteract problems and issues and suicide is not an option.

Due to the issue is distressing and haunting among teenagers nowadays, it makes a significance change when we expose the students to review the post effect of it. The quick decision making disrupts their life and family. Thus, the speakers made them to realise it by asking them to blow a balloon thinking of all the problems they have to the extent the balloon burst. Then, they summarised on the negative consequences of suicide and provide numerous effective solutions on overcoming their emotional state.

SPEAKER: Ms.Punes & Ms.Shalini



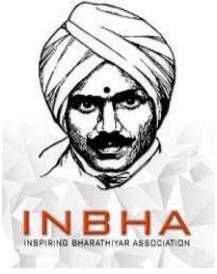
FIND YOUR WAYS-THE MAZE



OBJECTIVE: to impart skills on decision making, using the opportunity, not giving up, leadership, critical problem solving

This is critical and higher order thinking skill game where participants are required to find their way out from the maze in a correct path set by the facilitators. They need to remember the path so that all the group members can finish the maze. This is to make them realise they have to find their path in life no matter what happens. This slot insist the participants to try and error all the possible pathways to finish the map. Since there is only one correct way to complete the maze, they need to be attentive to look for the options. When the path is correct, each step should be crossed carefully. Timing, presence of mind, team work, creativity are the fundamental elements to complete the maze as a group.

SPEAKER: Mr.Paniir



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JUNCTION- BOYS & GIRLS



OBJECTIVE: to discuss on adolescence, personal hygiene, gender based emotional problems.

This slot was carried out separately to make and female participants. This is to create a privacy for both of the genders to discuss on their adolescence staging and the problems they go through as they are stepping into a new different way of life.

SPEAKER: Mr.Paniir & Ms.Assha



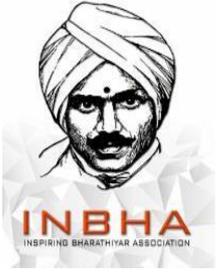
SARITHIRA NAYAGAN



OBJECTIVE: to present the historical facts about ancestors and deriving into current socio-economic livelihood of the society.

This slot brought the participants to a journey back to our great grandmother's livelihood. It recounts the kingdom, the wealth and the legacy built by ancestors and drives to a conclusion on the present day condition. Current environmental elements and events and the projection of their future status was highlighted in this slot.

SPEAKER: Mr.Rajasivan



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UNAKKUL ORUVAN



OBJECTIVE: 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. It is also concludes all the slots and programmes of the three days.

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.

SPEAKER: Ms.Punes, Ms.Cecilia, Ms.Assha, Mr.Paniir.

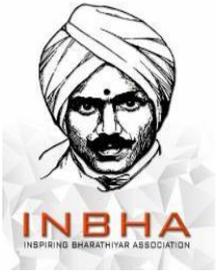
OPTIMUM LIVING & EMOTIONAL INTELLIGENCE



OBJECTIVE: to intrinsically highlight the significance of maintaining emotional stability.

This slot comprises the significance of having emotional intelligence on each and every students' life to lead a balanced life. The interactive slot began with a role play on the topics like bully, love, friendship and social issues. The speaker laid down the law to the participants that their emotional stability is the essence of success. She cultivated the behaviour of maintaining a successful life is the key by notifying various solutions of managing their emotional stability.

SPEAKER: Ms.Cecilia



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PARENTING WORKSHOP

OBJECTIVE: to guide and provide some coaching for the parents on how to mould their kids. Subject expert Mr. Arunan Giri who has been evolved in parenting workshops and parents counselling for 15 years conducted an interactive workshop. A case study and group work was held to identify parenting style in order to provide realistic and practical solutions. Our well-versed speaker made his stand clear that parenting is not about right practices it is all about daily experiences and how the parents make each experience to count. The parents were open to view how their kids really feel about them and their parents. This plays a vital role in moulding the kids to have emotional and creative intelligence. Parents need to step an extra mile to get to know their kids so that they feel they are being monitored in a right. This was enlightened to the parents in a substantial manner.

SPEAKER: Mr. Arunan Giri,
Yayasan Strategik Sosial



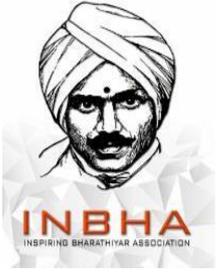
GOAL SETTING

OBJECTIVE: to display the facilities in public universities, to share the joy of graduation, to impart to become a graduate

This slot brings the participants to a virtual journey to public universities and institutions. Then, the unique part is 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.

SPEAKER: Ms. Assha





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MY SOCIETY MY LOVE



OBJECTIVE: to bring forth the love their parents, teachers, and facilitators have for them to witness their success.

Love is the essence of everything. This slot illustrates the amount love the people around have on the participants and what is the return gift.

SPEAKER: Ms.Punes.

PARENTS TALK & NERUKKU NER

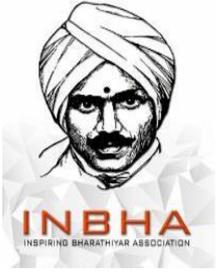


OBJECTIVE: to highlight some of the issues discovered among the participants generally to parents and to showcase the love their children have for parents.

The parents talk encompassed on the issues that most of the participants are into and the importance of them to know this as parents. The speaker delivered vast range of opportunities and threats the students are going to go through for the few years and deduced that education is the key for the success. 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 participants which was very emotional.

SPEAKER: Mr.Paniir & Ms.Asha





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FINANCIAL IMPLICATIONS

Expenses	Amount
Accommodation, Hall, Food, PA system- by Brahmavidyaranayam Sungai Kob, Kedah	RM 7500
Camp Items & Participants Kit	RM 1000
Banner printing & Promotion	RM 500
Total	RM 9000

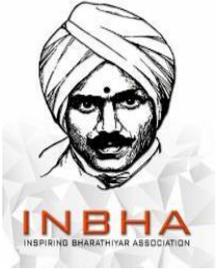


The fund was collected among friends and family



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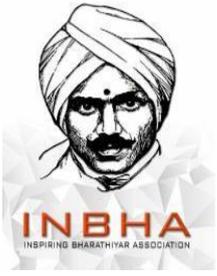
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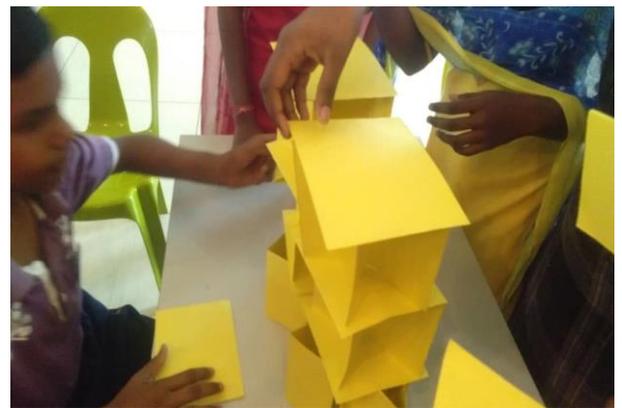
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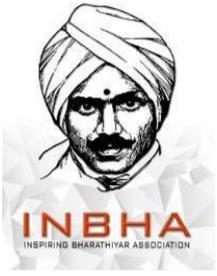
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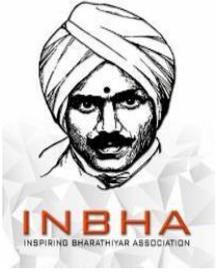
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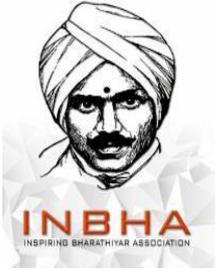
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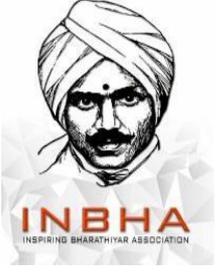
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