



Damru 2023-24

a compilation of creativity, courage, and childhood!



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Shweta Agarwal

Founder and CEO

A handwritten signature in blue ink, appearing to read 'Shweta', with a stylized flourish underneath.

FOREWORD

If we reconsider the traditional notions of success, usually measured by material wealth and social status, and instead envision an education system that cultivates kindness, compassion, and equality, what might our world look like? At Unmukt Foundation, we remain devoted to this reimagined vision of education—a vision that empowers children and youth to thrive and boldly choose who they wish to be.

Our journey continues to affirm the transformative power of integrating life skills into education. This approach is not just about academic success; it's about reshaping the entire ecosystem surrounding young learners to address systemic inequities and foster a significant mindset shift toward holistic development.

This past year has been a testament to our commitment. We have reached remarkable milestones, including the expansion of our programs to more communities and the introduction of innovative curricula that emphasize environmental stewardship alongside physical, emotional, academic, and creative growth. Our efforts align with the broader goals of the National Education Policy 2020, aiming for holistic child development through practical, real-world applications.

As we look back, we are particularly proud of how our initiatives have resonated within the communities we serve. Stories of our students, much like the narratives captured in transformative educational studies, highlight the profound impact of nurturing environments that foster resilience and joy among young people.

Our work extends beyond the classroom. We actively engage with educators, parents, and community youth to integrate life skills into standard educational frameworks, ensuring that every child has the opportunity to succeed and lead a fulfilling life.

We are excited to announce plans to enhance our growth readiness with strong teaching methodologies and processes that continue to bridge gaps and build strong foundations for lifelong learning. As we move forward, we rely on the steadfast support and dedication of our community, including our board members, advisors, and every one of you who believes in our mission.

Join us as we continue to define and achieve a new standard of success—one that values individual growth, community support, and the unwavering belief that when we nurture our children, we nurture the future.

WHY WE EXIST

To transform education for 130 million children living in underserved communities in India, enabling them to reach their highest potential and take ownership of their lives.



Executive Summary

In the 2023-24 academic year, Unmukt Foundation sustained its operations at the Unmukt Learning Centre, strategically located in Khandagiri, serving the Munda Sahi and Tapoban communities, along with a low-fee private school in Saradhapalli basti, all situated within Bhubaneswar.

An exciting milestone was the expansion of our outreach within Bhubaneswar. The establishment of a new Unmukt Learning Centre in Laxmisagar and collaboration with the Government Upper Primary School in Aiginia marked our growing impact.

Our core focus remained on regularizing classes, implementing comprehensive curricula in both academics and arts, and augmenting our team by welcoming two new members to facilitate these classes. Judo classes are now a weekly fixture, and we've introduced Sunday coding and computer classes, broadening our educational offerings.

As we celebrated our sixth anniversary this October, Unmukt Foundation continues to passionately serve its mission in Wholistic Education and Environment, positively impacting the lives of 250 underserved children in government schools, low-fee private schools, and local communities in Bhubaneswar, Odisha.



Celebrating student achievements, two of our learners were selected for the prestigious Odisha Adarsha Vidyalaya. Notably, three students secured medals in the State Open Judo competition held at Jagatsinghpur.



Unmukt's Impact:

EDUCATIONAL ADVANCEMENTS:

- 25 students now have access to learning coding and digital skills.
- Three students secured medals in state-level Judo competitions.
- Two students: Truptimayee & Susajit were selected in a state-level talent hunt among 7000 students.
- Received various accolades in Cluster Level Competitions.
- Initial work with the 4th class expanded to the 5th class in the government school.
- A notable 20% increase in student enrollment at the government school.

ATTENDANCE AND SCHOLARSHIPS:

- Maintained an impressive 80% student attendance at Unmukt Learning Centre.
- Two girls continue to receive scholarships from the Padmashree Ileana Citrasti Foundation for art and Odissi dance.
- One student earned a sponsorship to study at Aurobindo school.

“
No reported school dropouts

“
Sports Exposure Day was held at Kalinga Stadium for Unmukt kids in partnership with the Department of Sports & Youth Service



Unmukt's Strategy

Our strategy is straightforward: reach children where they are. We engage with government and low-fee private schools and communities, creating a need-based learning environment in collaboration with all stakeholders. Here is a snapshot of our strategy:



PROJECTS	DETAILS	OUTCOME
Unmukt Learning Center	<ul style="list-style-type: none"> Wholistic development through the PEACE model. Weekly engagement: 24 hrs a week 	<ul style="list-style-type: none"> 2 students to Odisha Adarsha Vidyalaya. Judo medals, increased enrollment and confidence Involves 50 children, 25 volunteers, 25 parents
Amaa Kritisshaalaa in schools	<ul style="list-style-type: none"> Teaches 21st Century Skills and Literacy using an art-based curriculum Weekly engagement: 4 hours 	<ul style="list-style-type: none"> 160 hours of art-based learning and English 20% increase in attendance Involves 155 children, 10 teachers, and 50 parents
Amaa Kritisshaalaa in communities	<ul style="list-style-type: none"> Teaches 21st Century Skills using an art-based curriculum Weekly engagement: 2 hours 	<ul style="list-style-type: none"> 80 hours of art-based learning Library access with relevant books Involves 50 children, 10 volunteers, and 20 parents



Program Details

Unmukt Learning Center (ULC):

We focused on the holistic development of 50 children from the slums of Saradhapalli, Khandagiri Bari, Kolathia, and nearby areas using our flagship PEACE model. Additionally, we prioritized facilitator training and experimented with new models.

DEVELOPMENT AREA	WHAT WE DO
Physical Development	Judo classes throughout the week, Sunday healthy breakfast; Regular circles on food; 21 days food challenge
Emotional Development	Sunday circles for sharing during Parliament, fortnightly counselling sessions conducted by Humara Bachpan
Academic Development	Morning and evening classes for study revision and doubt-clearing (Mon-Sat). (Subs: Eng, Maths, support for other subs)
Creative Development	Curriculum-based Art Class and Dance Class on Sunday; Monthly Storytelling and story writing workshops
Environmental Action	Planting 3000 trees in July with other NGOs. Initiating compost and bioenzyme production for Unmukt's goal of becoming completely chemical-free and keeping all events eco-friendly

- Achievements:
 - 2 Class 5 students selected for Odisha Adarsha Vidyalaya.
 - One student won silver, and two students won bronze medals at the State Open Judo Meet.
 - Multiple victories in various school and block-level competitions.
 - A 16-year-old participant selected for Oasis Life Camp in Gujarat.
- Major Events:
 - Hosted a 3-day Summer Camp attended by 35 children.
 - Initiated weekend Coding Classes in collaboration with Coder Dojos of Raspberry Pi Foundation.
 - Successfully completed the "Be A Santa" drive, collecting relevant books for the children.
 - Special celebrations on 15th August and Deepawali, fostering community engagement.
- Educational Visits:
 - 9 children visited Paradip to participate in the State Open Judo Meet.
 - Educational visit to Kalinga Stadium for exposure to the latest infrastructure and facilities and interaction with International level coaches and sport experts.
 - Gandhi Peace Center visit on 2nd October

Program Details

Amaa Kritishaalaa

We work on the 21st Century Skills and Literacy of children in the community through our art-based curriculum developed with our knowledge partner ArtSparks Foundation, Bangalore. With this program we cover children from Tapoban Community and Munda Sahi Community and two schools in Bhubaneswar.

- Achievements:
 - Completed 80+ hours of art based class with trained facilitators and 160+ hours for literacy class
 - 20% increase in attendance in school
 - Teachers are participating in more conducive classroom environment
 - 40% children have showed improvement in confidence and collaborative skills.
- Expansion and New Initiatives:
 - Initiated a new Unmukt Learning Centre at Laxmi Sagar, Bhubaneswar, with Spoken English classes for approximately 45 children and youth from nearby communities.
 - **In Govt. Schools (Work with 155 children across 2 schools - 1 govt, 1 low-fee private):**
 - Commenced English and Art classes at Govt. Upper Primary School, Aiginia, with a current engagement of 45 students in Classes 4 and 5.
 - Continued support for regular classes at Shishu Vikash Vidya Mandir, a low-fee private school in Saradhapalli basti with about 100 students.



New Unmukt Center



Chapter & Learning Objectives	Activities	Homework	Reflection: How many children could not learn? Who all? Why?	Children in class
Assessment of Aug learning continuing book chapter.	1. Conversations, Q & A 2. Chapter study, words, tenses, etc.	Finishing chapter question answers	Everyone is good with verbs. Specific children are good in specific tenses. Aliva, Trupfi, Tanu - Simple Future Prem - Simple Past Rinky - Simple Present and Simple Past Payal - Simple Future and Present Continuous	Prem, Rinky, Payal, Trupfi, Tanushree, Aliva
Q & A		All of them could do it this time	Everyone needs to be able to separate the three tenses. Here are the areas they need work on - Aliva, Trupfi, Tanu - Simple Past Simple Present, Present Continuous Prem - Simple Present, Present Continuous, Simple Future Rinky - Present Continuous, Simple Future Payal - Simple Present and Simple Past The slight confusion was how verb and pronoun interchanged places in Question & Answer. Tanu needs to be further	

Physical Development	9	Approaching (1)	Meeting (2)
1 Health issue	3	I miss 50% of the classes in a month due to health issues	I miss 25% of the classes in a month due to health issues
2 Food and Dietary Habits (include cooking)	3	I don't know the difference between health and unhealthy food. I don't follow any timing for meal. I eat junk food everyday or more than 4 times a week	I am aware of the healthy and unhealthy food. I try to eat on time but eat junk food thrice in a week
3 Hygiene & Personal Care	3	I don't cut my nails regularly, wash my hands before and after having any food. I have lice in my head and I don't wash my head regularly	I cut my nails once a week but not clean them. 50% of the time I wash my hands before and after having any food. I wash my head once in a 15 days and have little lice in my head
Emotional Development	9		
4 Self awareness (expression and managing of own emotions)	3	I feel difficulty to understand my emotions. I often get indulge in arguments during class	I recognize my emotions but not able to control them and sometimes express very brutally
5 Cooperation and collaboration	3	I often complain about my fellowmates during the collaborative project	I try to cooperate with my team but I take the support of the facilitator at least twice to resolve the serious matter
6 Appreciation and gratefulness	3	I make fun of my fellows' work and involve others too. I never feel gratitude while presenting my project.	I hear upto 5 min to my peer group presentation after that if anybody is making fun I join them. I try to give gratitude during my presentation
Academic Development	9		
		I don't sit down for more than five minutes. I struggle to pay attention to the work and distract	I am able to sustain attention for 20 minutes but I need facilitator guidance and

Student Tracker

We've created the PEACE rubric model and a daily class diary to track Unmukt students' progress.



Robot

With OTR college volunteers and Unmukt kids we are tinkering to make robots...

Beyond regular programs ...

5000

readers receive our monthly newsletter Damru.



Damru 018 | October 2023

Dear reader,

October has passed, and we are excited to present the latest chapter of Unmukt Foundation's journey in this edition of Damru.

In a show of unity, our children made their mark at 'The Spirit of Wipro Run,' further reinforcing our commitment to creating a positive impact. Amid the festive embrace of Durga Puja, our kids experienced a different kind of magic on a football pitch. They discovered the nuances of the beautiful game, adding new dimensions to their passions.

October drew to a close with a special event at the iconic Kalinga Stadium, where our children explored its sporting facilities and engaged in friendly competitions, fostering sportsmanship and camaraderie.

As we reflect on our October journey, your support fills our hearts with joy. With Diwali just around the corner, we invite you to be a beacon of hope in the lives of our children. Your donations can make Diwali special, bringing smiles and cheer into their lives. Contact us at +91 93487 31510 to

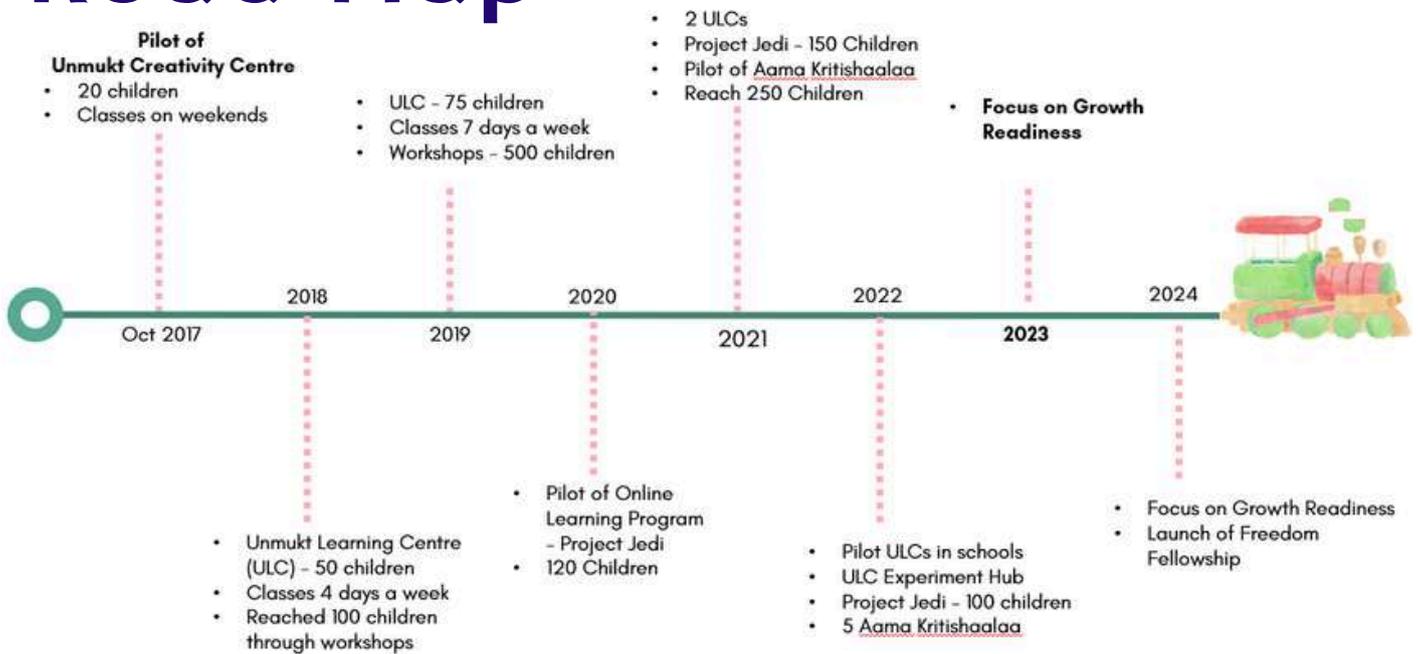


Towards the PEACE

Our Journey So Far

- 250+** children improved their educational and cognitive learning skills
- 1500+** children have attended various workshops and events
- 2000+** youth attended the workshop to save environment, Fridays for Future climate rallies and plantation drive
- 350+** Volunteers of diverse age group and profession joined to make a difference
- 250+** Senior citizens have been empowered to share their stories, which later converted into a book too
- 200+** Artists and art lovers joined us to work on various projects
- 30+** Organizations worked in collaboration on a shared vision

Road Map



Our Collaborations



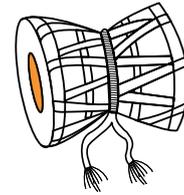
Raspberry Pi
Foundation



ART SPARKS



DAMRU



"Damru" carries profound significance, rooted in both cultural symbolism and our educational ethos. In Indian tradition, the damru is a small, two-headed drum, often depicted in the hands of Lord Shiva, symbolizing the cosmic rhythms of creation and destruction, the ebb and flow of life. This emblematic instrument resonates with the very essence of transformation, mirroring the cyclical nature of learning and personal growth.

By naming our newsletter Damru, we encapsulate our mission to initiate ripples of change in the educational landscape. Each issue aims to be a beat in the vast symphony of knowledge, stirring thought, fostering dialogue, and inspiring action among our community. It is a call to awaken, to participate, and to transform, just as the damru's beat summons awareness and movement.

Damru, therefore, is more than just a newsletter; it is a metaphor for the vibrant, dynamic process of learning that we foster at Unmukt Foundation. It represents our commitment to invigorating the educational experience for children in underserved communities, empowering them to orchestrate their destinies and harmonize their potential with the opportunities that education can provide.

We present to you the compilation of all the Damru editions from 2023-24, crafted by our team, including Aveek, Shweta, Sourav, and other team members and children who have contributed significantly to make it engaging. With the immense feedback and love from our readers and supporters throughout the year, we hope you enjoy this compilation and appreciate the testimonials from the members involved in its creation.

With love,
Team Unmukt



Meditation session at the start of Life Camp for students of Class 6 and 7

Damru 015 | March - April 2023



Dear Reader,

Another academic year has started and prematurely closed owing to the heatwave. The weather keeps getting erratic. We don't need further proof of how critical it is to work on the environment crisis around the country.

At Unmukt, **our solution to this crisis is through education of young ones** - nurturing them in a holistic, natural way.

In this edition of Damru, we bring to you the latest updates of our work at Unmukt Learning Centre, the communities, and schools we work in. We bring to you stories of people who have touched us, and who, hopefully, we have touched. Like in every edition, we bring to you more stories of real, ground-level change.

We also come with an appeal. We're looking to expand our team so we can support the children better. Educators, trainers, designers, social media managers, content specialists - reach out to us, and if the Universe wills, you will be the torch bearer of Unmukt life to spread the light in this world.

Happy Reading!
Team Unmukt



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Oasis Life Camp at SSVM School, Ghatikia

Unmukt recently organized its **first-ever Life Camp in association with Oasis Movement** for Class 7th and 8th students. The 3-day workshop held at Saraswati Shishu Vidya Mandir, Ghatikia was a resounding success and helped students discover the art of living a good & successful life.



A Child's Voice

ଏହି କାର୍ଯ୍ୟ ଯିବା ମତେ ଅତ୍ୟନ୍ତ ଭଲ କାରିଗ୍ରାଫିଏଟ୍ ଲାଗୁଥିଲା। ଆମେ ଅତ୍ୟନ୍ତ କିଛି ଶିଖିଗାମିନୁ । ୩ ଦିନ ଚାଲୁ ଯୋଗେ ହେଉଥିଲା ଦିନ ୯। ସମସ୍ତଙ୍କୁ ଏ ଭଳି କାରିଗ୍ରାଫିଏଟ୍ କୋର୍ସ୍ସ୍ ଯୋଗେ ୩ ଦିନ Successfully ହୋଇଗଲାଟା keys ଓ ଲାଭଗାଲୁ ସେହି ଭାବେ ମୋତେ ଉକ୍ତ କି ୯ ଭଳି କାରିଗ୍ରାଫିଏଟ୍ ମୁଁ ପ୍ରଥମ ଦିନ କିଛି Introduction ଦିଆଯାଏ ତାହା ଶିଖିଲି । ଆମେ (+ve) ଓ (-ve) ଦିଗକୁ ଚଳି ଚାଲିଗାମିନି । କିଛି ନୂଆ ଯେକି ମଧ୍ୟ ଶିଖିଗାମିନି । ୩ ଦିନ ଚାଲୁ ଯୋଗେ ହେଉ ଯୋଗେ ହେଉ ଯାମିନୁ । ଏହି LifeCamp ଯୋଗେ ଆମ Dream ପୂର୍ତ୍ତା ଲାଗିଗାଲେ ଅତ୍ୟନ୍ତ ସାହାଯ୍ୟ କଲା । ଏହାକୁ ଯୋଗେ କିଛି ଉକ୍ତ ଚଳି ମିଳି ସମସ୍ତଙ୍କୁ ଲାଗିଗାମିନୁ ।

Photo Glimpse of Camps

Mehul interacting with children enthusiastically during the camp introduction.



Students introducing themselves in Oasis way. Some are getting the courage with their friends to speak for the first time in public.



Jerry story, debate, success, and Chinese whisper were some of the major highlights for the participants.



Co-learners engaging with children to support their understanding of the concept.

Photo Glimpse of Camps

Students are engrossed in dream journaling.



Students are overcoming their fear of public speaking with the support of their friends and facilitators, and speaking confidently.

Engaged in a drama to demonstrate one of the keys of success.



Curious minds conversing with Shweta to plan the path forward after the life camp.

Students' Feedback - How was the Life Camp?



We loved this workshop. It was so much fun. We learned so many new things, and did so many new activities. We listened to so many stories and learned so much from those stories. - **Sibangi Pattnaik**

In this workshop I could share so many things without any fear. It gave me the courage to fulfill my dreams. - **Pramita Swain**

This workshop was one of the biggest days of my life. I learned about setting rules for self, giving my introduction, and how to work towards becoming a successful person. - **Payal Bisoye**

Students' Feedback - Can you use this in your day-to-day life?

I can use so many things from this workshop in my daily life. Like - we should always think positively, we should never immediately believe in rumors, and we should work hard to achieve success in life. - **Swornpriya Das**

One thing that the workshop taught me was that we should be honest in life. - **Subham Kumar Samal**

This workshop is going to help us fulfill our dreams. In that path, many obstacles will come. But without caring for those, we should continue to focus on fulfilling our dreams. We should have the confidence to do that. - **Sumitra**



Facilitation Workshop for Team

Covid seemed to have spoiled all of us – moving our meetings, discussions, and even workshops online. When the Unmukt team decided to meet in March, we organised it inside the lush greenery and open air amphitheatre at Kala Bhoomi – Odisha Crafts Museum.

It was a special session where Shweta took a workshop on good facilitation and how to become one. Let's hear about it from one of our facilitators!



A Session in Nature

"It was a cloudy Sunday of March. Kala Bhoomi is one of the most beautiful places I had ever seen. It was full of greenery & peaceful environment. At first we visited the museum which was full of Odisha's culture.

Then we started our session surrounded by greenery all around. We felt so relaxed and stress free in the open, airy atmosphere. I can say that our mood became cheerful. We all are nature lovers and felt ecstatic to a great extent to be sitting amongst such natural beauty.

Our group is an extraordinary team, having almost similar thinking and perspective, a strong bond and highly cooperative nature.

We discussed on the topics "What are the obstacles in education system of our country". Elaborate discussions went on for 2 hours followed by lots of queries that were solved by Shweta Ma'am. Question/Answer session was full of debates and insights.

*At the end, we shared hot cups of tea and got back home. I felt truly lively and joyous." - **Archana Nandi, Unmukt facilitator***

Have a peek at our workshop brainstorming!

PRESENT CONDITION OF A TEENAGER

- ① PRESSURE + COMPETITION
- ② MISUSE/ADDICTION OF SOCIAL MEDIA
- ③ UNHEALTHY FOOD + LACK OF NUTRITIOUS FOOD
- ④ LACK OF SUPPORT FOR EMOTIONAL + SEXUAL UNDERSTANDING
- ⑤ COMPARISON
- ⑥ LABELLING
- ⑦ EXPOSURE OF UNTHOUGHTFUL STUFF
- ⑧ LACK OF INSPIRATIONAL FIGURES
- ⑨ EXPOSURE TO VIOLENCE + SUBSTANCE ABUSE
- ⑩ LACK OF A GOOD TEACHER.
- ⑪ FUN AT SCHOOL.

IDEAL ENVIRONMENT FOR TEENAGERS

- ① OPEN & SAFE AND NON-JUDGEMENTAL ENVIRONMENT.
- ② STRESS-FREE EDUCATION SYSTEM.
- ③ PROPER SCHOOL INFRASTRUCTURE (PLAYGROUND/CLASSROOM/LIBRARY/HEALTH & HYGIENE)
- ④ PROPER HUMAN RESOURCES (TEACHERS & COUNCILERS)
- ⑤ PROPER GUIDANCE TO USE SOCIAL MEDIA.
- ⑥ HEALTHY & NUTRITIOUS FOODS.
- ⑦ SPENDING QUALITY TIME WITH CHILD REGULARLY BY PARENTS (WELLBEING & EDUCATIONAL)
- ⑧ CHOICE OF EDUCATION.
- ⑨ COACHING FOR PARENTING.
- ⑩ A SOCIETY TO CELEBRATE THEM.
- ⑪ REACH TO THE TRUE POTENTIAL.
- ⑫ EQUAL OPPORTUNITY FOR EDUCATION.
- ⑬ OPEN DISCUSSION ON TABOO STUFFS.
- ⑭ KNOWLEDGE CAN BE EXPLORED.
- ⑮ JOYFUL LEARNING ENVIRONMENT
- ⑯ A PLACE OF UNCONDITIONAL LOVE

OBSTRUCTIONS

1. EDUCATION SYSTEM

- CURRICULUM
- TEACHERS { Teacher: student
- FUNDS UTILIZATION Teacher Quality
- CORRUPTION Qua
- INFRASTRUCTURE
- LACK OF TEACHER SUPPORT

2. SUPPORT SYSTEM FOR PARENTS MISSING
/ PARENTS ARE NOT AWARE
/ ABSENCE OF FAMILY PLANNING

3. PHONES WITH INTERNET
4. FORCEFUL CONDITIONING
5. INEQUALITY - FINANCIAL, EDUCATIONAL, SOCIAL, GENDER, DISABILITY

Exhibitions at IIT and AIIMS Bhubaneswar

Unmukt set up stalls at **AIIMS and IITB Bhubaneswar** to display and sell our young artists' incredible talent in handmade paintings, bookmarks, bottle drawings, and paper artworks. Through the stalls we also spread awareness about Unmukt's work among the youth of these institutes. We raised funds to support their education and received a positive response from the brilliant young minds. We're grateful to these institutions for their support and acceptance of innovation towards holistic education. Thank you!!



Meeting young minds, listening to good borderline ghostly music, making leaf bowls for natural gulaal and teaching engineers and doctors how to make them, this is the vast power of unique experience I got while helping as a volunteer for Unmukt. You might think there's nothing special in all these, but to me it teaches a lot. A humble approach of trying to make the best of what you have in the absence of electricity in scorching sun, patience to repeat yourself again and again and again, the list goes on. I hope to keep enjoying the perks of being a part of Unmukt Forever. 'Being Unmukt forever' - **Monali, Unmukt volunteer**

I came to know about Unmukt Foundation from my friend who bought a small painted bottle from their stall at DN Regalia about six months back. The products were made by the kids. **I was so fascinated that I even kept their receipt with me!**

When I was thinking about whom to call for setting up a stall in our college socio-cultural fest CHIASMA, I recalled the bottle and the receipt. I immediately gave them a call and they were very happy to come to our college. The fact that the contributions are going towards the education and welfare of the kids was a real motivation to invite them.

We were captivated by seeing the creations and talents of the kids. Each creation had its own story to tell and months of hard work behind it, which altogether elevated their values. We are really proud that Unmukt Foundation was a part of our socio-cultural fest and also happy that we could contribute something towards a cause - **Teertha, Final year student, AIIMS Bhubaneswar**

ChatGPT writes us a poem!

In Bhubaneswar, there stands a foundation,
A place of learning, a space of liberation,
Unmukt it's called, meaning free,
Where children and adults can be who they want to be.

Choose, co-create, co-excel, co-exist,
These are the values that Unmukt lives,
A safe haven for underserved children,
Their dreams are precious, Unmukt believes.

Unmukt Learning Centre, a vibrant space,
Where children love to come, to learn and embrace;
Physical, emotional, academic, creative,
And environmental action, all facets are imperative.

Nature is at the core of their work,
For Unmukt believes in sustainability, not a mere perk,
They've set up libraries in communities,
Amaa Kritishaalaas, with books of varied opportunities.

Passionate people, who love what they do,
The driving force of Unmukt, both old and new,
Education for India's children, a shared belief,
Unmukt Foundation, a beacon of hope and relief.

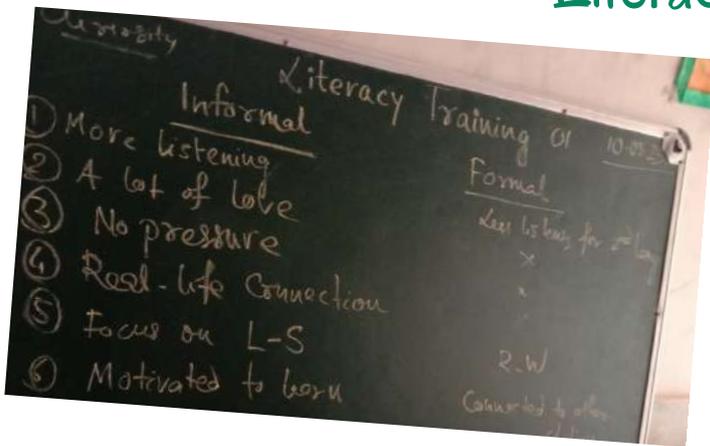
So if you're ever in Bhubaneswar,
Visit Unmukt, for it's so much more,
Than just an organisation that works,
It's a community of love and worth.



Getting Parents on Board

"ବେଶୀ ବଦମାସୀ କରୁନି ତ?" (He isn't being too naughty, is he?) is one of the first questions parents ask when they meet us. In our March meet, **Shweta encouraged parents to write down five good things about their children.** This small exercise turned out to be a great way to counsel the parents, as they discovered the positive aspects of their children's personalities. After this exercise, the parents stopped complaining and instead focused on nurturing their children's potential. This is why parents meetings at Unmukt are important - not just to get parents involved in their child's education, but also to become more positive, appreciative, understanding of their child.

Literacy Training



Covid has affected the literacy and numeracy skills of children to such an extent that the recovery isn't anywhere complete. To solidify our understanding on Literacy, we organised capacity building sessions for our facilitators. The topics covered included language learning objectives, how do children learn languages, preparation of the language teacher, and development of oral and reading skills in children.

In the Spotlight: Sudhanwa Dash

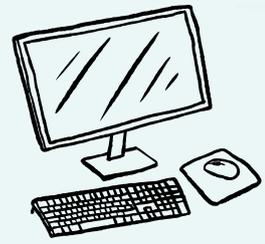


He came as a visitor, but quickly became a valued member of our team. His enthusiasm and dedication to his work is truly remarkable. **He has offered his own home as a centre for our programme,** and has even provided transportation for our children and volunteers with his van.

No task is too small or insignificant for Sudhanwa Sir, and his commitment to our cause is unwavering. **We are incredibly grateful to have him on our team!**

"My journey with Unmukt has started, and hopefully, it would be enriching and joyful."

Volunteers Messages!!!



The **teaching experience at Unmukt was one of a kind**. It can't be explained in a few sentences, but to define it in a few lines, it was mesmerising and a great learning experience. While teaching kids, I have also developed my personality. Surrounded by such amazing and talented kids, my Sunday was made as well as filled with satisfaction and security. I will be forever grateful to Unmukt for making me a part of their selfless family! - **Ridhi Jain, U&I**

Unmukt Foundation and the teaching experience at this amazing center was a very wonderful experience. The kids at Unmukt are very skillful and grasp everything very fast, this makes the teaching experience very smooth and easy. Best wishes to the kids and may they achieve all their goals and dreams. - **Pranjal Mishra, U&I**

The learning process with the Unmukt kids has truly been an enriching experience. The kids are eager to learn and grasp things really quick. Their journey of development has been a treat to watch! - **Sudeshna Lenka, U&I**



With Unmukt, the ride on a roller coaster of happiness has been full of pleasant surprises, joy, and growth. **I was inspired to learn new things by the kindness and energy of the children** I was teaching and by my surroundings. Working with Unmukt through U&I was the best decision of my life. Grateful for it! - **Rashi Jain, U&I**

Green Tips of
the Month

**** Water the plants in your home and neighbourhood every two days. They serve you throughout the year, you can serve them for these two severe months!**

**** Use your air-conditioners wisely; they may be cooling you, but they're warming up the planet!**



@unmuktfoundation

Our Happiness Board



Our **Sunday dance session** - children's favourite!



Preparation for life camp with **Mehul Bhai**



Unmukt Team with our new **Judo facilitators**

Introducing: Unmukt Affirmation Cards

How is everyone at Unmukt so full of life and positivity? We often receive feedback that this space is a "Happy Place," "Sukoon," and so on.

*This time, we wanted to share the secret with everyone. The messages on these cards contain the Unmukt way of life that we have learned during our five-year journey. The words on these cards are not just words, but the key to unlocking the **Unmukt Life**.*

We are delighted to announce that we have created a set of 15 affirmation cards that will uplift you in your daily life, propel you towards your goals, and bring you happiness. We hope you enjoy them!



Transform your life and support children's education with our affirmations.

Call 87770 24175 now.

f @unmuktfoundation





Become Unmukt

Join us to empower children to reach their highest potential!!

1. Teach a child

2. Volunteer with us on weekend

small actions x collective efforts

= BIG CHANGE

[Want to write Damru's next edition with us? Click here!](#)

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In response to one of the prompts "What are your favourite festivals?" we had many responses like Holi, Diwali, Christmas, etc. **Then one of our children added - "Unmukt's birthday!"** And we were so touched!

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creating joyful and sustainable learning communities.

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Kids are our future, let's make sure they have the right tools!

Damru 016 | May - June 2023



Dear Reader,

Another academic year has begun, filled with anticipation and excitement. However, an unexpected heatwave forced its premature closure, leaving us all grappling with the changing climate patterns. The erratic weather serves as a stark reminder of the urgent need to address our country's environmental crisis.

At Unmukt, we believe in educating our young ones as the key to solving this crisis. We nurture them holistically, equipping them with the knowledge and tools to become environmental stewards.

In this edition of Damru, our esteemed newsletter, discover inspiring stories of transformative impact in communities and schools at the Unmukt Learning Centre. Your support is crucial in advancing our mission. Together, we make a difference!

Happy Reading!
Team Unmukt



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PEACE through FUN



We designed the camp to provide a holistic experience to children. Instead of just focusing on fun, we aim to help children develop their physical, emotional, academic, and creative skills, while also encouraging environmental action.

At Unmukt, we live with nature, we live with the seasons. We get cleaned with Holi, we wait for the rain, we plant trees, and we harvest veggies during winter. So what if the summer is a little heated, a lot humid?

This past week, Unmukt children in the age group seven-to-fifteen, our tribe of volunteers, some wonderfully talented personalities, and the Unmukt team came together to organize Summer Camp 2023 - an occasion to get excited about trying new things, learning and showcasing, meeting inspiring people, hustling together to make things happen, and enjoying the process like the peepal leaves when swaying with the tree on a windy summer evening.

The camp commenced with an **enthralling dance session** led by Debasish, the founder of **Dance Ka Keeda and Subrat Rout, dancer and choreographer.** Through energetic movements and the melodious song "Kholo kholo" from Taare Zameen Par, the children discovered the joy of dance and the liberating power of self-expression.



Summer Camp in a nutshell!



Tshirt-Painting!!



Music!



Food and Bonding!



Story Writing Session by
Meera Das



Dancing to the Rhythm



Dance promotes neurological development: When a child enjoys music and learns to dance to its rhythms, it stimulates their brain. This improves their cognitive abilities, as well as their neurological health. There is clinically significant evidence that children who participate actively in the performing arts spend less time sitting in front of a computer screen playing games and therefore are at less of a risk of developing health problems.





COLORS, CREATIVITY, AND ECO-CONSCIOUSNESS

The subsequent art session, guided by Kalyani from Art Ka Keeda, allowed the children to explore their creative potential while connecting with nature. Using colors as a metaphor for self-expression, Kalyani encouraged the young artists to unleash their creativity within sustainable limits.



A Session in Nature

"

At Unmukt, we are passionate about environmental conservation. Navneet, a bio-enzymes researcher, shared valuable insights on composting and the importance of treating vegetable peelings responsibly. Inspired by his session, the children eagerly embraced the idea of implementing composting routines at Unmukt.





A SUMMER CAMP TO REMEMBER!

THE ART OF STORYTELLING

Renowned storytellers Sujit Bhai from Bakul Foundation and Meera from Kathasagar transported the children to a world of wonder and imagination. Through their engaging narratives and interactive workshops, the young minds learned the art of storytelling and the power of imagination.



At Unmukt, our dedication to environmental conservation is at the core of everything we do. We believe in instilling in our young learners a deep understanding of the importance of protecting our planet and nurturing their passion for sustainable practices.

During a special session at Unmukt, we had the privilege of hosting Navneet, a renowned bio-enzymes researcher, who shared his wealth of knowledge and insights on composting. Navneet's expertise and enthusiasm were truly inspiring, capturing the attention and curiosity of the children.

The Unmukt Summer Camp of 2023 was made truly special by the presence of esteemed guests who brought motivation, inspiration, and valuable interactions to our young learners. One of the notable guests who graced the occasion was **Shri Amar Patnaik**, a highly respected member of the Rajya Sabha.

Shri Amar Patnaik's visit was met with great enthusiasm and anticipation. As he arrived at the camp, there was an air of excitement and curiosity among the children. They eagerly awaited the opportunity to engage with and learn from such a distinguished guest.

During his visit, Shri Amar Patnaik took the time to interact with the young learners, engaging in meaningful conversations and appreciating their remarkable achievements. He listened attentively to their experiences, challenges, and aspirations, showing a genuine interest in their **personal growth and development**.

Have a peek at our workshops!



ENVIRONMENT DAY

World Environment Day, celebrated annually on June 5th, serves as a global platform to raise awareness about environmental issues and promote positive actions for a healthier planet. In a world marked by climate change, biodiversity loss, pollution, and resource depletion, World Environment Day urges us to reflect on our lifestyles and consumption patterns.

We celebrated Environment day, a core value of Unmukth, with various activities!



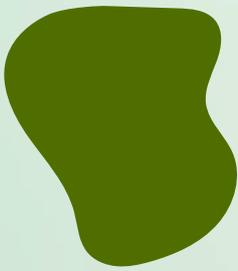
Oxygen makes surviving without it very hard!



Volunteers from SBILife joined us!



Pot Plantations



SEEDBALL MAKING AND MUCH MORE!

Breathing life into our existence, plants provide us with vital oxygen, while plastic suffocates our planet. Let us shift our focus towards nurturing more plants instead of perpetuating plastic.

Embracing the spirit of World Environment Day should be more than a fleeting moment; it should become a daily commitment. At Unmukt, we carefully designed the workshop to effectively convey the practical importance of the environment to both Unmukt children and SBILife volunteers.

Our goal was to make it engaging and enjoyable for participants of all ages. Considering the summer season, we recognized that planting trees may not be feasible at the moment.

To address this, we decided to create seedballs. This time of year is perfect for making them, allowing them to dry, and then dispersing them to create forests during the upcoming monsoon season for reforestation efforts. However, we also felt that World Environment Day would be incomplete without some form of plantation activity. Therefore, we included pot plantations, specifically selecting medicinal plants for this purpose.

In summary, we engaged in seedball making using indigenous seeds for reforestation, along with pot plantations featuring local medicinal plants. This not only contributes to the growth of a green environment but also enables Unmukt to provide homegrown, homemade herbal tea for children and visitors at the center. Our aim was to convey the message that the importance of reforestation and environmental efforts extends beyond a one day formality. It should be a continuous effort that we engage in every day..



Artery Arrives in Lucknow:



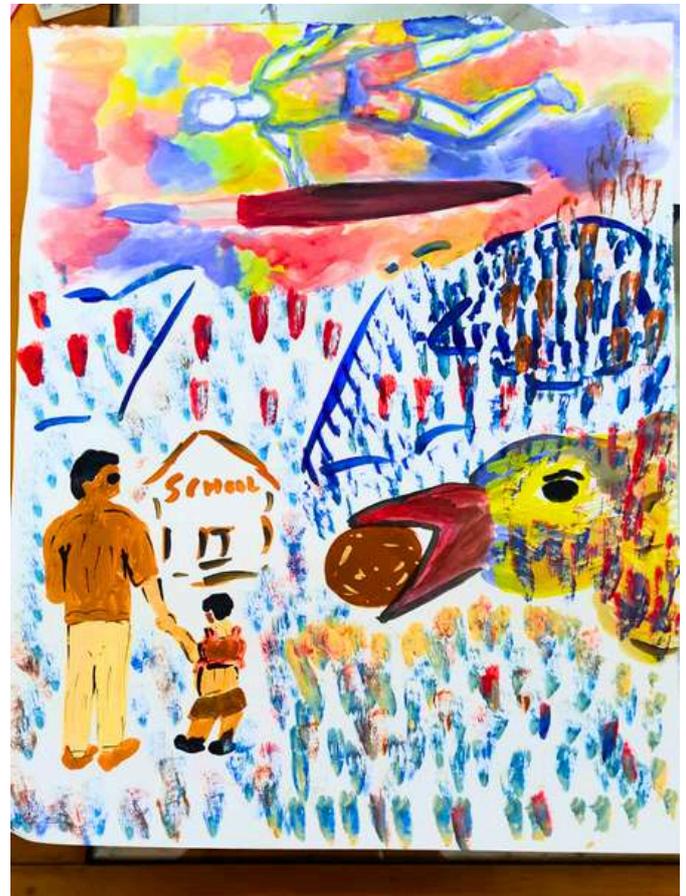
This month, we conducted an Artery workshop with the Yes, Ek Soch Foundation team.

The Concept:

Artery derives its name from "Arteries," the vital blood vessels responsible for delivering oxygen to our cells. It is a fusion of "Art" and "Synergy," encapsulating the essence of our workshops.

Approach Amidst the Chaos:

Artery seamlessly integrates uncomplicated guided meditation and concentration techniques with motivational strategies. By delving into the past, present, and future, participants are guided to unlock their creative potential, decode communication cues, practice empathy, and engage in abstract expression. This process encourages individuals to momentarily step away from past-oriented living, fostering self-discovery and interpersonal connections. Through collaboration, participants weave visual narratives, culminating in a surprising array of outcomes.



Results were so astonishing even for their originators

Children + Coding = CHAOS + LEARNING

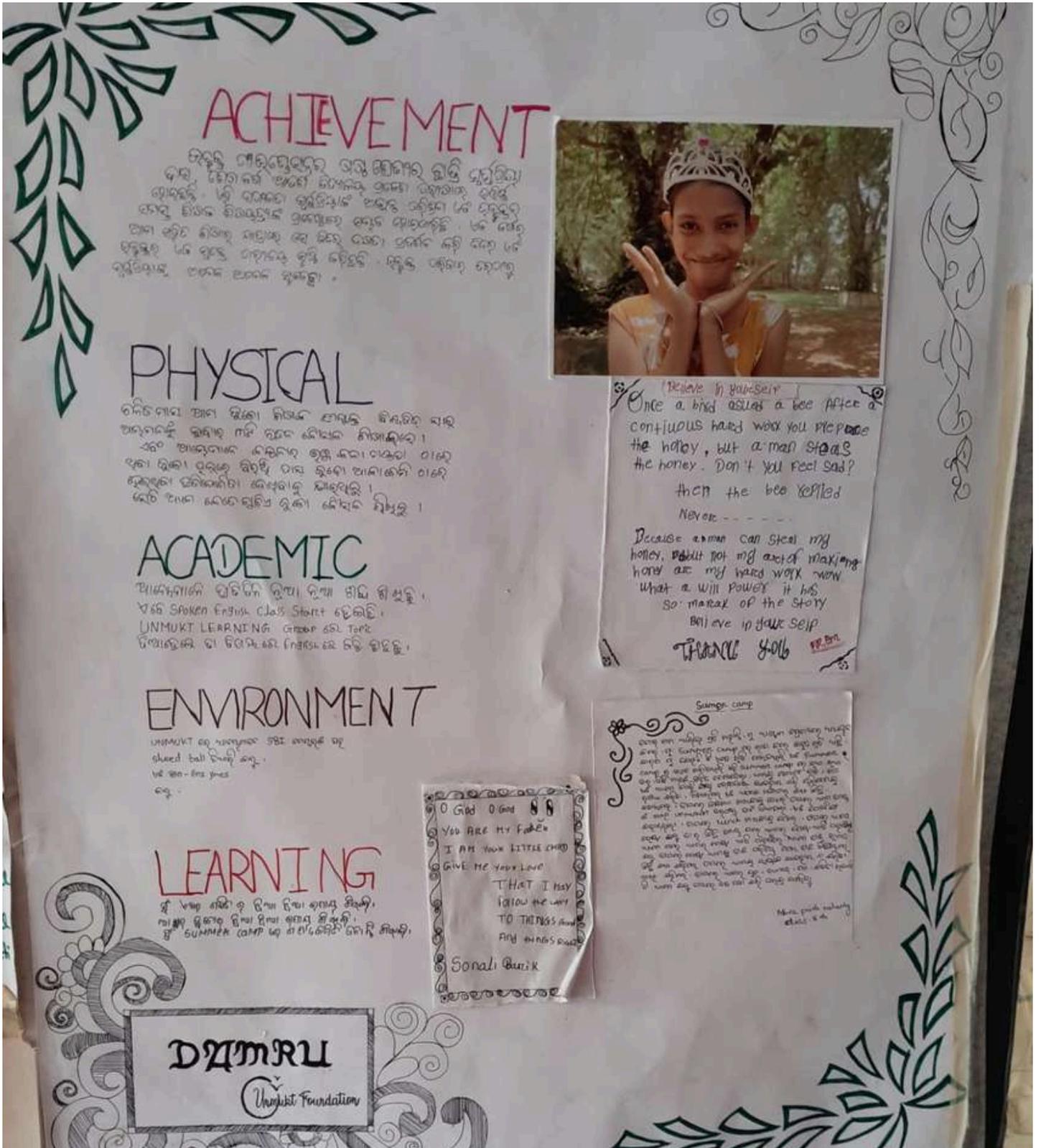
Over the summer, we started Sunday evening Coding Classes for interested children at Unmukt. Registered as a Coder Dojo with the Raspberry Pi Foundation, it's a space where children can come together to engage with coding in a fun and interesting way.

In these sessions, our kids have been developing games, animations, and other projects on Scratch programming language. They're also improving their digital skills, like setting the right passwords, concept of new tabs, and debugging on laptops. Also it surely makes the classes extra special since they are taught by our very talented and kind member of Unmukt, Saurav Sir. Children adore him and working with him makes the hours go by as if they are nothing.

Fun, chaos, and learning reign in these sessions. With that, the children are also improving their problem solving skills. Drop by at Unmukt on Sunday evenings, and you can attend our session too!



DAMRU by Kids



We are not the only ones with a newsletter! Our kids love creating their very own "DAMRU" to celebrate the various activities and learning that they did throughout the month!



UNMUKTH was in news!

**EARTH
DAY
TODAY**

‘Concerted efforts to save planet need of the hour’

As we observe Earth Day Saturday to raise awareness about environmental issues and promote global efforts so as to protect the planet’s natural resources,

Orissa POST’s

Arindam Ganguly speaks to a few environmentalists on the climate crisis and ways to tackle it for a liveable tomorrow

BHUBANESWAR: On the eve of Earth Day several environment activists blamed mindless urbanisation, industrialisation and deforestation for carbon emissions and rising temperatures.

Activist Prafulla Samantara blamed both Union and state government for the climate crisis.

“Neither the Centre nor the states are serious about the climate crisis. Mining are being allowed mindlessly at the cost of green cover. Water bodies like ponds are being levelled and trees



fell just to make way for concrete jungles. Fossil fuels are being exploited to the fullest. Can we expect a greener tomorrow when our present is on fire?” rued Samantara.

Likewise, urban planner Piyush Ranjan Rout expressed concern over large-scale deforestation and said in search of gold, we are losing diamond.

“Our quest for a ‘better tomorrow’ by way of infrastructure development is actually killing us in the long run. Felling of trees for projects like MLA Colony in the state capital is a classic example. Such destructive activities can be blamed for the sweltering heat in Bhubaneswar even in early April,” the green activist pointed out.

Quoting Mahatma Gandhi, environment activist Shweta Agrawal said

Earth provides enough to satisfy every man’s need, but not every man’s greed. It is high time to address the pressing issue of rising temperatures and its impact on the environment, added Agrawal.

“Human activities like carbon emissions and deforestation are primary contributors to rising temperatures. We, especially in Odisha which is prone to natural calamities, can no longer afford to ignore such issues. Hence, it’s the responsibility of governments and individuals to reduce carbon footprints and adopt eco-friendly practices in order to address this global concern,” the founder of Unmukt Foundation pointed out.

Echoing similar concerns, environmentalist Jaya Krushna Panigrahi attributed Earth’s degrading health to exploitation of natural resources faster than ever.

“Enhanced emission of greenhouse gases has brought about global warming and climate change that inflict serious consequences on the living world by way of natural disasters. Even many species are disappearing at a faster rate. Only a concerted effort can help us save the planet,” Panigrahi said.

Our Happiness Board



Satabdee, one of our other new members! So many new faces :) 



 Changeloomers meet up!



 Sai, one of our new members!



 Artery Session in progress!



In the Spotlight: Shakti



Shakti, a second-year engineering student at UPES College in Dehradun, embarked on a two-month internship with Unmukt, which marked his initial exposure to working with an NGO and engaging with our children. Initially characterized as introverted and lacking patience with children, Shakti's ability to adapt to the dynamic environment posed a concern and we wondered how he would manage with our lively children. It was speculated that he might not last more than a week 😊. However, much to our astonishment, not only did he persevere, but he also forged meaningful friendships. He exhibited a quality of being versatile and adaptable to any task, irrespective of its nature. This is a valuable trait, and we observed how it compelled him to venture out of his comfort zone. This very quality earned him the prestigious "on the Spotlight" award for the month. Shakti, your commitment and versatility are truly inspiring. Collaborating with you has been a joy, and Unmukt extends its heartfelt wishes for love, success, and strength in all your endeavors!

"My journey with Unmukt has started, and hopefully, it would be enriching and joyful."



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Unmukt Forever!!

Damru 017 | July - September 2023



Dear reader,

As the calendar pages turned, September ushered in a fresh breeze of excitement. Here we are, with the latest updates from Unmukt Foundation in the September 2023 edition of our newsletter, Damru.

On October 1st, Unmukt Foundation turned 6! As we celebrated our birthday, we also reflected on six years of unwavering dedication, where we have worked to provide children with access to both formal and non-formal education and foster environmental awareness.

Our flagship model, PEACE (Physical, Emotional, Academic and Creative Development and Environmental Action), continues to thrive. Imagine judo classes for physical fitness, emotion workshops nurturing emotional intelligence, English classes amplifying language skills and art classes sparking creativity. But wait, there is more!

In the spirit of growth, we unveiled our new Unmukt Learning Centre at Laxmisagar. Overall, September was a month full of energy. Thank you for being a part of this journey and helping us drive a positive change.

Warm regards,

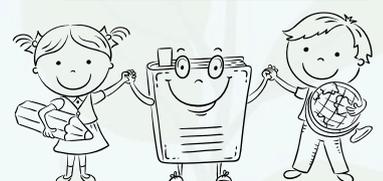
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Join the mission



Unmukt Foundation turns 6: Another year of progress

On **October 1st, Unmukt Foundation turned 6!** Since our inception in 2017, we have been on an incredible journey marked by growth and transformation. Our journey commenced with **2 core principles:** offering children access to holistic education and nurturing environmental awareness.



Six Years Strong

Throughout these six years, the Unmukt family has not only expanded in numbers but has also grown stronger in our commitment to driving change. The Unmukt Creativity Centre in Khandagiri has been our nurturing hub, where children are encouraged to choose, create and excel. Through programs like 'Prakriti Ki Paathshala,' storytelling sessions, self-defense workshops and more, we have touched the lives of over 250 children.

As we look back on these six incredible years, we are reminded of our enduring commitment to empowering children and communities by improving the quality of children's education, addressing gaps in mainstream learning, and championing environmental awareness and sensitivity. All of this is in pursuit of holistic education, aiming to provide a brighter future for all.

So, here's to six years of Unmukt Foundation and the promise of an even brighter future ahead!

6 Years and thriving: Our remarkable journey

2017: Day 1 at Unmukt Foundation



In **2017**, our journey began with a dream and 20 eager children. Weekends were our canvas for creativity. We started small, but our passion was boundless. Over the years, we cultivated an environment where imagination knew no bounds.

Fast forward to **2018**, and our program burst into full bloom, now a vibrant six-day-a-week initiative. Holistic education was our mantra, infused with love, fun, and endless learning adventures.

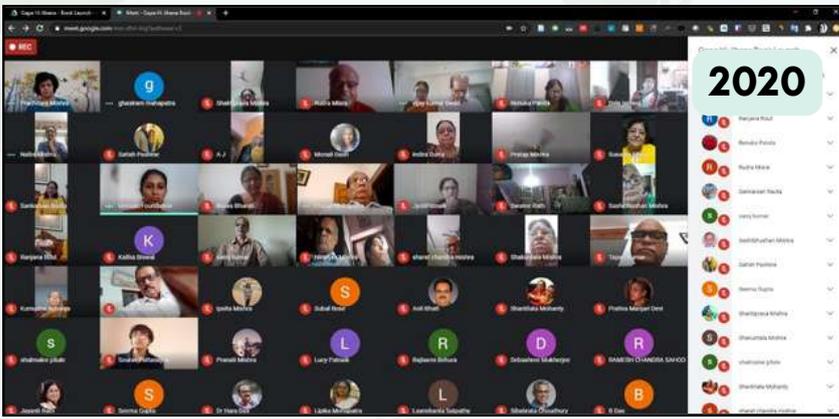


2018

2019



Then came **2019**, and we spread our wings wider. Our focus shifted to environmental conservation, and we worked tirelessly to save trees affected by cyclones and even led impactful climate awareness rallies.



Then, **2020** brought with a twist – the global pandemic. But we weren't ones to shy away from a challenge. Instead, we seized the moment. We thrived in the online world, connecting with children from every corner of India. We even published an anthology of senior citizens' works, and our dream library took flight.



As **2021** continued under the weight of the pandemic, we introduced 'Amaa Kritishaalaa.' This initiative was our way of bridging the learning gaps for children who had limited or no access to digital resources.



Finally, **2022** arrived with a sense of normalcy. It was the year we transformed into a tight-knit Unmukt family, with 250 children and over 100 dedicated volunteers.

In **2023**, we're growing stronger. With new faces and fresh dreams, we are on a mission to build an unstoppable team and reach every kid. Our vision? Secure, comprehensive, holistic learning - that's Unmukt in a nutshell!



Two key models



Empowering & shaping young minds with 2 key models

As we celebrate 6 years of empowering young minds, our commitment to holistic education shines through **two key models!**

Amaa Kritishaalaa (Our Creative Library): Fostering creativity, 21st-century skills, and social-emotional growth in safe learning spaces for children and youths through art and storybooks in schools and communities.

PEACE (Physical, Emotional, Academic, Creative, and Environmental Development): This approach nurtures individuals with a focus on physical fitness, emotional intelligence, academic excellence, creative expression, and environmental awareness.

THE LITTLE LEARNERS





Amaa Kritishaala sparks creativity through mediums of art and language. It is more than just a model — it is a journey that fosters artistic expression and linguistic skills among our students.

Amaa Kritishaala: Cultivating creativity through art, language

We believe in the power of **imagination** and **self-expression**. Through **art**, students learn to **communicate**, **collaborate** and **think** innovatively. By exploring various forms of artistic expression and engaging in linguistic activities,

they not only unlock their creative potential but also develop **21st century and life skills**.

We want each student to express themselves confidently, appreciate, and contribute positively to their communities.



To introduce **oil pastels**, we conducted two classes to help the children understand this medium. During these classes, the children were asked to draw **self-portraits**. Initially, many of them were hesitant to draw self-portraits, as they had never done it before. But by the end of the session, they had gained enough confidence in their artistic abilities and trying to develop their artistic statement.

P



Nurturing tomorrow's leaders through PEACE: Unmukt Foundation's holistic vision

At the heart of our mission lies the **PEACE** framework – a holistic approach to nurturing children. We believe that a child's growth and development transcend the confines of traditional classrooms. It encompasses every facet of their lives.

E



Physical development: Through judo and emphasis on healthy eating habits, we ensure our students are physically fit and active. We also focus on their dietary needs based on their feedback and parental input.

A



Emotional well-being: We create an environment for our students to express their feelings, engage in sharing circles, and have discussions.

Academic excellence: We prioritise English, math, computers, and coding, equipping our students with the skills they need to excel.

C



Creative expression: Through art and dance, we encourage creative expression beyond mere artistic skills.

E



Environmental awareness: Through sustainable practices like reducing plastic usage and composting, we aim to make Unmukt chemical-free by October.



Green tip of the month



MAKE DEEPAWALI CELEBRATION INTO A GREENER AND MORE SUSTAINABLE EXPERIENCE



- **Share happiness:** Instead of spending on lavish decorations, consider **donating to a cause**.
- **Go eco-friendly:** Decorate your home with **eco-friendly materials** like recycled paper, cloth, or natural elements like leaves and flowers; avoid single-use plastic.
- **Cook mindfully:** Prepare food thoughtfully to **minimise wastage**; use jaggery instead of sugar and replace maida with millets.
- **Plant a tree:** Instead of contributing to air pollution, be the outlier! Plant a tree and promote cleaner air.

Use Diyas and Traditional Decorations: Opt for eco-friendly decorations like diyas and rangoli designs made from natural materials. Support local artisans.

Tell us about your Deepawali celebration plans, something that will bring you inner joy. Share your green Deepawali photos for our next newsletter.

IN OUR NEXT NEWSLETTER

As winter approaches, discover an exciting green tip! Learn how to prepare your **terrace** to **grow** a variety of **vegetables**. Our next newsletter will share a few simple yet effective tips to help you embrace sustainability and enjoy **homegrown produce** throughout the winter.

Tip for teachers

ACKNOWLEDGE AND ENCOURAGE THE KNOWLEDGE OF STUDENTS

Sometimes, the **most powerful tool** a teacher can possess is the **belief in their students' existing knowledge**. Children are naturally curious and observant, and they bring valuable insights to the classroom. As educators, teachers' role is not only to impart knowledge but also to recognise and encourage what students already know. Here's how to put this tip into action:

- **Listen actively:** When students share their thoughts, listen attentively. Show them that their ideas are important and valued.
- **Build on their existing knowledge:** Connect new lessons and concepts to what students already know. This helps them see the relevance and builds confidence.
- **Celebrate the insights of students:** When students contribute meaningfully, acknowledge their contributions and celebrate their participation.
- **Encourage peer learning:** Promote peer discussions and group activities that allow students to learn from each other's perspectives.



Padhne ki zaroorat hai teachers ko zyaada!

English boot camp

Unmukt hosted an English boot camp, where we discussed ways to improve English proficiency of our kids. We created lesson plans with the help of our internship fellows, Santoshi and Zeenat. The camp focused on enhancing listening, speaking, reading and writing. Warm-up activities bridged the gap between students and teachers. Under the leadership of Sourav bhai, our Unmukt team successfully completed lesson plans and outlines.

— **Nila Madhab Padhy**



Art training

With the help of Art Sparks, our knowledge partner, we designed an art curriculum and trained ourselves facilitators in art. We used oil pastels for hands-on learning. We even created self-portraits, fostering close observation, appreciation, and, of course, having fun seeing our own faces up close in the mirror. Satabdee, one of our facilitators, initially felt art was intimidating but she overcame her fears, proving that children could do it too. — **Shweta**



Joyful learning

In September, a joyful learning and knowledge-sharing session took place, during which we discussed aligning the learning process with our own experiences for the classroom. The highlight of the training was the "kodi" (shell) game, leading to lots of laughter and enjoyment. —

Satabdee

Parents, food, marks and future



Parents united with the Unmukt team for a **discussion** on the crucial facets of their children's education and overall well-being. Topics ranged from Unmukt updates to promoting English reading, tackling math challenges, and combating social media addiction.

Parents were encouraged to **foster open communication** and create a **supportive home environment**. For kids involved in judo, getting a minimum of 7-8 hours of sleep was emphasised. This was not just a meeting – it was a testament to Unmukt's dedication to its mission, centred on the growth and well-being of children.

In the Spotlight: Sourav Pattanayak



At Unmukt, **Sourav is a force to be reckoned with.** Juggling a full-time job and early morning classes for kids, he brings fresh, interactive teaching to the table. His secret? Making learning fun. But here's the twist: Sourav isn't just an academic wizard – despite all the hard work he puts into English classes, Coderdojo coding sessions and strategy development, **he's renowned for his electrifying dance moves!** He infuses our mission with boundless energy and joy. Cheers to Sourav, our dream weaver and dance dynamo!

“Unmukt is a lifestyle to be lived, to be celebrated. It's like a river that keeps flowing, with more joining in. What a journey it has been!

– Sourav

Sourav is like a 10-year-old kid, always jumping around and playing pranks.

– A student's take on Sourav

From overwhelmed to 'Guru Ma': A heartwarming day in the classroom



I introduced myself and asked the students to do the same. One boy, Sayad Ali, told me, "Guru Ma, my father has passed away." It deeply touched me, as I could relate to the pain he expressed.

I taught them "action words," and they responded well. I was delighted to see their enthusiasm, as they participated in all the activities and diligently copied down everything from the blackboard, after having it checked by me.

One morning, our mentor asked me to lead a class at Sishu Vikash Vidya Mandir school, accompanied by Mamata didi. Initially, I felt a bit overwhelmed, not knowing what to teach. Upon arriving at the school and entering the 1st-standard classroom, the children were surprised to see a new teacher. They affectionately called me "Guru Ma."

It had been a while since I stood in front of a class. A girl came and hugged me. I realised she was one of our Unmukt students, Bidya. A boy, Subham, had lost his pencil, and there were no spares. Mamata didi borrowed one from the next class. Many students had broken pencils. I told them I'd provide new ones, bringing smiles to their faces.



During lunch break, I asked them about food. To my dismay, they said they had "just biscuits." It broke my heart to see that these kids lacked access to proper food and nutrition.

Before leaving, they made me promise to visit again the next day. As I left, with heaviness in my heart, I felt a desire to alleviate their suffering and bring a bit of happiness into their lives.

New Unmukt Learning Centre Alert!



Our **Laxmisagar centre** started on **September 10th**, offering Spoken English lessons to students of classes 5 to 9. Initially, we had 7 children, and an equal number of volunteers of U&I, with Santoshi and Shatabdee leading the way. The launch featured engaging activities and interactions. Subsequent classes on September 17th and 24th saw our numbers grow to about 10 children. These students attend Odia-medium schools and are enthusiastic but face spoken English challenges. We saw improved confidence and language skills in some of them.

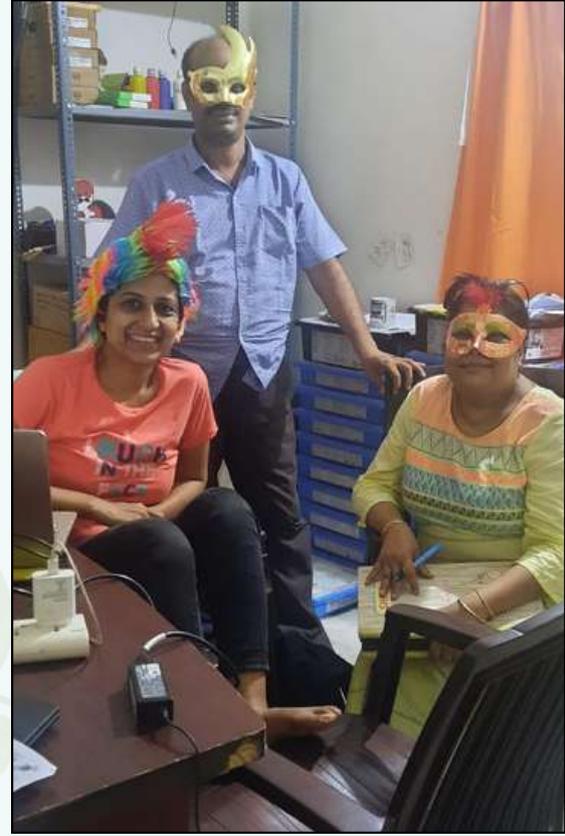
We are optimistic that we will see more children in the weeks ahead. Thanks to Sudhanwa ji for providing the space free of cost to run this centre. **Join us for just 3 hours a week to make a positive impact on these young minds and design this space in fun way with our architect.**



Happiness is...



Kids donning lungis & delivering a Ranveer-astic performance at a community event.



Creating artwork on our t-shirts and then donning them.



Incredible collages crafted by class 3 students.



At our ultra-formal gatherings, we take pride in incorporating state-of-the-art super gadgets, where innovation technology.



Unmukt Payal, a talented 12-year-old, has created a captivating painting of Lord Ganpati, showcasing a blend of youth, creativity, and dedication.



Presenting Unmukt's Eco Maharaja, crafted by yours truly!

Become Unmukt

Teach a child | Volunteer with us on weekend

Want to collaborate on the next edition of Damru? Click here!

We've initiated a new practice of daily English exercises using prompts and audio messages on WhatsApp. The children have shown enthusiastic involvement, frequently reminding us to share the daily topic on time. In response to one of the prompts "What are your favourite festivals?" we got a variety of responses like Holi, Diwali, Christmas, etc. **Then one of our children added - "Unmukt's birthday!"** And we were so touched!

Small Actions X Collective efforts = BIG CHANGE



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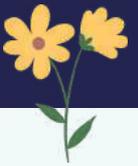
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Team Damru: Aveek, Debasis, and Shweta



Towards the PEACE

Damru 018 | October 2023



Dear reader,

October has passed, and we are excited to present the latest chapter of Unmukt Foundation's journey in this edition of Damru.

In a show of unity, **our children made their mark at 'The Spirit of Wipro Run,'** further reinforcing our commitment to creating a positive impact.

Amid the festive embrace of Durga Puja, our **kids experienced a different kind of magic on a football pitch.** They discovered the nuances of the beautiful game, adding new dimensions to their passions.

October drew to a close with a **special event at the iconic Kalinga Stadium,** where our children explored its sporting facilities and engaged in friendly competitions, fostering sportsmanship and camaraderie.

As we reflect on our October journey, your support fills our hearts with joy. With **Diwali just around the corner,** we invite you to be a beacon of hope in the lives of our children. **Your donations can make Diwali special,** bringing smiles and cheer into their lives. Contact us at **+91 93487 31510** to be part of this happiness.

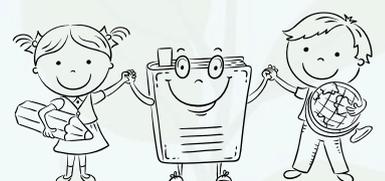
Warm regards,
Team Unmukt

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Unmukt Kids Shine In 'The Spirit Of Wipro Run'



Binoy Mishra, senior manager at Wipro, praised the act, emphasising that a better message could not have been delivered. **"Very well done!"** he exclaimed,

In a display of unity, purpose and shared values, **Unmukt Foundation** took part in the **17th edition of 'The Spirit of Wipro Run'** on October 8 at Wipro campus, Bhubaneswar. Conceived by Azim Premji, the run is a gathering of Wipro employees, their families, and NGO partners to embrace the 'Spirit of Wipro.'

- **Unmukt kids brought boundless energy and inspiration**, keeping everyone motivated.
- The kids' **performances were met with applause and appreciation.**
- The **Wipro team's hospitality, cooperation and management skills fostered a sense of community**, collaboration and growth for all participants.



A Day Of Exploration At Kalinga Stadium!

On October 28, a sports exposure day was held at Kalinga Stadium for our kids

A group of 20 children, along with 6 Unmukt team members, went to explore the Kalinga Stadium's sports facilities. The kids got the opportunity to try various sports like **hockey, gymnastics, swimming, and judo,** meeting coaches, scientists, and researchers along the way.

The day featured **friendly competitions,** an injury prevention session by group of experts, and a celebration of **World Judo Day.** The day ended with a heartwarming exchange of medals and gifts. We are grateful to the **Department of Sports & Youth Service** for making this experience possible.



- **Touching a javelin for the first time gave me goosebumps.** I aspire to represent India, like Neeraj Chopra & Kishore Jena. — **Subham (14)**
- I have **never seen such a huge swimming pool in my life!** All I could think of was plunging in and surrendering to the aquatic adventures. — **Vidyamayee (7)**
- **The hockey stadium is colossal!** I am totally fired up and resolute to sweat hard and play in that arena some day. — **Chandani (11)**
- As we all stood there in the stadium, wondering how to race, **the world of relay races and teamwork unfolded seamlessly before us.** — **Sonali (13)**

Click [here](#) to watch & cherish some moments from the remarkable day

Bend It Like Unmukt: 5 Days Of Football Fun For Kids

In a world where football legends like Lionel Messi and Cristiano Ronaldo grace the global stage, a different kind of **magic unfolded on a Bhubaneswar pitch!** When schools shut for Durga Puja from October 23 to 27, kids were left with a void. But **Unmukt had a solution! We immersed the kids in the beautiful game of football!**

- **On October 23rd, the football session kicked off**, and the scene was nothing short of a spectacle.
- Over the next five days, the **kids went through warm-ups and learned the basics of the game** – passing, stopping and kicking the ball.
- They even **adopted footballing jargon** – **defenders, midfielders, forwards** – like second nature.
- On October 25th, two new faces, Rajat and Aayu, took the field, embracing the role of **mentors**.
- Now, the **holidays are over, but the kids don't want to stop**.
- Just like David Beckham's legendary ability to bend a free-kick, **these young stars are poised to curve the trajectory of their footballing dreams**. The story is far from over!





Kids Dive Into Mahatma Gandhi's Legacy At Peace Centre

On October 2nd, **Unmukt Learning Centre kids** visited the **Gandhi Peace Centre**. There, they explored Mahatma Gandhi's life journey, including his **principles of ahimsa**, his **South African train experience**, and the **Salt Satyagraha**.

As one of our class 8 children said, "I learned more in this one hour than I had learned in the whole year in history."

Truly, for both us and the kids, this trip was like living the pages of a history book.



An Artistic Journey Like No Other

Our **Kritishaalaa journey** began with a blank canvas. Then we made a bold decision: To capture our kids' transformation journey through artwork! As each child poured their emotions, the canvas became a masterpiece. The painting was an emotional rollercoaster! It had anger, tranquility, smiles, confidence, and embodied the values of **Choose, Co-create, Co-excel, Co-exist**.

Green Tip Of The Month: Make Your Own Veggie Oasis

Ever dreamt of harvesting your own fresh, green veggies but never quite took the plunge? Here's a simple, earthy answer to your problem!

- **Begin with just one pot** and select your favourite green leafy delight, be it spinach, 'laal saag,' or mint.
- Find a **cozy, sun-kissed corner in your outdoor space**.
- Now, all you need is **good soil and compost** to give your plant a home.
- And, you're on your way to enjoying **fresh, chemical-free greens, plucked right from your very own mini-garden**.
- It's a small step for the plant, but a giant leap for your **garden-to-table adventures!**



Veggies we grew at Unmukt

Tip For Teachers: Embrace Diverse Learning Styles



- **Recognising learning approaches:** Kids have different ways of learning, be it kinesthetic, visual, or auditory. Difficulties don't lie with the child.
- **Adapting teaching methods:** As educators, we need to tailor our teaching to each child's learning style.
- **Trusting the child's potential:** Having faith in a child's abilities and providing support is key to their growth.
- **Finding the right path:** A child's learning struggles isn't an inability but rather the need to discover the best-suited path for their growth.



Diving into the world of Coding and Computer every Sunday, fostering a culture of continuous learning.



COLLABORATIVELY creating our first piece of contemporary tribal art, uniting our diverse talents to create something truly remarkable!!!



Happiness is...



Engaging in comprehensive sessions that equip us with 21st-century skill training, offering a rich opportunity to expand our practical knowledge, and...

...sharing it with children, ensuring a meaningful legacy of continuous learning and growth that spans generations!



[To explore happiness-filled testimonials of Unmukt family, click here](#)

Become Unmukt

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In the classroom of life, children often become our teachers. One sunny day, as one of our facilitators was super busy, a couple of our kids zoomed over and handed her a guava. "Di, try this; it's perfectly ripe," said Prem, one of the kids. She hesitated for a moment and said, "But you only have one." With a twinkle in his eye, Prem used superhero powers of persuasion to convince her to share it equally. "50-50," he exclaimed.

What a tiny act of heroism! Our Unmukt kids, with their super-duper kindness, teach us grown-ups big lessons. **These mini superheroes show us how awesome kids are** and remind us that we can learn so much from their big-hearted ways!

Small Actions X Collective efforts = BIG CHANGE



Congratulations for winning various accolades in Cluster Level Competition

Truptimayee Pratihari
Priyadarshini
Subham Das
Subhankar
Tanusree Das
Alibha
Tulasee Mahana

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Team Damru: Aveek and Shweta



Damru 019 | November 2023

Dear reader,

As Diwali cast its glow, we are excited to share our **November edition of Damru**. Our **Diwali festivities** united 80-90 kids, volunteers and members, all clad in ethnic attire. Against this backdrop, **a unique culinary journey unfolded**, adding a diverse flavour to our celebration.

Our **Parliament sessions** became a forum of discussions, blending laughter and learning experiences. A **bioenzyme session** revealed the potential within vegetable and fruit peels. The spirit of green living thrived with the initiation of **terrace farming at Laxmisagar**. In this edition, we also reflect on the **cricket World Cup and India's journey**.

As we pen these words, our hearts flow with gratitude for the support you have extended. With **Christmas and New Year** on the horizon, we invite you to be the ray of hope for our children through your donations. For those eager to spread joy, please **contact us at +91 93487 31510**. Together, let's create moments of happiness and joy for our Unmukt family.

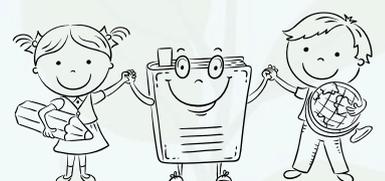
Warm regards,
Team Unmukt



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Diwali At Unmukt: A GREEN And Simple Celebration

On Diwali, we embarked on a **culinary journey** guided by Chef Michael, **creating not just flavours but also memories** through the art of making **ragi laddus**. These moments of togetherness defined the essence of our celebrations.



Our celebrations continued at a nearby park, where a **3-metre tribal-inspired artwork** unfolded. Age knew no bounds as **laughter, dancing, antakshari** filled the air, creating an unbelievable energy, **spanning ages 6 to 60**. The highlight of the celebrations was **our kids lighting hand-painted diyas**, bathing the gathering in a warm glow.



Heartfelt testimonials resonated with the magic of our Diwali celebrations! While **Swaraj** declared it was the “best Diwali” of his life, **Payal** relished five “yummy” ragi laddus. **Michael**, our culinary guide, **expressed gratitude** for the experience. At Unmukt, festivals mean **simplicity**, a commitment to **green living** and **making healthy choices**.



Parliament: A Peek Into Unmukt's Weekly Discourse



In our Parliament sessions, **kids take the helm.** These gatherings delve into the week's events, **fostering dialogue** on both **successes** and **areas for improvement.** **Mistakes,** be it a teacher's tardiness or a slip of words, lead to **unique punishments.**

For our kids, **3 warnings** lead to a consequence such as a **brief break from Unmukt.**

It's reserved for actions like **disrupting classes.** The Parliament isn't just a reflection on the week.

It's a space where **every kids' voice matters,** and **growth is celebrated.**

Glory To Heartbreak: India's Cricket World Cup Journey

India's journey was a masterclass in dominance. With a 100% record in the league phases, India avoided any missteps...till the finals.

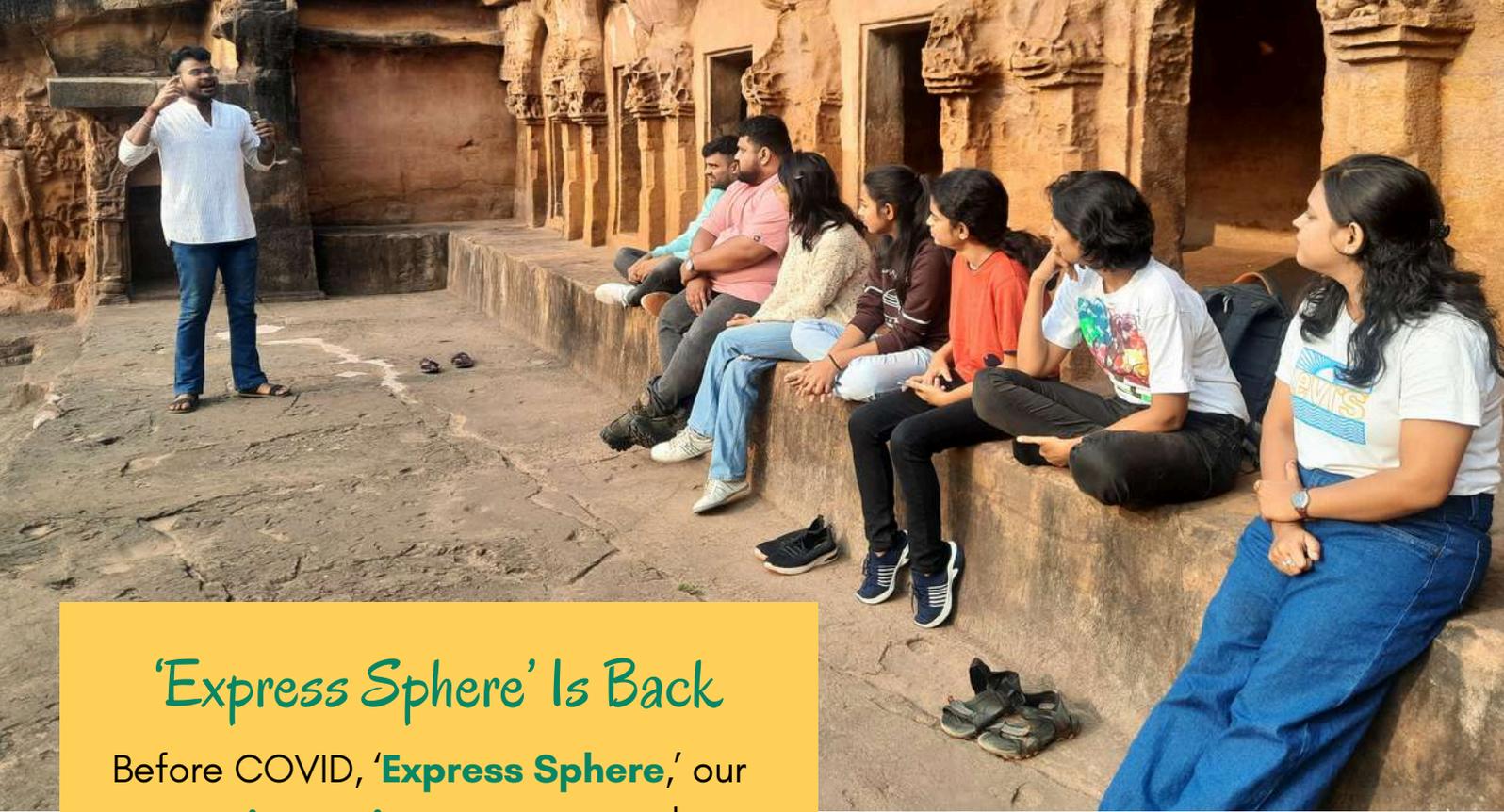
This prompted a surge in cricket expertise among us. While some were empathetic, others were ruthless in their critique.



At Unmukt, we may not be cricket experts, but let's take a moment to **reflect on how we subject our kids to similar pressures.** We should encourage dedication instead of fixating on results.

"Excellence is an attitude," as the wise said. Let's **apply this wisdom to kids** and encourage their efforts. **It's time to take a step back and appreciate the journey!**





'Express Sphere' Is Back

Before COVID, '**Express Sphere**,' our **open mic sessions**, were a regular affair. After a pause during the pandemic, they resumed in November, when at 7 am, we gathered at Udaygiri for an invigorating session. As we **reintroduced Express Sphere**, we **challenged stereotypes about youth**. Despite **society painting them as carefree and nocturnal**, we saw potential. The monthly **Express Sphere is here to stay** and it will provide a safe space to express. One of our participants, Sweta Tandi, beautifully expressed, "My 'aha' moment was when I realised that **our open mic has transformed into a close-knit community** where we lose ourselves in each other's stories." If you too want to be one of those to take charge and seek a safe space, **contact us at +91 93482 62284**.



The 'First Position'

Unmukt opens doors to **education, dance and games**. Our kids are studious, and their **smiling faces post-exams bring immense joy**. One day, Subham, Anshu and Aliva excitedly shared that they **secured the first position** in school, all thanks to Unmukt! That was the happiest moment for me. — **Nila Madhab, Unmukt facilitator**

Bioenzymes: How Unmukt Goes 100% Chemical Free

In **pursuit of a sustainable environment**, Unmukt embarked on a transformative session led by Navneet, focusing on the **wonders of bioenzymes**. This marks a significant stride toward **making Unmukt 100% free from chemicals**.



During the session, **bioenzymes were made using vegetable peels**. It wasn't just about **creating a cleaner alternative** – it was about **instilling a sense of responsibility towards our surroundings**.

The Sustainable Rooftop: Terrace Farming At Laxmisagar

This Diwali, Unmukt ventured into terrace farming at Laxmisagar. The initiative kicked off with the **introduction of 10 pots**, each meant to **nurture a variety of vegetables and fruit-bearing plants**. The pots, now vibrant with life, stand as symbols of our **commitment to sustainable living**.



Green Tip Of The Month: Eco-Friendly Gift Wrap

'Tis the season to **transform gift wrapping into an eco-adventure!** Channel your creativity into embracing **zero-waste gift wrapping**. Did you know, **every year, we, humans, contribute to a staggering 4 million tons of plastic gifting wrappers?** Now, it's time to break free from this vicious cycle!



Say **goodbye to traditional wrapping paper** and step into a world of eco-friendly possibilities. Use **old newspapers, scarves, magazines,** or even repurpose **old clothes** to make your gift wrapping extra special.

As you **weave eco-conscious choices** into your holiday traditions, consider the bonus tip — **GIFT A PLANT!** Let your presents not only warm hearts but also **contribute to a greener, more sustainable future.** ♡

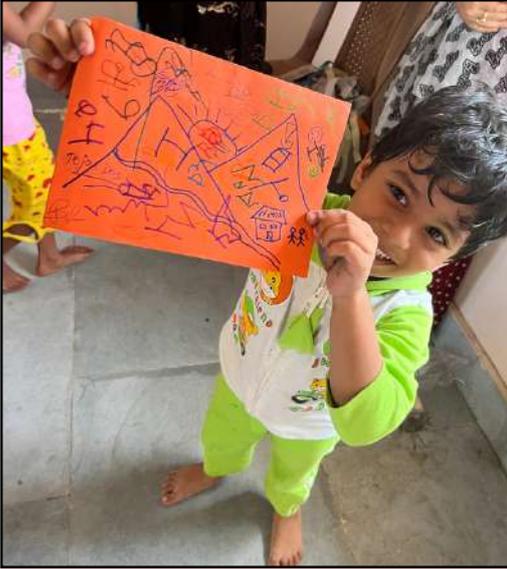
Tip For Teachers: Why You Shouldn't Yell At Kids

- **Teaching is tough, but yelling doesn't cut it.** If you are a teacher, you need to **put yourself in your students' shoes**: would you appreciate being yelled at?
- **Every action** you take in the classroom, **molds the learning journey of children.**
- **Foster a positive connection;** because it's not just about kids' academic growth but their **overall well-being.**



- Yelling isn't the solution. **Cultivate patience, compassion and effective communication.** Instead of anger, talk to students, and **address concerns with empathy.**

Happiness is...



Creating Children's Day greetings together, turning imagination into reality!



Celebrating birthdays in Unmukt and welcoming a new member to our ever-growing joy squad!



Getting ready for some power-packed fun by not just mastering judo moves, but also embracing the strength, discipline and confidence it brings to our daily adventures!

Breaking gender biases and saying goodbye to stereotypes with jhothi (rangoli), posing and whipping up delicious creations in the kitchen!



Become Unmukt

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*"Teenage dreams set the sky ablaze, Friendship bonds, a lifelong phase.
In shared whispers and laughter's streams, Big dreams flourish in teenage schemes."*

At Unmukt, **we go beyond creating memories** — we **help our kids turn their dreams into reality!** A few years ago, some of our girls joined Unmukt as bright-eyed youngsters, and today, their **dreams are reaching new heights.** Be it aspiring to **soar the skies as pilots, aiming for the top at judo** championships breaking the cultural stigma, or envisioning themselves as **future trustees of Unmukt,** their ambitions know no bounds. The future may be uncertain, but **our unbreakable bond persists,** and their **dreams continue to flourish,** fueled by your support and cheers!

Small Actions X Collective efforts = BIG CHANGE



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Team Damru: Aveek and Shweta



UNMUKT'S PRIDE: Our kid Truptimayee excels, securing Best Volunteer & All-Rounder awards at her school. We are grateful for the principal's invitation.

Damru | December 2024

NEWSLETTER • ISSUE 20

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Be a beacon of hope for our kids.

Contact us at

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to contribute to their joy!



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Dear Reader,

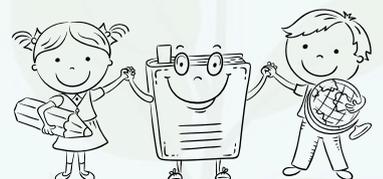
As December made way for January, we embraced the dawn of a hopeful new year. Before closing the chapter on 2023, here are snapshots of December's highlights. The triumph of our **commitment to education** echoed resoundingly at our **Laxmisagar centre**, now a sanctuary for **45 bright minds**. In the creative haven of **Kritishaala**, young imaginations took flight. A standout moment emerged with a drawing of a **'joy broom!'**

Christmas, for us, wasn't just a celebration—it was an opportunity to give back. Young artists crafted greeting cards, eco-friendly decorations and a **'Book Tree.'** A **dental camp** unraveled intriguing insights.

We thank you for your support in this journey. Your contributions fuel our **education-centric initiatives**, empowering young minds to reach for the stars!

**Warm regards,
Team Unmukt**

Join the mission



Education's Ripple Effect: Unleashing Positive Change



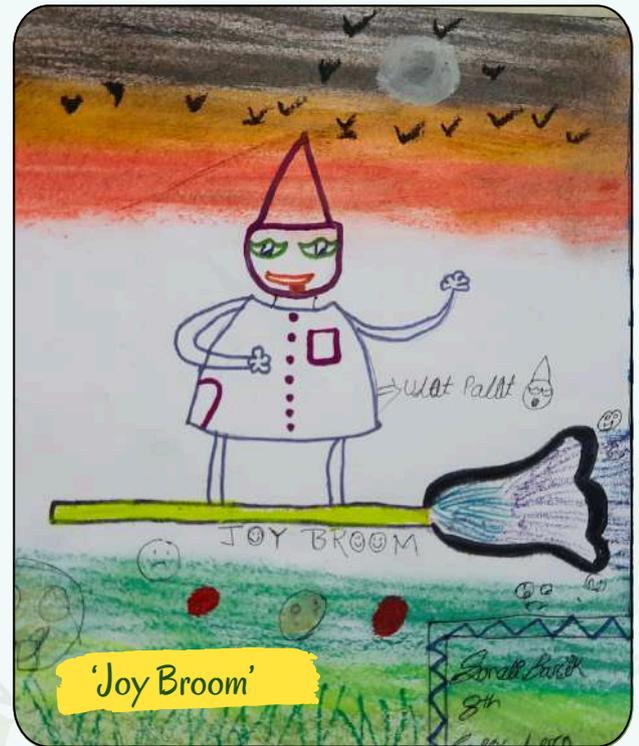
A DYNAMIC SPIN ON LEARNING WITH CENTRIFUGAL FORCE

At Unmukt, our **commitment to education** goes beyond conventional boundaries. While our mainstays include **language, development and mathematics**, December marked a shift, as we explored uncharted waters by introducing a few **science projects**. Our star? **Centrifugal force** — a concept often encountered but rarely understood!

The **centrifugal force project** not only provided a **hands-on learning experience** but also **sparked interest** and enthusiasm for the **wonders of science**.

The project was a gateway for students to **connect theoretical knowledge** with **real-world phenomena**, nurturing a deeper understanding of scientific principles.

Our December journey further underscored our **commitment to holistic education** by expanding into science projects, cultivating a **love for learning beyond textbooks**.



AAMA KRITISHAALA: UNEARTHING YOUNG MINDS' SUPERPOWERS

Aama Kritishaala encouraged kids to **explore their happiest memories and imaginations** through drawings! Around 200 of our young minds explored which "superpower they'd choose and why."

Amid the sea of creativity, one response — **a child, Sonali's, vision of a 'Joy Broom'** — stood out! Here, the child depicted themselves **sitting atop a magical broomstick**, joyously **spreading happiness** to everyone along the way. This showed the **boundless potential** residing within the minds of these kids.



Memorable December: When Festivities Deepened Bonds

December was filled with **joyous celebrations** and a chance to reflect on the **accomplishments of the past nine months**. With just three months remaining until the culmination of the academic year in March, our journey has been marked by **growth, learning and creativity**. Across our centers, we encouraged diverse approaches to **crafting eco-friendly & reusable Christmas trees**. This instilled **environmental responsibility** and **sparked creativity** among our kids.



As we **enter the final stretch of the academic year**, which ends in March, the memories of the month of December linger in our minds – filled with **sustainable celebrations, creative learning** and the towering **'Book Tree'** (see next page) a symbol of the **joyous fusion of education and fun!**

Unmukt's Yuletide Gazette: A Christmas Bursting With News



GIFT THAT CARRIES MEANING: On Christmas, we gifted our children something meaningful! It was a bag containing their own Unmukt drawing kit. These **personalised bags** not only serve as a convenient means for kids to carry their drawing kits but also double as an **accessory** to keep their belongings safe.

BEYOND BRUSHING: At the Munda Sahi Centre, **Christmas Day took on a different meaning** as a **dental camp unfolded**. Heading the camp was **Dr. Suprava Mandal**, a member of Unmukt. She **provided prescriptions** for the existing issues and **scheduled follow-up meetings** with parents.



KIDS GO ECO-FRIENDLY WITH FESTIVE CARDS & DECORATIONS: Unmukt kids **showcased their creativity** and **eco-conscious spirit** by making environmentally friendly Christmas and New Year's cards, along with sustainable decorations. Their **handmade cards** and decorations spread not only joy but also a **message of environmental responsibility**.

BOOK TREE SPARKS CREATIVITY: Our Christmas celebration was unique as our kids crafted **personalised greeting cards** and eco-friendly decorations. The highlight, however, was the creation of a Book Tree—a Christmas tree made entirely of books. **It took them 5-6 hours to make the tree**, which was the festive centerpiece!





Ummukt Hoon Main: Chart Your Own Course, Script Your Own Story

Gone are the days when success was limited to traditional careers like doctors and engineers. Today, many trailblazers succeed in unconventional fields, inspiring and motivating our children. Recognizing this shift, we created 'Ummukt Hoon Main,' a platform showcasing individuals who chose unique paths. Our first session at Ummukt Learning Centre in Khandagiri featured Swastik Choudhury, an Odia actor and producer. He discussed his experience of corporate and cinema. Read his insights [here](#).



From 10 to 45: Surge In Students At Our Laxmisagar Centre

Over the past year, our Laxmisagar centre has tirelessly worked to connect with schools, encouraging them to send kids to Ummukt. While the centre had 10-12 students in October, **December brought about a surge to 45 students.** This shows the community's **growing trust in Ummukt.** The center stands as a **hub of learning,** shaping a brighter future for kids.



Tip For Teachers: Adopt 'Teaching at Summerhill' Approach

'ALL CRIMES, ALL HATREDS, ALL WARS CAN BE REDUCED TO UNHAPPINESS' — A.S. NEILL

A.S. Neill, the British educator & founder of Summerhill School, stressed that **negative behaviour & conflicts** stem from a **basic sense of unhappiness**. When people **lack fulfillment or love**, their actions reflect **inner turmoil**. This underscores **the need to address emotional well-being** as a **preventive measure** against broader social issues.



THE PRIORITY

As educators, we need to **prioritise emotional well-being over academic success**. Fostering **belonging, understanding & joy** in classrooms contributes to a harmonious society.

THE VISION

It reminds us of our **powerful role** in shaping not just educated individuals, but also **well-rounded happy beings** less likely to contribute to negativity and conflict.

THE FUTURE

Let's continue **supporting students** beyond traditional education, recognising that the **happiness** we nurture today can be the key to a more **peaceful world** tomorrow.

Green Tip Of The Month

Want to start 2024 on a green note? Here are a couple of tips!



Recycling Extravaganza: Set up bins to collect paper or plastic waste. Every time you recycle, give yourself eco-friendly points. It's like a game, but our planet Earth wins big time!

Power Down Challenge: Unplug and save energy! When you are not using your gadgets, turn them off. Why not make a 'Power Down Hour' every week. Chargers off, and gadgets too. It's not just about saving energy—it's about being superheroes for the planet. Are you up for the challenge?

Happiness is...



Embracing the recognition that comes with being honoured for our noteworthy contributions at **Munda Sahi!**



Unmukt's **Payal** presenting Padma Shri **Ileana Citaristi** with a **hand-drawn sketch** of herself.



The delight of hearing names of **Unmukt kids** at their school annual day event. While **Truptimayee** earned best volunteer & all-rounder awards, **Chandani** won for sports



Knowing that **Hand + Art = Heart**, as young artists infuse their creations with emotion.



Bidding **farewell** to **Tapas bhaiya** our Judo facilitator, as he gears up for the National Championship, turning a **bittersweet moment into joy.**

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Want to collaborate on the next edition of Damru? Click here!

In our journey, we've discovered the **benefits of celebrating festivals** as a united community. Through **shared moments** of crafting, creating and solving challenges together, we end up **spending quality time**, which **deepens our bonds**.

And as we invest time, **share laughter and joy**, we also find ourselves **gathered around the table or on the floor, sharing meals** and nurturing a sense of unity!

Adding to the **magic** is our '**Unmukt Express Sphere**,' an open mic session held in the serene Udaygiri hills, under the expansive canvas of the sky. Here, **emotions unfold**, creating a range of **shared expressions** that touch our hearts!

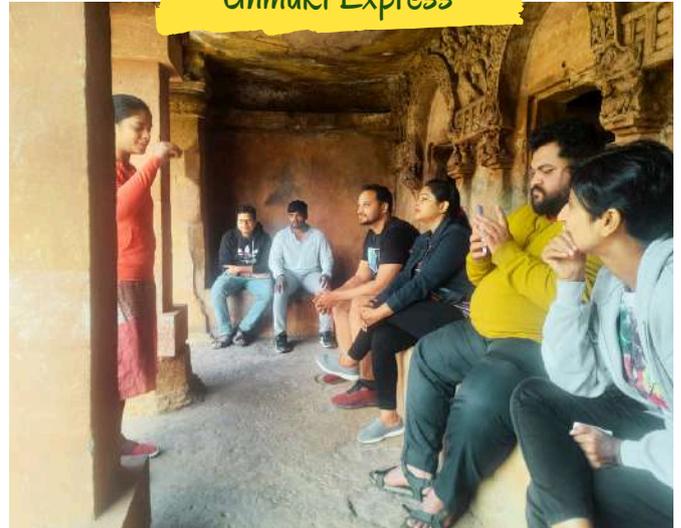
These simple acts impart lessons in the importance of sharing and **strengthens the bonds** that make our Unmukt family truly special. **Here's to the magic of celebration and the power of unity!**

Small Actions X Collective efforts = BIG CHANGE

Hard work and bonding



Unmukt Express



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Team Damru: Aveek and Shweta



After our creative Christmas celebration featuring a stunning book Christmas tree, we're now gearing up for an exciting library revamp.

Damru | January 2024

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Be a beacon of hope for our kids. Contact us at **+9193487 31510** to contribute to their joy!

Dear Reader,

Wrapping up the first month of 2024, we're excited to present the January updates of Unmukt in this edition of Damru. In the spirit of reflection and growth, our review session, Chitrugupt Ki Diary, set the tone for an invigorating start. Breaking away from our usual indoor meetings, the Unmukt team embarked on an outing to Sambhav Farm in Nayagarh, Odisha. Exciting developments unfolded at our Laxmisagar centre, where the garden began yielding greens.

We also held a special screening of '12th Fail,' a movie that got enthusiastic feedback from our kids. Stepping into 2024, we conducted a board review, welcoming new office bearers.

Your support remains integral to Unmukt Foundation's journey. Thank you once again for being a vital part of our mission.

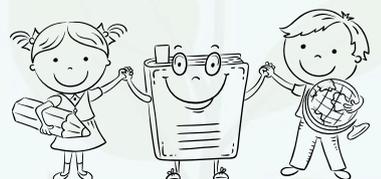
Warm regards,
Team Unmukt



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Chitragupt Ki Diary: A Time For Reflection & Introspection

At Unmukt Foundation, January was a special journey documented in our unique 'Chitragupt Ki Diary,' where our members conducted a thorough review of the goals set in 2023 and created a roadmap for this year. Members participated in the process, examining individual goals and crafting aspirations.



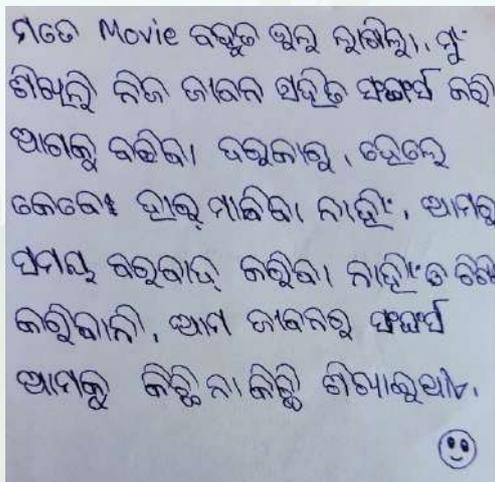
These narratives will now serve as a guiding light, outlining our path for the exciting journey ahead. This sets the tone for the rest of 2024, promising a future where we grow and evolve.

Cinematic Inspiration: When '12th Fail' Struck A Chord With Kids



We hosted a special screening of '12th Fail,' and the impact was very inspiring!

The movie '12th Fail' resonated deeply with our kids, sparking **conversations** and leaving a mark on their young minds and hearts.



Unmukt Tulasee reflects on how '12th Fail' shows the power of never giving up, even during tough times.

We decided to screen '12th Fail' due to its powerful narrative & valuable life lessons. As the credits rolled, positive feedback from our kids echoed through the centre.



Unmukt's Laxmisagar Centre: Nurturing Minds And Gardens

At our Laxmisagar centre, in our weekly English sessions, we are making language learning fun and accessible for kids! Through interactive activities, games and engaging lessons, we are helping kids develop their English skills. Amid the educational endeavours, our garden has undergone a change.

Once a modest space housing only 10 pots, it has now flourished into an impressive array of 30 pots, teeming with various fruits and vegetables. The recent addition of mulberries adds a sweet touch to our garden and reflects our commitment to diversifying the bounty of nature within our centre.

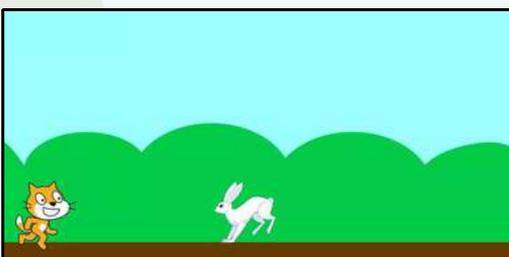


Coding Kids Showcase Creativity

In January, our Sunday Coding kids set quarterly targets for themselves, aiming to create a minimum of 5 projects on Scratch.

Meanwhile, gaming enthusiasts are pushing the boundaries, determined to develop more engaging games. Payal, for instance, showcased a captivating game where a cat collects points, jumps, and avoids an approaching rabbit.

What's the project's name? "Focus Game," says Payal, "Because it demands the player's full attention to jump at the right time and dodge the rabbit." Intriguing perspective, right?



Meeting Parents: Bridging Gaps In Kids' Education, Health

On January 10, a meeting was held to discuss children's education and health, stressing parental involvement and seeking feedback from 13 parents. Discussions included promoting reading, tackling math challenges, improving diets, managing social media and ensuring class attendance. We also received positive feedback from parents on our facilitators! Concerns were also raised on math struggles and dietary habits.



This led to a decision to prioritising math education and maintaining open communication channels for parents.

Unmukt Rings In 2024 With New Board And Fresh Vision

Unmukt Foundation embraced a change by conducting a review of the old board and ushering in a new one. The process included **selection of new office bearers**, with the **President, Vice-President** and **Librarian** roles changing. This reshuffling wasn't merely symbolic; it came with a commitment to **define clear responsibilities** for each team member. The **first task** was directed towards **enhancing the library** and **storytelling** initiatives. Previously managed by older team members, the responsibility now rests in the hands of the younger generation.



Our new Governing Board. (Below) Our Library Minister, Rinky, hosts a weekly storytelling session for our kids. This shift empowers the younger generation and infuses fresh energy into the functioning of Unmukt Foundation.





In a **departure from our usual indoor routines**, the entire Unmukt Foundation team embarked on a **journey to Sambhav Farm in Nayagarh, Odisha**. This outdoor escapade was a **refreshing twist** to our usual activities.

An Outdoor Odyssey: Learning & Bonding At Sambhav Farm

Sambhav Farm **aligned with Unmukt's goals and ethics**. The journey began with a **training session inside the bus**, on independence. **Discussions** flowed, **ideas** were exchanged, setting the stage for an enriching experience.

On reaching our destination, the day unfolded with some **team games** and **personalised t-shirt paintings**. A **nature walk** immersed us in the serene surroundings, offering insights into **sustainable practices**.

The experience at Sambhav Farm became a **platform for learning and bonding**. Witnessing how **seeds could be conserved** and **barren land transformed** into a thriving forest left an indelible mark on our collective consciousness.



The **lush green surroundings** were a representation of the **farm's commitment** to cultivating a harmonious coexistence with nature.



Creative expressions of Unmukt's members found a **canvas on the t-shirts**, adding a touch of individuality to the process.



This experience showed that **such adventures are not merely about fun**; they are a **canvas for education, team spirit & change**.



Volunteers they not only impart knowledge but also play a crucial role in helping students manage stress effectively.

Tip For Teachers: Guiding Students Through Exam Stress

Dear teachers! With the **annual exam season approaching**, it's **crucial for us to support our students** through the stress. We know how intense it can get for them, and your guidance could go a long way in helping them.

Remind students that **life isn't just about acing tests**. Encourage them to **take breaks** and **get enough sleep**.

Suggest **mindfulness exercises** like deep breathing or meditation to ease their nerves. When students strike a balance, they are better equipped to **tackle exams with a clear head**.

Together, **let's make exam season less stressful** for students! Your support can make all the difference in helping them succeed.

Green Tip: Ride Into Spring With Eco-Friendly Commute

February is here, and as the days gradually get longer and spring approaches, let's prioritise sustainability! Consider reducing your carbon footprint by embracing eco-friendly transportation options! Carpool, cycle your way around or use public transport. With each small step and mindful choice, we can cultivate a greener, more vibrant future for our planet!

Happiness is...



Observing the **sheer delight** radiating from the faces of our kids when they received their **Unmukt potlis**, a space to stash away their cherished belongings!

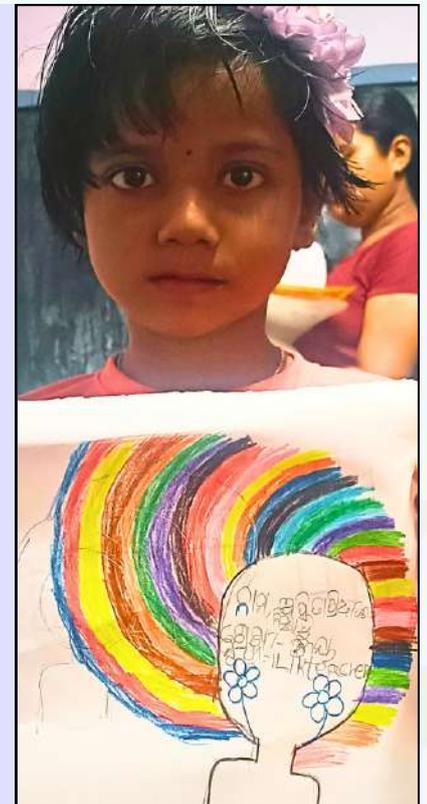
Hosting **Rita Mishra** from the Patang Foundation, who shared **effective ways to collaborate**, emphasising the **importance of unity** in working towards goals.



Observing Arpita's **confident strokes** and the gleam in her eyes, and Payal's **vibrant Republic Day artwork**.



Seeing the **display of talents** by our kids at the Unmukt Centre during the enthralling **talent show**.



Become Unmukt

Teach a child | Volunteer with us on weekend

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The Wipro Capacity Building Program in Kolkata brought together 15 NGO representatives from across India, partnering with Shikshamitra to enrich English teaching for children. This program, blending art and music with accelerated English learning, offered a fresh educational approach. It underscored the value of integrating creative elements into traditional teaching, aiming to enhance the learning experience's joy and engagement.



Participants from across India at the Shikshamitra training, and (right) Shweta and Maura engage in rhyming practice while playing handmade musical instruments during the session.

During the four-day workshop, guided by the Shikshamitra team, participants explored teaching techniques that combine educational content with artistic expression. Equipped with valuable insights and comprehensive resources from the workshop, we're poised to bring this novel learning experience to Unmukt centers. We also invite you to contribute to this initiative by volunteering to teach on weekends and supporting our mission through donations.

Small Actions X Collective efforts = BIG CHANGE

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creating joyful and sustainable learning communities.

www.unmuktfoundation.org

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Team Damru: Aveek and Shweta



Damru | February 2024

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Be a beacon of hope for our kids. **Contact us at +91 93487 31510** to contribute to their joy!

Dear Reader,

February began with **Saraswati Puja celebrations**, where the infectious joy of our children filled the air as they took charge and spread happiness. Simultaneously, the progress of **English classes in Laxmisagar** highlighted the strides our children are making.

Over in **Mundasahi**, the enthusiasm of our kids was evident as they immersed themselves in **various drawing activities**. Additionally, a session with **journalist Minati Sinha** provided invaluable insights into the importance of **responsible news reporting**. Also, during our **art classes**, we ventured to a nearby park for **immersive sessions**, allowing our students to blend nature into their artworks. As we reflect on these experiences, we are **grateful for your support**, which drives our mission to empower every child in our community.

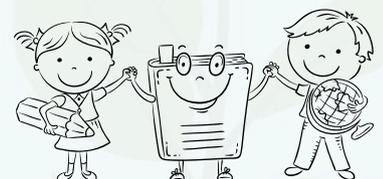
**Warm regards,
Team Unmukt**

Join the mission



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Saraswati Puja celebrations at **Unmukt** was a **delightful surprise**, meticulously **planned by the kids** themselves **without revealing** a hint of their preparations.

Saraswati Puja At Unmukt: Kids Take Charge And Spread Joy

Fancy lighting and a **beautifully decorated Maa Saraswati** idol greeted visitors. Despite space constraints, the **kids made sure everyone could enjoy the performances**, which included **dances, songs, and quizzes**.

The **atmosphere buzzed with excitement** as **puja rituals** and **Pushpanjali** were offered, marking the beginning of the performances. **Rinky, the anchor**, introduced each performer, drawing **cheers from the audience**.



Some people present at the event even **shared the festivities live on Instagram**. The kids, displaying remarkable maturity, **nominated individuals as chief guests** and presented **small plants as tokens of appreciation**.

It was a **showcase of the children's dedication and professionalism** and as the evening unfolded, it became clear that the **future is bright** with these **young leaders** at the helm.

Science Classes Ignite Curiosity Through Experiments

In **Unmukt's science classes**, we try to incorporate a range of **engaging experiments** to foster **curiosity and learning** among students.

In the **sound session**, students made **flutes from straws**, experimenting with length variations for distinct sounds.

Light experiments introduced students to **3D illusions** and light reflection.



Constructing **bionic hands** prompted students to explore materials and functionalities. In **geometry sessions**, we found that students grasped concepts better when **linked to real-world applications**.

Elastic Energy Car sessions encouraged teamwork as Unmukt students built and experimented with rubber band-propelled cars.

Optical Illusion and **Toy Guitar** experiments not only captivated students with **visual illusions** and **sound vibrations** but also encouraged creativity and innovation as they **explored variations and modifications**.



Patterns To Superheroes, Creativity Soars At Mundasahi

In Mundasahi, our children had a blast **exploring various types of drawings!** They started by **creating funky patterns** on blank paper and turning them into amazing artworks.

Then, they learned the **art of drawing faces** and even dabbled in **creating hilarious cartoons**. To top it off, the month ended with an epic lesson on **how to draw Superman!**



Senior Journalist Guides Our Kids In Media Literacy

Unmukt kids had an **enriching interaction** with **senior journalist Minati Sinha** from **The Times of India**. She spoke to the kids about the **world of news reporting**, and delved into the complexities surrounding the issue of **fake news**. Central to the discussion was the vital concept of **fact-checking**, a cornerstone of **responsible journalism**.

In a **hands-on session**, the kids were divided into two groups and tasked with **scouring newspaper clippings** from the past month. Their mission? To unearth **examples of both peace** and its **antithesis**. With enthusiasm and determination, they combed through the pages, and **created news collages from the clippings**.



Academics update

In an engaging hands-on language session, children were grouped and tasked with crafting stories about various colors they recognized, using new English words learned in class. This activity aimed to enhance their understanding of colors and encourage the use of English in everyday life. Full of enthusiasm, the children wove tales from their experiences so captivating that even the school principal joined in. This session not only improved their language skills but also deepened their sensory connections, making it a memorable learning experience for everyone involved.

Art Class Experiments: Nature-Infused Creations Take Flight



With the growing number of kids, we **split them into two groups** and **held classes in the park**. We **encouraged ideas**, such as **incorporating nature** into artwork. Kids collected natural materials like **dry leaves** and **sand** to create unique pieces.



The **results were astounding**. We realised **without constraints, the children's creativity flourished**. It was a **valuable lesson** for us, watching the **boundless potential of unrestricted imagination**.

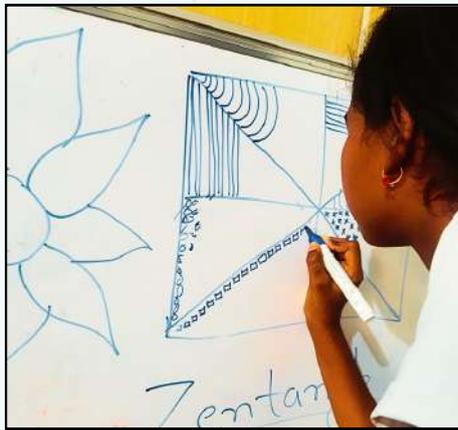
Bountiful Harvests & Engaging Classes at Laxmisagar Centre

Three **English speaking classes** were held. On February 4th, **47 children** enjoyed a story-telling session by Sushruti, followed by word-making games. The 11th saw **49 students**, and on the 18th, **39 children** attended. Our **organic kitchen garden**, too, is thriving, yielding tomatoes, chillies, coriander.



Teachers' Tip: Encourage Fearless Drawing Among Students

In art classrooms, it's common to hear students say, "I can't do this" or "this is too hard," often stemming from the **pressure to create perfect drawings**. This mindset can damage a child's confidence. The **key for teachers** is to shift focus from perfection to expression. By showcasing **original drawings**, teachers can show that **art is about personal** expression, not flawless execution.



Encouraging students to **experiment with different mediums** helps them discover their unique styles. The goal is to **create an environment where the process is valued**. **Teachers must encourage students** to explore their creativity **without fear of making mistakes**. This creates a space where students can unlock their potential without worrying about consequences.

Green Tip: Cool Your Roof With A Terrace Garden

Transform your **rooftop into a sanctuary** with a terrace garden! Not only does it **enhance the aesthetics**, but it also **aids in cooling the roof**. Plants offer **natural insulation**, mitigating heat absorption and **lowering indoor temperatures**. Opt for **heat-tolerant flora** and integrate shade-providing structures such as **trellises** or **pergolas** to optimise the cooling effect.



By embracing nature's potential, you can establish an **eco-friendly atmosphere** while cutting down on energy expenses. Plus, the lush greenery creates a **peaceful retreat** where you can **relax and unwind** amid the beauty of the **rooftop oasis**.

Happiness is...



Attending the weekly English session at Unmukt Learning Centre, Laxmisagar.



Witnessing the flourishing of plants in our terrace garden.



Watching Sovan lead an engaging & inspiring art session for our Unmukt kids.



Observing ingenuity of Unmukt kids as they repurpose tyres for activities such as functioning as tables & seats to using them for balancing and weight-lifting.

Finding inspiration in Nabin, the youngest member of Unmukt, as he leads by example in meditation.



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Want to collaborate on the next edition of Damru? Click here!

I am **Sushwajit Mahana**, a **ninth-grade student** at **Unmukt Learning Centre**. I have been studying here for nearly a year. Our curriculum includes a range of subjects ranging from **judo, dance, and drawing** to **computer skills, coding** and **traditional textbook learning**.

While judo has been a central focus for the past eight months under the guidance of our coach, February brought an **unexpected twist** when our coach was unable to conduct classes. **Stepping up to the challenge**, I assumed the **responsibility of managing the judo sessions**.

Initially, I attempted to participate alongside my peers but soon realised the need for a more structured approach. Drawing from the lessons of **discipline** instilled by our coach, I implemented strict discipline within the class, **enhancing productivity** and implementing discipline in my own life. Alongside focusing on my **personal growth**, I have taken the initiative to support and assist my classmates in their learning journeys, leading to a culture of **collective improvement** within the class.



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Team Damru: Aveek and Shweta



Charcha Bachchon ki, kuchh apnon ki

Damru | March 2024

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Be a beacon of hope for our kids. **Contact us at +91 93487 31510** to contribute to their joy!



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Dear Reader,

This March marked a significant milestone for Unmukt as our very own Trupti and Susajit were formally inducted into the talent scout program initiated by the Odisha government, a major step towards their goals.

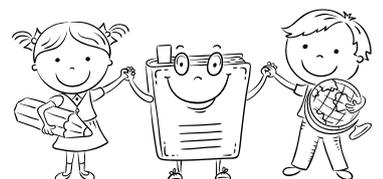
Meanwhile, our educational endeavors continued across multiple locations—Khandagiri, Laxmisagar Center, our local communities, and Aiginia Upper Primary School. We also visited other NGOs to experience their work firsthand, exploring potential partnerships and gaining valuable insights.

As we stepped into the new academic year starting April 2024, our focus was on introspection—learning from past mistakes to innovate and enhance our offerings for the 2024-25 academic year, making it even more impactful for our children.

This April, we invite you to celebrate with us at the first-ever Unmukt Utsav. Come join us on April 26th to honor our children, the work of Unmukt, and the incredible people behind the scenes who make it all possible.

Warm regards,
Team Unmukt

Join the mission





National Judo Prospects: Truptimayee & Susajit Selected For Elite Training

Truptimayee and Susajit have earned spots in a state-level talent scout sports programme by the Odisha government, emerging as standouts among 5,000 participants due to their excellence in judo.

Truptimayee's association with Unmukt dates back to its early days when she initially showed reluctance, even closing doors on our outreach efforts in slums. However, her journey transformed into a passion for physical activity and English learning, leading to remarkable growth.

In contrast, Susajit, who joined two years ago, showcased remarkable sincerity from the start. Among four contenders, they both were selected for their exceptional performance. Presently, they are undergoing training under a national judo coach, with the prospect of representing the nation in judo competitions.



Their accommodation in a hostel with **top-tier amenities, including coaches, nutritionists, air-conditioned rooms and tutors,** provides them with the ideal environment to refine their skills over the coming years.

Artsparks: Where Creativity Drives 21st-Century Learning

Shweta had the chance to visit the ArtSpraks Learning Centre in a government school in Bangalore. And what an experience it was!

There, the ArtSpraks team conducts **21st Century Skills classes through Art.**

Quoting Shweta "First thing I noticed - the classroom was very well organised. Children's work was well displayed. And the work - such creative work by 7-8 year olds, I have never seen anywhere in India. **None of the drawings were same.**"



Some of their children were very confident of their work. As part of the session that Shweta attended, they were creating self-portraits through paper cutting. In the torso, they added environmental elements! In all - **creativity, self-expression,**

environmental consciousness - everything was covered in the lesson designed. "I am grateful for this exposure" said Shweta. "It was much more than Art." Unmukt is being mentored by ArtSpraks Foundation for the past one and half years.



Storytelling At Aiginia School: Building Confidence & 'Taste' Skills

With the objective of increasing confidence, bringing out expressions, and learning a few 'taste' words, Shweta conducted storytelling-cum-acting session with the students of Class 4 & 5 of Aiginia Upper Primary School. The session was designed to provide ample opportunities to the children to participate.

Results showed when even the most absent-minded students ended up acting, expressing, and enjoying. While regulars were prompt in learning, **the hidden stars - Suchitra and Ratnakar, usually shy, acted and even inspired others to act.** Students learned a few common English sentences too! As they say - you enjoy an activity, learning will automatically follow.



City-based organisation making children future-ready since 2017

Shweta Singh@timesgroup.com

Delhi: With an aim to create safe learning space for children and imbibe compassion and values towards environment, Shweta Agarwal had started an organisation in 2017. Currently running at six centres the Unmukt Foundation has engaged over 250 kids from various city slums in activities ranging from judo, coding, dance, music, painting, and environmental activities.

"I had to change schools due to a financial crisis. So, when I quit my corporate job as a healthcare architect, I new I wanted to work for education from the bottom of my heart. I found my life's purpose in working for children's access to quality education. Hence, I founded Unmukt. Unmukt works on creating joyful and sustainable learning communities by encouraging integrated education," said 39-year-old Shweta.

"During the beginning about 20 children came to Unmukt and when asked about what they would like to do and what are their dreams, many were stunned. Now they have developed a remote-control robot, designed and constructed boats, danced in front of hundreds of people, and led campaigns to raise awareness about the perniciousness of plastic waste. We can confidently state that Unmukt's children now have dreams and are budding into concerned and aware citizens," said Shweta.

At these centres as many as 30 volunteers help in doing the classes, and co-curricular activities and till date, Unmukt has run on a completely voluntary basis.

Children engaged in various activities at Unmukt Foundation

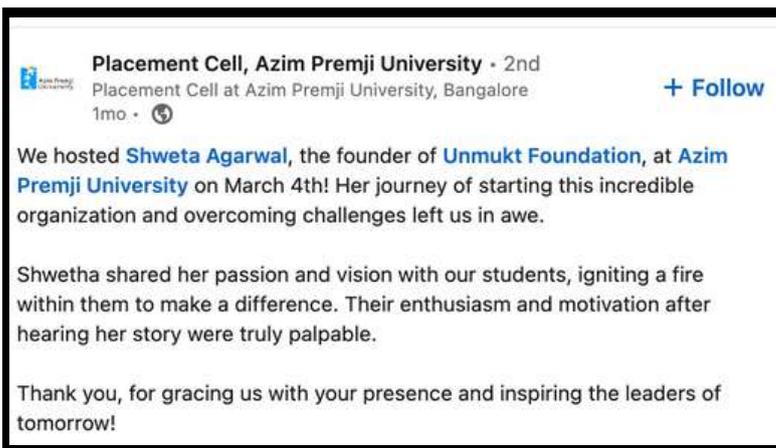
Unmukt's work found appreciation and coverage in the 8th March edition of Times of India. Kudos to the team!



APU: Students and their dreams of Social Change



This March, Shweta got the chance to meet the Azim Premji University team and the students! Introducing them to the Unmukt journey, she also had a chance to listen to their stories. Passionate students from rural backgrounds and challenging lives managing to get full scholarships and study for social change - it was heartening and inspiring **to see young people sincerely wanting to do something for this world!** For anyone interested, APU is a great avenue to kickstart a career in social work.



Unmukt is planning for Students Exchange with APU so that students there could do internships at Unmukt.

New Children's Ministry!



Two retained ministers, other new ministers, and voila - the new ministers wasted no time in getting to work, quickly organising laptops and arranging library books, displaying a strong sense of responsibility. Their performance being subjected to review adds a layer of accountability, motivating the new ministry to excel. The sense of ownership instilled by Unmukt empowers students to take charge. It also gives them an opportunity to develop leadership skills from a young age, which is invaluable.

Teachers' Tip: Beyond Marks

Give a fish the ocean and a monkey the jungle; each thrives in its own domain." In education, recognizing and nurturing the unique potential of each student is the essence of teaching. Here are things we can do to foster learning beyond marks:



Celebrate Effort: Applaud effort and progress, not just outcomes. This encourages continuous learning.

Remember, the goals to help every student find their "ocean" or "jungle" where they can truly excel.

Promote Growth: Cultivate a growth mindset. Intelligence and talent are just starting points; effort and persistence shape them.

Feedback Constructively: Offer feedback that guides improvement, helping students learn from mistakes and grow.

Observe closely: Give a huge platter to kids to explore and see where their natural interest is.

Green Tip: Sustainable Solutions at Unmukt Utsav

Our commitment to sustainability has always been at the forefront of our celebrations, ensuring zero plastic usage. Ahead of Unmukt Utsav, we questioned the necessity of excess simply because it's traditional. Embracing the principles of the **4 Rs—Recycle, Repair, Reuse, and Repeat**—we opted for hand-painted Unmukt banners instead of disposable ones.



We have repurposed old discarded bottles, sterilising them to present them with money plants to our esteemed guests.

Let's ensure that Unmukt Utsav not only celebrates our achievements but also **upholds our commitment to sustainability!**

Unmukt's Champions: Young Talents Shine In Sports And Academics

Unmukt proudly celebrates the remarkable achievements of its young talents who have excelled in various fields showcasing their dedication, skill and the spirit of excellence. Here's a glimpse into the outstanding feats of Unmukt's children:

- **Susajit** and **Trupti** secured spots in the Kalinga Stadium hostel.
- **Trupti** distinguished herself by winning three games at school, earning the title of second runner-up.
- **Rinky** achieved success at the state level in kabaddi, receiving Rs 20,000 in coupons from a BMC commissioner.
- **Prem, Tanushree** and **Rinky** represented Unmukt at the state-level judo competition. Rinky clinched silver, while Prem and Tanushree secured bronze medals.
- **Raj** and **Swarnapriya** excelled in the Adarsh exam, earning admission to Adarsh School.
- **Payal** was awarded an art scholarship for her outstanding talent.
- **Bidyamayee** claimed the first prize in the school dance competition.
- **Chandni** showcased her speed by winning the first prize in the 100-metre race at the school's annual function.



Unmukt's ABEER Workshop: Harnessing Nature's Palette For A Colourful Holi



Free from harmful chemicals and infused with **the goodness of herbs and natural ingredients**, Unmukt's ABEER workshop equipped participants with the knowledge and skills to create vibrant hues for the festival of colours.

Participants delved into the harmful effects of chemical-based colours and engaged in hands-on activities to make Abeer, or coloured powder using readily available items from their kitchen. **The workshop aims to inspire individuals to adopt organic alternatives to chemical-laden colours.**



Unmukt conducts these workshops at **various government schools** to spread awareness about natural colours.

English Learning at Unmukt: The Shikshamitra Way



We have started implementing Shikshamitra's **accelerated English learning** with Unmukt students. After the initial pre-assessment, we divided our students into two groups - **an elder Marigold group and an younger Sunflower group.**

In our initial lesson plans, we focused on teaching English alphabets to the children.

Goal was to make the children realise that just like people, English letters also have a personality - shape, sound, and they're different from each other.



Without focusing on spellings, we introduced them to as many words as possible with a single letter. We invited them to **come to the board** and draw pictures of words with a certain letter. Children loved this activity and showed excellent participation.

We plan to continue our approach of taking students from letters to words to sentences. We are hoping to see major improvements in children's learning.

Happiness is...



Holi with children, Unmukt family, and most importantly, **natural colours!**

Learning **under the sky**, in the **shade of a tree**, with plenty of **fresh air!** Do try it!



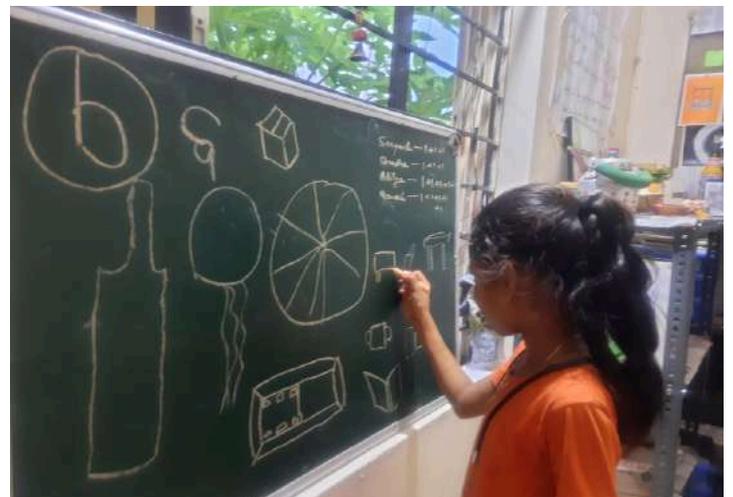
Ain't no game like Kho-kho!



Empty walls, empty boards are the best places to get creative!



"Look what I made!"



Unmukt Utsav on 26th April

Let's celebrate together!

Mark your calendars for an unforgettable celebration – Unmukt Utsav is just around the corner, and you're invited to be part of the excitement! **Join us at Bhanja Kala Mandap on April 26th!**

For the first time in six years, we're rolling out the red carpet to honour our incredible volunteers, amazing children, supportive parents and everyone else who has been a part of the Unmukt journey. It's time to celebrate our achievements, big and small, and the amazing community we've built together!

But wait, there's more! Unmukt Utsav isn't your average event. Picture this: **children taking centre stage with dazzling performances, heartwarming stories of dedication and growth, thrilling judo demonstrations and showcases of the coolest eco-friendly practices.** Plus, we have got some surprise appearances from well-known figures in the social sector lined up to add extra sparkle to the festivities!

We want YOU to be there to make this celebration truly spectacular. Your presence will make all the difference, as we come together to applaud our accomplishments and share the joy of camaraderie.

And if you're feeling extra awesome, why not lend a hand and volunteer with us! Your help will make Unmukt Utsav even more amazing! Don't miss out. Let's make memories, celebrate successes and create magic together!

See you there!

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Team Damru: Aveek, Sourav, and Shweta

*Messages From
Unmukt Family*

Messages From Parents



My daughter and son are studying here. They're able to learn a lot here. I have been supporting Unmukt for close to a year. Unmukt is supporting so many children. Children are also learning Judo, computers, dance, drawing - all without any fees. **My daughter didn't know much about art. But now, she not only draws well, but also get paid to create art.** I have never felt the need to send my children for tuition anywhere. All they learn, they learn it here. I am thankful for all of this. - **Mamata Bisoyi (Mother of Payal and Prem)**

My two sons have been coming to Unmukt for two years. Ever since coming to Unmukt both of them have excelled in so many things including studies, dance, judo. They're doing much better, and even went to **State Level Judo competition to showcase their judo skills.** Thanks to everyone who has been supporting the children.

- **Sunita Bhoi (Mother of Swadhin and Arman)**



In 6 years, my children have excelled in ways I never imagined, thanks to the incredible support from Unmukt. They have advanced in judo, computer, and academics, and **I hope they keep reaching new heights in all aspects of life.**

- **Mami Barik (Mother of Sonali and Rinky)**



Messages from Team



For 5 years, I have been involved with Unmukt, and they have constantly motivated me to work on my passion for electronics and robotics. **At Unmukt, we nurture creativity and dreams.**

– **Prabodh Kumar Nayak (Unmukt student)**

I have been associated with Unmukt Foundation since September 2023, where I have had the privilege of working on the organisation's newsletter. It has been a great experience being part of an organisation dedicated to empowering kids and bringing about positive change. Working alongside the team at Unmukt, especially Shweta, has been truly motivating, and I am grateful for the chance to contribute, even in a small way, to Unmukt's mission of uplifting the lives of children. Unmukt has been a bright ray of hope and change in Bhubaneswar, particularly for the children in slums and underprivileged communities. **The way Unmukt Foundation helps these kids realise their potential by providing them with education and opportunities to thrive and grow is truly inspiring.** Thank you, Unmukt Foundation and Shweta, for your tireless efforts and the positive impact you are bringing to our city. You are truly making a difference!!! - **Aveek Bhowmik (Content Writer)**



"Unmukt" as the name is .. a true and free spirit. Unmukt is actually not an organisation or center, it's a feeling which binds all souls it comes in contact with. The people at unmukt are wonderful and pure hearted. I feel blessed to be in touch with these wonderful people. Thank you for considering me as a part of this wonderful journey. I wish all the very best to this beautiful journey and I am sure that this is the "BEGINNING" .– **Dhiraj Agarwal (Volunteer)**

"Helping kids learn English has been one of the most satisfying things I have done in my life. This has been made possible during covid crisis only because of the bold initiative of Unmukt Foundation.

– **Sovan Suman Dhal (Program Manager)**



Messages from Team

I feel truly blessed to have had the opportunity to intern here. The environment is very pleasant ❤️. Lots of love to Unmukt Foundation. I had a great work experience with the wonderful members of Unmukt ❤️🙏. Thank you for being very inspiring to me ❤️.

– **Santoshi (Intern)**



Unmukt is not just an NGO but a ground of opportunities to stand up on not just for the children but also for the volunteers and every other member.

– **Sai Susrut (Volunteer)**

I had the pleasure of working with the team; it was truly an amazing experience. **The atmosphere was fantastic, and the children we worked with were a constant source of joy** and stress relief.

– **Sonali Mishra (Volunteer)**



The well-being of kids is our top priority. Shweta's passion and dedication shine in every activity, making a positive impact on their lives. **The results show in the kids' enthusiasm.** – **Benny Jacob (Volunteer)**

Unmukt is the best place for children's development, providing them a path to a brighter future. Kids find happiness and safety here. Our facilitators and staff personally care for each student. – **Archana Nandi (Facilitator)**



Messages From Team



Unmukt is a place which recharges me every week. Every Sunday, I leave behind the stress and tension and become a child with the kids. It's the safest place I could wish for. The atmosphere and vibes there are beyond words. I am incredibly grateful to have discovered Unmukt and become a part of it. — **Swaraj Rout (Team Leader, U&I)**

Joining Unmukt was a leap out of my comfort zone. Social interactions, teaching and sharing my views didn't come naturally, but Unmukt changed that. **It became my safe haven, making me a more confident person.** I got my first illustration project, danced in the rain, sold my work and saw my art flourish. While I am taking a career break, **I'll forever be a part of Unmukt.** I wish I could give a big hug to all the people I met there, especially Shweta, who guided me.

— **Surabhi Singh (Art Facilitator)**



At Unmukt, we embrace a truly unique and eco-friendly approach to everything we do. Our commitment to preserving nature while celebrating our culture has been a valuable lesson. Our students are dedicated to their studies, and their smiles fill our hearts with joy. One day, three of our students, Subham, Anshu and Aliva, approached me with smiles, sharing the news of their progress in school. We owe a heartfelt thanks to Unmukt for their success!

— **Nila Madhab (Facilitator)**

It has been a wonderful journey with Unmukt so far. From learning of the idea and name of 'Unmukt' to today, three years later being a little part of it had been enriching! Being a volunteer, intern as well as mentor has definitely given a lot of opportunity to learn and teach. Wishing Unmukt to continue with this wonderful journey and keep creating opportunities!

— **Ipsita Mishra (Volunteer)**



Our Well-wishers

This is to wish Unmukt Foundation all the best on the occasion of its 6th anniversary. The purpose and aim of the Foundation at creating an ambience where the creativity of the child can bloom is all the most relevant nowadays with the present system of education seeming more interested at creating stereotyped individuals assessed more by marks than by talent. I am sure the children under the initiative created by Unmukt will develop the confidence to face the future not as passive and submissive individuals but as change makers and inspiring leaders.

-Padma Shri Ileana Citaristi, Odissi Dancer



I have been both impressed and inspired by the commitment and passion in working for children's education and environment. But most importantly, I would thank Unmukt for demonstrating the power of volunteerism and small contributions. It is when such initiatives make an impact that more and more individuals will shed their cynicism and be the change they wish to see in the world.

– Sujit Mahapatra, Founder, Bakul Foundation

It feels great to be part of Unmukt! May it continue to grow and bring happiness, laughter and bolster the confidence of our young ones, helping them overcome challenges and achieve their dreams.

– Retd. Captain Saroj Kumar Pradhan



Unmukt Foundation has uncovered the **hidden talents of many kids and provided enhanced training to nurture their qualities** Best wishes to Shweta and the Unmukt team. Keep up the great work.

– H. S. Mishra, HR Manager

As I look back on my 6 years with Unmukt, I hold dear all the moments. Whenever I need motivation, I draw from these memories. **Unmukt unites us all on a shared journey, illuminating our path toward life goals.**

– Navneet Arora, Green Entrepreneur



Messages From Core Members

6 years is not a small achievement. That included 2 years of fighting to stay afloat during the atrocious COVID pandemic. The disaster Faani on top of that. Hindrances in managing to collect donations due to the organisation being relatively young. But still, Unmukt has kept moving ahead in its path. Congratulations to those people who have worked day and night for the wellbeing and growth of kids, for which Unmukt proudly stands in front of us today. Congratulations to the kids who have worked so hard against all odds to unleash their talents!

'Jivem Sharadam Shatam" (May you live a 100 years).

May this journey of joy, hard work and determination stay alive with the same passion for many more days to come! I hope that many more people get onboard this effort! Let them inspire us to Unmukt (set free) our lives and talents!

- **Sabarmatee (Trustee)**



About 40 years ago, like every parent, we also wished for our children to receive quality education, which I can now see happening through the Unmukt Foundation. Here, children willingly adhere to their studies and enthusiastically advance in education and sports. Shweta's selfless work is truly inspiring. When one does something for others, it is nature's law that they receive blessings and happiness in return. The Unmukt Foundation is committed to continuously striving to perform even better in its endeavors, and it is our hope and blessing that it achieves greater success. - **Vijay Agarwal (Trustee)**

Here's to celebrating 6 years of accomplishments. Happy anniversary to our Unmukt family. Unmukt provides a joyful and sustainable learning environment for kids, focusing on academic, creative, physical education, and environmental awareness. At our three Amakritisala centers, we work on 21st-century skills through art. Many students from Unmukt Learning Center are performing exceptionally well in school and at state level competitions. This year, two kids were selected for judo coaching at Kalinga Stadium. I wish that Unmukt will bring endless opportunities, boundless creativity, and incredible success for the kids. Congratulations to one and all, and all the very best.

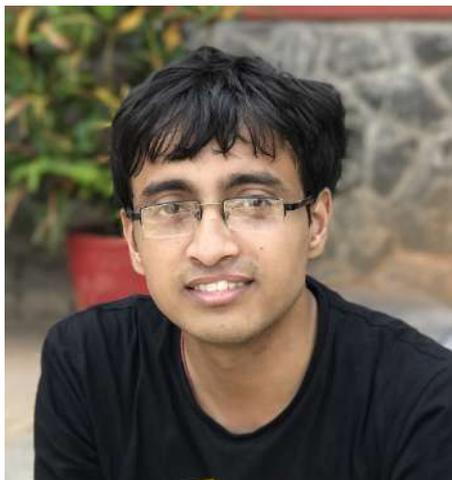
- **Dr. Suprava Mandal (Trustee)**



Messages From Core Members

I am immensely proud of the transformative impact that Shweta and Unmukt have made in nurturing underprivileged children through holistic education and creative expression. Since its inception, Unmukt has steadfastly worked to empower children to break free from the constraints of conventional education systems and to embrace a world where they can co-create, learn, and grow in harmony with nature. Initiatives, such as the Unmukt Creativity Center, have not only provided a sanctuary for free thought and expression but have also instilled a profound respect for the environment among the children we serve. The potential for Unmukt to revolutionize education is boundless, and the progress we have made thus far reaffirms my belief in our mission to foster sustainable and joyful learning communities where every child can truly flourish.

- **Surya Mishra (Trustee and Co-founder)**

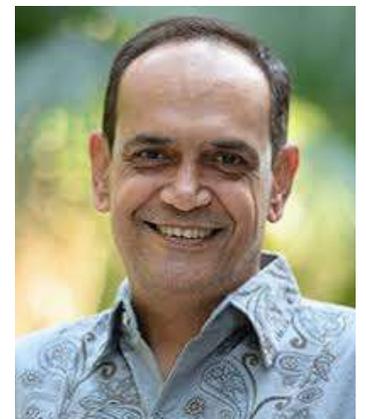


I crossed paths with Unmukt in 2019. Through Unmukt I have had a crazy amount of exposure to education, children, nature, good people, life. I have become so much more confident. My life's philosophy has taken a proper shape for which I am grateful. I have seen Unmukt help children dream and help them proceed towards those. Hota kya hai Unmukt mein? Classes? Workshops? I see Unmukt shaping good, happy, free humans. Here's to more learning, and more fun.

- **Sourav Pattanayak (Advisor)**

My Heartiest Congratulations to Unmukt Team for completing 6 precious years of Growth. I have seen Free children at Unmukt which is possible only because of the leaders are Golden Hearted. :) Children are getting much needed Love and conducive atmosphere to explore their own potentials. My best wishes to all. May you reach every child of Odisha who needs such Love...

- **Mehul Panchal, Oasis Movement Founder Member (Mentor)**



THANK YOU FOR YOUR CONTINUED SUPPORT. WITH YOUR HELP, WE CAN TRANSFORM EDUCATION FOR 130 MILLION CHILDREN LIVING IN UNDERSERVED COMMUNITIES IN INDIA, ENABLING THEM TO REACH THEIR HIGHEST POTENTIAL AND TAKE OWNERSHIP OF THEIR LIVES.



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