

Quarterly Newsletter

April to June 2020

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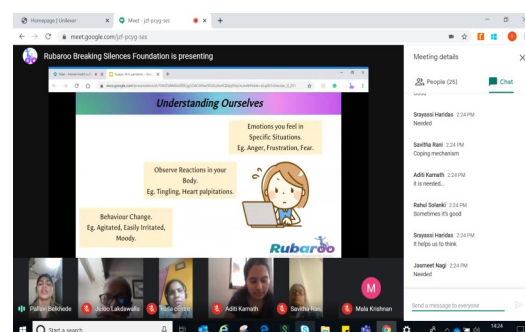
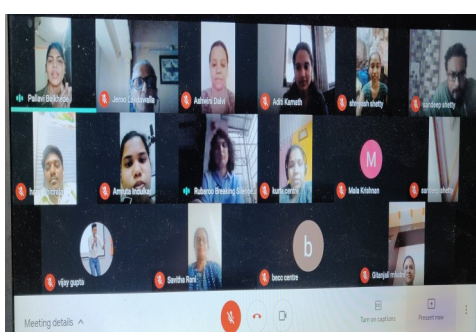
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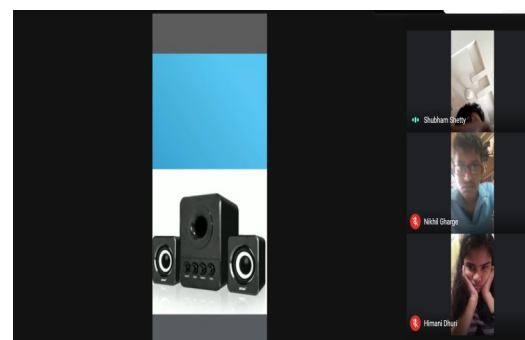
Mental Well-being during pandemic

An online session on 'Mental well-being during pandemic - COVID-19' was arranged for the Sujaya Foundation staff. The session focused on how to deal with the current situation, it also emphasized on techniques to relieve stress, anxiety and so on.. The session was conducted by Rubaroo Breaking Silences, an NGO that works on child sexual abuse, teacher training, customize body safety and gender sensitivity etc. The session helped the staff with different grounding techniques like 54321 technique, starfish breathing technique, categories and balloon breathing technique.

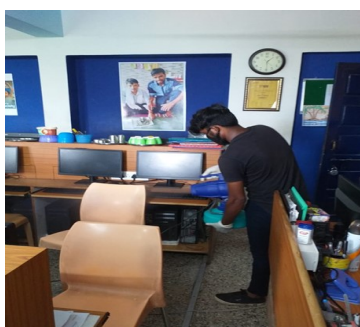


Awareness on COVID-19 and commencing operations 'DIGITALLY'

An online awareness session on COVID-19, the measures & precautions to be taken for one's safety was organized across all the Sujaya Foundation Centres. Various aspects related to social distancing, handwashing techniques, emotional fitness, home remedies to build up immunity, etc were explained to the students. We introduced the 'Aarogya Setu' application to all the students. All the centres commenced their operations 'DIGITALLY' and started online training for their abled and specially abled students.



I Learn - I Earn staff was oriented and sensitized about social distancing rules and some do's and don'ts to be followed once the centre is reopened. To start the Back Office Banking operations, Bandra centre was sanitized. Two SF staff members staying in close proximity to the centre are managing the Data Entry Operations in the partial opening of the lockdown.



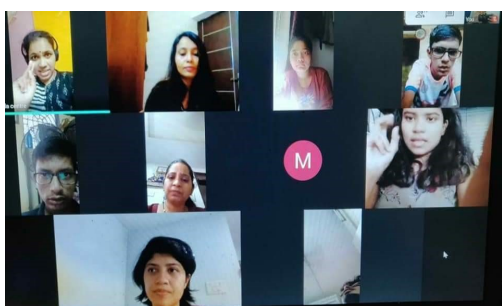
Team work

Ms. Anam Gwaliori took a virtual session on Team Work. In this session, the trainer explained the importance of a team and team work. She showed a short team work motivational video and asked the students questions on the basis of that video. She also stressed on the importance of communication, leadership, aiming towards solutions and managing time for any task with the help a team.



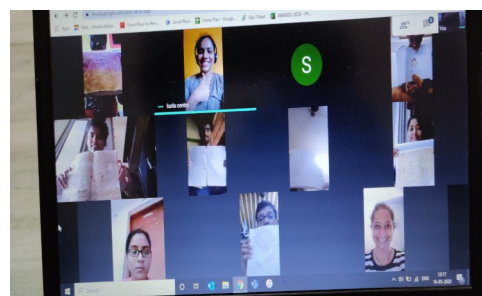
Positive Attitude

A session on Positive Attitude was organized for the TMF SMART + students by Ms. Sheel Agarwal, HR Team, Jio Telecom. The students understood the difference between confidence and over-confidence and how it can affect them. The session helped them with tips on handling different circumstances positively with confidence in any given personal or professional setting.



Mandala Workshop

An online Mandala workshop was organized for the Tech Mahindra Foundation SMART + Project students by Ms. Dhvani Chhadava from 'Great Place to work', an organization helping corporate to make their work space a better place. The students drew things that came to their mind using the available resources, many of them used spoon, brushes etc. Students were able to express themselves with the help of art.



Interview Readiness Skills

A virtual session on 'How to get Interview Ready' was conducted by Sanyukta Sharma, a biomedical engineer, an anchor and a voice over artist. She spoke about the different types of communication, gave tips on preparing a good resume, the right attitude and body language needed to crack an interview. She reiterated on the importance to have a vision board to achieve one's life goals.



World Earth Day

I Learn- I Earn students from Bandra and Vashi participated in sowing seeds of coriander, fenugreek etc at their home on the occasion of World Earth Day. They will also be taking responsibility of watering it daily and nurturing it.



Covid-19 relief measures undertaken by Sujaya Foundation

COVID-19 has been a global crisis. The magnitude of the impact has been felt strongly in the lower economic strata of the society - especially amongst the daily wage labourers. The following measures were taken by Sujaya Foundation:

- Sujaya Foundation distributed 35 ration kits to the families of specially abled and 22 kits to underprivileged families in Navi Mumbai.
- SF along with Bandra East Community Centre distributed around 3000 cooked meals for the daily wage earners in and around Bandra East slums.
- SF employees have contributed to the PM Cares Fund and will be donating one day's salary for the COVID-19 relief measures.
- The specially-abled in the ELP project, who were earning a stipend for their internship, were paid stipend for April and May in spite of no operations running at the centre for Back Office data entry. This has been very helpful for our specially-abled students.

