



Kishalay Foundation

Sahaj Path (সহজ পাঠ)

Quarterly NEWSLETTER OF KISHALAY FOUNDATION | SEVENTH EDITION, JAN 2025



We thank all our supporters for your continued support to enable us sustain our rural transformation activities and grow over the years. From now on you will receive latest update on our work through this Newsletter. Highlights and key achievements of Kishalay Foundation from October to December 2024 are mentioned in this Newsletter. ”



Brightening Festive Season with Puja Clothes Distribution

This Durga Puja, Kishalay Foundation once again brought joy to hundreds of children by distributing festive clothes, ensuring that no child is left behind in the celebrations. On **October 2nd**, coinciding with Mahalaya and Gandhi Jayanti, we began this heartwarming initiative by distributing Puja clothes to **25 children in Godkhali village**. Their radiant smiles filled the day with hope and joy. The celebration continued on **October 7th**, as we extended the clothes distribution to children at our centers across the Sundarbans and Murshidabad. On **October 8th**, our efforts reached EduKids centers in **Ramgopalpur, Katakali, Dulki, Shibgunj, Kalahazra, Basanti, Dhamakhali, and beyond**, making this cherished annual activity a beacon of community support during the festive season. Together, we celebrate the spirit of Durga Puja by spreading smiles and joy in the most meaningful way.

Spectacles Distribution Camp

On **October 4th**, Friday, Kishalay Foundation organized a Spectacles Distribution Camp at **Godkhali**, where we had the pleasure of providing spectacles to **40 local villagers**. The event was an overwhelming success, bringing smiles to many people having a positive impact it had on their lives. This initiative is part of our ongoing efforts to improve the well-being and quality of life in the communities we serve.



Sports, Yoga and Nutrition session

In November, Kishalay Foundation organized multiple initiatives promoting health, wellness, and nutrition programmes across its EduKids centers. On **22nd November**, a Yoga session followed by a nutrition program being conducted at our **Godkhali EduKids center**, where **40 children** participated along with seven faculty members.



Simultaneously, a nutrition program being organized on **22nd and 23rd November** respectively at our **Jhalda** and **Bishria EduKids centers** in **Purulia**, as well as at our **Ranchi** center in **Jharkhand**, ensuring that children received essential



Continuing our focus on holistic well-being, a Sports program and Yoga session being organized on **29th November** at our **Ramgopalpur EduKids center**,

engaging **19 students** and two faculty members in physical and mental wellness activities.



Birthday Celebrations

Kishalay Foundation's EduKids centers hosted several heartfelt birthday celebrations, combining joy with nourishment through special nutrition programs. On **October 15th**, our **Mahalong EduKids center** in **Murshidabad** celebrated **Saheli Madam's** birthday with a special lunch for **31 students**, along with a birthday cake. The children thoroughly enjoyed the festivities and the delicious meal.



Continuing the celebration, on **27th November**, a nutrition program being organized at our **Sonakhali EduKids center** to celebrate **Rahi's** birthday. **72 students** participated in the event, relishing a wholesome meal featuring vegetables, chicken, and payesh. The following day, on **28th November**, we celebrated **Adhiraj's** birthday with a nutrition program at our **Godkhali EduKids center**, where **48 students** gathered to enjoy a delicious lunch.



On 7th December, our Basanti and Shibgunj EduKids centers came together to celebrate Srihaan's birthday with a delightful meal of fried rice, chicken, and payesh. 21 students at Shibgunj and 27 students at Basanti, along with faculty members, participated in the celebration.



Continuing the celebration, our Dorerdanga EduKids center in Murshidabad honored Ishita Madam's birthday with a nutrition program attended by 39 students and two teachers. The children were overjoyed with the special meal.



Meanwhile, our Bichuti Konai Para EduKids center also organized a nutrition program, where 31 students along with two teachers shared a memorable experience. These celebrations not only brought happiness to the children but also reinforced our commitment to ensure their well-being through nutritious meals and joyful moments.



Haemoglobin Test Camp



On 16th December, Kishalay Foundation organized a Haemoglobin test camp for the mothers of our students at the Satjelia EduKids center. 20 guardians attended the event, where we conducted tests and engaged in discussions on Anaemia, nutrition, and hygiene. The session aimed to raise awareness about the importance of maintaining good health and preventing anaemia through proper nutrition and hygiene practices.

Menstrual Hygiene Workshop

On 19th November, Kishalay Foundation conducted a menstrual hygiene workshop at Palpur Adarsha Vidyalaya for adolescent school children. Around 70 students from classes 8 to 10 participated in the session, where they learned about menstrual health, hygiene practices, and the importance of breaking taboos.

surrounding menstruation. The workshop aimed to empower young students with essential knowledge to promote better health and well-being.



Cultural celebrations



On **October 8, 2024** on the occasion of **Panchami** the **Satjelia EduKids center** in the **Gosaba** block came alive with a vibrant cultural celebration. Students and faculty members gathered to showcase their talents through songs, dances, and performances, reflecting the festive spirit of the occasion. The event was filled with joy and creativity, fostering a deep sense of togetherness and cultural appreciation among everyone present. The lively atmosphere and enthusiastic participation made it a truly memorable experience for all.



Later in the month, on **October 28**, a **Shubho Bijoya** celebration was held across **11 Kishalay EduKids centers**. To mark the occasion, **Payesh** being distributed to children in various locations, including **Birajnagar, Sonakhali, Battoli, Godkhali, Manmathanagar, Bali, Pathankhali, Ranigarh, Kamardanga, and Bishiria (Purulia)**. The children thoroughly enjoyed the festive gathering, which brought warmth and happiness to the community.



On **November 14, 2024**, **Children's Day** was joyfully celebrated across **all EduKids centers**. The event saw enthusiastic participation from both children and teachers, who engaged in various fun-filled activities and educational programs. The day highlighted the importance of childhood, early education, and the nurturing environment that the **EduKids centers** provide.

Health awareness session at Santigachi High School



On **October 5th**, a **Menstrual Hygiene Workshop** being conducted at **Santigachi High School** in **Laharipur, Gosaba block, Sundarbans**, with the participation of **80 adolescent girls** from classes **VIII, IX, and X**. The session focused on essential topics such as **menstrual hygiene, breast cancer awareness, and**

anaemia prevention, emphasizing the importance of self-care and regular health check-ups. To promote sustainability, biodegradable and environment-friendly sanitary pads were distributed to all the participants. By equipping these young girls with the right knowledge and resources, the workshop aimed to empower them to enhance self-consciousness of their health and well-being.

Expanding Education with Our 39th EduKids Center in Nirdeshkhali

On **December 30th**, we proudly inaugurated our **39th EduKids center** at **Nirdeshkhali** in the Basanti block. Marking another step in our commitment to early education, our team visited the new center and engaged in meaningful discussions with the parents and guardians of the newly enrolled students. This interaction helped to build a strong foundation of trust and collaboration, ensuring a supportive learning environment for the children. With this expansion, we continue our mission to make quality education accessible to more children in rural



Winter Clothes Distribution

As part of our ongoing efforts to support children during the colder months, we distributed warm clothing and essentials across multiple EduKids centers. On **November 9th**, new clothes were distributed to children at the Kishalay EduKids center in **Mahalong**, Murshidabad. The joy and

excitement among the children were heartwarming, and we extend our gratitude to all our friends who contributed to making this initiative possible.



Continuing this effort, on **November 19th**, we distributed Puja clothes to **40 children** at our **Kamakhyapur EduKids center**. The children were delighted to receive their new outfits, and we sincerely thank our donors and well-wishers for their generous support in bringing smiles to their faces.



In response to the winter season, sweaters were distributed to the children at our **Jhalda EduKids center** in Purulia, ensuring they stay warm and comfortable. Further, on **December 6th**, we provided coconut oil to all the children at our **Jhalda** and **Bishria EduKids centers** in Purulia, offering them additional care during the cold months. The happiness and gratitude of the children reaffirm our commitment to their well-being, and we remain dedicated to providing them with the support they need.

Health Check-Up camp for Kids

On December 21st, a general health check-up camp being organized for the children at our Dorerdanga and Ghorsadanga EduKids centers in Murshidabad. Around 70 children participated in the camp, ensuring their well-being through essential health assessments. Such initiatives help us monitor the health of our students and provide necessary guidance for their overall development.



Kishalay Foundation

Kishalay Foundation is working towards improving learning outcome of early education in Rural India along with Nutrition and basic preventive healthcare for rural people.



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