

# **SMARTGRAM Initiative**

*A Pilot Project Based on the Rashtrapati Bhavan  
Smart Township Experience*

## **THE PROJECT PROPOSAL FOR THE NEXT STEP (June 2017 – Nov 2018)**

*proposed by*  
***Expressions India***

The Comprehensive Life Skills, Values, Holistic Community & Schools  
Development Program

- ➡ **BACKGROUND NOTE – The Journey & the Next Step**
- ➡ **Quality Education in schools**
  - **Technical Proposal with Deliverables**
  - **Financial Proposal**
- ➡ **Baby Kits Campaign : Celebrating the Birth of a Girl Child**
  - **Technical Proposal**
  - **Financial Proposal**
- ➡ **Bibipur Model of Women Empowerment and Village Development**
  - **Technical Proposal**
  - **Financial Proposal**
- ➡ **Gross Total Financial Proposal**

# **SMARTGRAM Initiative**

## **‘Quality Education in schools’**

**(June 2017 – Nov 2018)**

*by*

***Expressions India***

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As a powerful socializing agent, the school plays a crucial role in the transformation of cognitive, linguistic and psychosocial competencies and creating a happy, healthy and harmonious atmosphere for mental health wellness of children. This crucial demographic dividend is the most important national asset and promoting their mental health is a national responsibility. However, Mental Health is often given low priority in health policy planning, particularly in developing countries. Several international health bodies, including the World Health Organization, recommend integrating mental health into primary care settings to reduce mortality and morbidity associated with mental illness, particularly in low-resource settings.

An initiative, **SMARTGRAM- A Pilot Project Based on the Rashtrapati Bhavan Smart Township Experience, has incorporated the Holistic Health, Wellness & Counseling Services paradigm.** Expressions India has taken the task forward to promote a comprehensive sustainable values based model for counseling services both in the community and school. This opportunity has been an enlightening experience to identify the needs, interventions and promotional activities in the welfare of children, adolescents, families and overall community outreach which includes the senior citizen as a positive human resource.

**Expressions India envisages furtherance of this program in 100 villages for the school based advocacy and training for teachers, students and parents. This is the proposed for 2017 – 2018 for a continues running period of 18 months (1 and half years). Women empowerment and village development alongwith ‘The Baby Kit Campaign for the Girl Child’ is incorporated in the action plan.**

# SMARTGRAM Initiative

(June 2017 – Nov 2018)

## PROPOSED TECHNICAL AREAS

### I. 'Quality Education in Schools'

**A. TEACHERS TRAINING PROGRAMS** Common Emotional Behavioral and Learning Problems in Children & Adolescents. Health Wellbeing & Counseling Services

**B. INTER SCHOOL ADOLESCENT FESTIVALS**

(for Adolescent Health Education, Effective Career Choices and Development)

**B.2 - THE SMARTGRAM MINDSMART – Adolescent Peer Leadership Trainings**

**C. MOBILE HEALTH EDUCATION VAN**

(for Health Education Camps for Students, Families & General Communities)

**D. COMPREHENSIVE PSYCHO-EDUCATIONAL ASSESSMENT OF SPECIAL NEEDS CHILDREN**

Includes Assessment of IQ, Specific Learning Disability & Sensory Motor Development

*proposed by*

**SMARTGRAM****राष्ट्रपति भवन परियोजना****स्मार्टग्राम**

&amp;

*Teachers Training Programs*  
**Common Emotional Behavioural & Learning Problems  
in Children & Adolescents**



## **I.A - Deliverables of the Technical Areas**



**2 WORKSHOPS EACH FOR 80 SCHOOLS  
(June 2017 – Nov 2018)**

### **LEVEL I**

- ✚ Fundamentals of Child Development, Milestones, Emotional & Behavioural Issues - Identification and Classroom Management
- ✚ Needs Assessment Across the Developmental Span of Children
- ✚ Introduction to the Basic Guidance & Counseling



### **LEVEL II**



- ✚ Counseling Children: Problems, Dysfunctions & Applications
- ✚ Emerging Concerns & Interventions for Adolescent Health & Wellbeing
- ✚ School & Family Based Counseling Approaches
- ✚ Developing Basic Counseling Skills – Techniques and Formats
- ✚ Positive Parenting Skills in a Changing World

**Queries &  
Clarification**

***Expressions India***

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# Inter School Adolescent Festivals 2017- 18



## स्मार्टग्राम I.B - DELIVERABLES



- Self Awareness
- Responsible Citizenship
- Improving Peer Relationship

- Effective Career Choices
- Learning Emotional Management
- Respect for the Family and the Nation

Come Join &  
Celebrate  
Career Choices

Let's Make a  
Difference

20  
Festivals  
for 80  
Schools

Lots of  
Interaction &  
Participation

You know the  
Life Skills,  
Values & Culture  
will be shared &  
discussed

- Yuva Manch ➡ On the Spot 'Nukkad Natak'
- Utopia ➡ On the Spot Painting
- Euphony ➡ Create a Jingle
- Eloquence ➡ Extempore Speech
- Whiz Q - Adolescent ➡ Health & Wellness Issues

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SMARTGRAM

राष्ट्रपति भवन परियोजना

स्मार्टग्राम

# SmartGram MINDSMART 2017-18

INTERACTIVE PARTICIPATORY SKILLS BUILDING WORKSHOPS FOR ADOLESCENTS

*TWO WORKSHOPS EACH FOR 80 SCHOOLS*

• **Aware..**

• **Responsible..**

• **Empowered..**

**Highlights.....**

- Student Centric
- Participatory
- Insight Provoking
- Interactive



Workshops Schedule	I.B2 - DELIVERABLES
Session – 1	<ul style="list-style-type: none"> <li>▪ Inauguration &amp; Introductory Session on Common Adolescent Issues &amp; Concerns in the rapidly changing times.</li> <li>▪ Applying Life Skills for Lifelong Learning</li> <li>▪ Understanding &amp; Coping with Emotionality - Anger, Loss &amp; Sadness</li> <li>▪ Gender Sensitization ; Being Safe, Supportive &amp; Empowered</li> </ul>
Session – 2	<ul style="list-style-type: none"> <li>▪ Preventing Substance Abuse &amp; Allied High Risk Behaviours</li> <li>▪ Family Bonding &amp; Communication – Emerging Paradigm for Values Education</li> <li>▪ Media Literacy : Learning Life Skills from the Visual Medium</li> <li>▪ First Aid &amp; CPR Training in Schools – A Citizen's</li> </ul>

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# I.C - Mobile Health Education Van

## (for Health Education Camps for Students & Families)

### NEED OF THE MOBILE CLASSROOM FOR HEALTH & WELLNESS EDUCATION

Sensing that **medical/ health education** is the **most important component of our life**, therefore we proposed a unique project '**Mobile Classroom for Health & Wellness Education (MCHWE)**'. There are families who either lack time/ resources to access health care and education, thereby children suffer the most as they do not get the required services. **MCHWE** is an attempt to improve accessibility to health care by taking our services to students, than waiting for students to come to us. Mobile services like ours can save health care costs, either by preventing or postponing institutional care or by forestalling the development of serious health problems.



In families from impoverished backgrounds, children not only face neglect of family, but are unable to receive proper nutrition, medical facilities & various aspects necessary in early years of life. Hence, it becomes necessary to bring medical facilities at their doorsteps. While deployment of **MCHWE** to various uncovered areas is a major challenge, its outreach to the people in the community has a high potential to uplift their physical, emotional and mental well being. The outcomes can be achieved with the help of efforts of a multi-disciplinary team at work in **MCHWE**.

### OBJECTIVES OF THIS PROJECT

1. To provide mobile health education services in various schools of Delhi NCR and others states of the country.
2. Increase access to health education and care in underserved schools and institutions: The primary objective of the mobile clinic is to bring health education into a community with limited access or the less privileged sector.
3. To ensure curative health education through awareness workshops.
4. To educate and build health awareness: To raise awareness about preventive health education issues including sex education, communicable and other diseases. Audio visual equipment and a large screen will be fitted in the van, with the help of this facility educational films can be shown to the students to increase their knowledge and education.
5. The clinic also integrates children with special needs into existing social services and health education systems through referrals. This includes comprehensive counseling services for children youth/ families and educational institutions across the nation.

# **COMPREHENSIVE PSYCHO-EDUCATIONAL ASSESSMENT OF SPECIAL NEEDS CHILDREN**

## **3 WORKSHOPS EACH FOR 80 SCHOOLS**

**Includes Assessment of IQ, Specific Learning Disability & Sensory Motor Development**

## **THE OPERATING MODEL FOR EACH SCHOOL**

**(eg. Learning Disorders, Hyperactive, Autistic, MR etc)**

### **I.D - DELIVERABLES**

**Identification of the child by the school**



**Informal observation and screening**



**Interaction with parents**



**Comprehensive Psycho-educational Assessment**



**Development of Individualized Educational Plan**



**Integration of syllabus in the Individualized Educational Plan**



**An adequate follow-up to ensure consistent and uniform  
progress of the child**



**Periodic feedbacks from school and parents to stay motivated**



**Child is encouraged to remain integrated**



**The SmartGram School is empowered**



**Celebrating inclusion of children and adolescent holistic  
development in schools & Community**



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## **II. Celebrating the Birth of a Girl Child**

### **‘Distributing the Baby Kits Campaign’**

Keeping in step with the national responsibilities of facilitating all possible efforts to build empowerment education and the eminence of a girl child, this campaign under the SmartGram initiative has envisaged a social change in perception and attitudes towards celebrating the overall development protection, participation and promotion of the girl child in India. Save girl child, under Beti Bachao, Beti Padhao is a noted campaign of the Government of India that aims to generate awareness and improve the efficiency of welfare services intended for girls. Enabling leadership of the girl child in skill building and decision making of her life, is inherent in any policy, practice and programs promulgated by the nation. Gender is a human rights issue and needs to be celebrated.

# Small Note on Baby Kit distribution under SMARTGRAM Initiative.

Save girl child, under Beti Bachao, Beti Padhao is a social campaign of the Government of India that aims to generate awareness and improve the efficiency of welfare services intended for girls.

According to census data, the child sex ratio (0–6 years) in India was 927 girls per 1,000 boys in 2001, which dropped to 918 girls for every 1,000 boys in 2011. A 2012 UNICEF report ranked India 41st among 195 countries.

Rates of female foeticide in Haryana is quite poor, the rate of live births in Gurgaon district was 826 girls per 1000 boys and in Mewat was 903 girls per 1000 boys, in 2011. It is expected that with small effort we can increase the Girl child sex ratio. The President of India launched SMARTGRAM Initiative on 2ns July, 2016, Under this Initiative, five villages in the district of Gurugram and Mewat were selected to implement various p[rograms based on convergence model with the support of Ministries of Central Government, Government of Haryana, Public and Private organisation, NGOs and individual.

Over a period of eleven months, a large number of programs in the field of education, skill development, infrastructure development, agriculture, health, clean energy, etc. have been imlemented. Based on increasing results from these five villages, The President has approved the expansion of the Initiative from five to hundred villages in Gurugram and Mewat disrict of Haryana. All the successful intervention in these villages will be replicated in new adopted 95 villages.

Under the SMARTGRAM initiative, promotion of awarness about the need to protect and promote girl child is one of the efforts being undertaken. Birth of girl child should be celebrated and not mourned by every bopdy. To popularize this idea, The President gift's a kit to the parents of newly born girl child in the villages every month. The kit id handed over to the mother in a function by visiting officers/dignitaries. Thus it is proposed that this program is continues for one year for hundred villages. The baby kits contain basic things required for the sanitary and hygienic of the child and mother both. The kit contain towel, baby oil, soap, powder, small toy, mosquito net, etc.



**Figure 1 Baby kit by OSD to Newly born girl Child at village Taj Nagar**

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## **III. Bibipur Model of Women Empowerment and Village Development**

Bibipur Model of Women Empowerment, village improvement and development based -an action oriented process followed by identifying aptitudes and putting into practice what has been learnt. On the basis of the wealth of existing information in select areas this model plans to work among the village folks on the issues identified hereunder for improving the status of the residents of villages in Haryana. Focus on the following issues is planned in the beginning:

- I. Health – Woman and Child, Diseases, Medicines**
- II. Food – Traditional Food Processing & Cooking, Safe Food**
- III. Water –Sources Collection Safety Sanitation**
- IV. Communication Skills & Cracking Competitive Exams**
- V. Interactive Agenda – Documenting The Socio Economic Cultural History Of Village Communities**

### **I. Health**

In view of various indicators available to assess health of woman and child certain deficiencies in implementation of the programs have still persisted as came to be noticed through various reviews. The problems have already been identified but due to the absence of sustained interaction the improvement could not been visible. This model plans to reintroduce the time tested concepts, which will be carefully monitored this time to record the desired impact for wider acceptance and revival of the recognized and approved practices in the area of health care by also taking in to account all the modern knowledge that gets generated through research. Women and children may have different disease profiles and have been vulnerable to various kinds of infections as well as non-communicable diseases. Many village woman even can't recognize a medicine and self-care kits lest know about therapeutics and child care. Under this model the primary focus will be to make every young girl and women, as per age, aware about the aspects vital to their health.

## **II. Food**

Health related problems such as increasing incidence of metabolic diseases such as obesity, diabetes;and, cardio vascular ailments have been noticed and recognized recently. Research has suggested that many such problems could be overcome by popularizing traditional food processing and cooking practices that have been still been retained in the community in spite of the fact that packed and industrially processed food has become immensely popular by pressurized marketing. Regarding food safety the community has usual ancient practices that were rendered unacceptable without proper knowledge about functions of the bacteria and yeasts. They have been least bothered about food hygiene. It appears that village communities are influenced by urban patterns of food consumption which need to be checked in respect of village communities so that we continue to get healthy human resources from our villages and also maintain the health of the food grains and vegetables as sources of our diet that principally comes from villages.

## **III. Water –Sources, Collection, Safety And Sanitation**

Two issues need to be addressed: water as it exists in a village estates as well as the water for drinking. Apart from the above, the issue of sanitation and disposal of waste water should be essentially covered for improvement of environment and maintenance of health of both people and the domestic cattle. On an average every village has at least 3 large and 30 small water bodies in its territory besides 5 to 30 masonry wells for fetching drinking water. Although supply of safe drinking water has been ensured to every village in Haryana yet people were found taking water supply from village wells and shallow hand pumps. In order to minimize risks to health of the people and cattle that could affect their health by consumption of unsafe water, we need to take up a survey to the accessibility of safe drinking water to the population living in villages and also popularizing cost effective technologies developed by CSIR, DRDO and few other national Institutes. The water bodies on which the health of the environment, cattle life and crops is dependent will be preserved.

## **IV. Communication Skills and Cracking Competitive Exams**

The girl students in a village as well as a large number of semi-literate women have lacked modern communications skills. Under this model it is planned to educate the above category of persons to develop skills for effective communication through writing and computer literacy. The idea of empowering women about these skills is to enable them to write in a simple and effective manner and also to communicate with persons and agencies to whom they have to deal with in later life. However, the focus could be on training the young women to understand the pattern of competitive exams and the manner in which they could learn to crack and excel.

## **V. Interactive Agenda: Socio Economic and Cultural History –Documentation Thereof**

The village people have been conservative and ritualistic by nature but have known through traditions many of the cultural practices prevalent in a village or a cluster of villages. They have also practiced various types of faiths and beliefs which had deep impact on their lives and livelihood.

Culture is also about art and architecture, costume, food practices and knowledge orally preserved in the form of songs, adages and performing arts such as folk dances. Recently it could be observed that village communities have shown a declining interest in their own heritage value assets and cultural practices. In order to keep the village people emotionally and usefully attached with some of these highly beneficial practices and also for educating them to realize importance of village level art and architecture, the literates among the villages community will be engaged in collection of the basic information on this issue so that the natural as well as the cultural history is documented and published with illustrations and photographs, if necessary.

With the above core philosophical holistic components the other catalytic components are attached in folder, in jpeg format. The activities as listed in folders will be selected as per the local requirements of the villages.