



## **Sunshine Foundation**

### **Quarterly Report**

*SunShine Foundation wishes you and your family a Very Happy,  
Green and Safe Diwali!*

*Though miles apart, let us together celebrate and spread the Rays of Light,  
Love and Hope!*

*On this auspicious occasion, we also would like to thank you for your support  
that helped our children realize their dreams and work towards achieving it.*

*We wish you endless Prosperity and Joy!*

### **REGULAR ACTIVITIES**

#### **Art and craft:**

We have our art and craft sessions every Sunday at Sunshine Mecosabhag Centre and once a month at our other centres. Art and craft activities give kids a sense of achievement and allow them to take pride in their work which builds confidence. Kids get to use their creativity and also develop their personality. This helps them develop patience, along with letting them experiment with new things.



#### **Yoga session:**

Priya Ma'am takes daily yoga sessions at Sunshine Foundation. We use chanting, balancing, and gazing practices to improve their memory, concentration and focus. We show them learning can be fun and that motivates them to stay focused. Youth of today are under heavy stress. Stress is a reaction to the external situation and not the situation itself. Some students are relaxed even the day before exams and some are stressed weeks before the exams. This shows that we have control over our reaction to external situation. Yoga creates the entire support system and provides a stress-free environment for children.



### **Music Sessions:**

Children of all ages express themselves through music. Many children make up songs and, with no self-consciousness, sing to themselves as they play. Children in school learn to sing together as a group and possibly learn to play a musical instrument. Older children dance to the music and use music to form friendships and share feelings. Sunshine recognizes music classes for all the children at Sunshine Foundation. We teach them simple song long before they understand the words. Quiet, background music can be soothing for children. Sing simple, short songs to children. Try making up one or two lines about bathing, dressing, or eating to sing to them while you do these activities.



### **Daily Nutrition:**

Regular family meals provide basic nutrition. Sunshine provides healthy nutrition to all the children. We give milk with protein powder and food to our children every day.



### **Tiffin with Kids:**

Every first Monday of the month we have Tiffin party at our Sunshine Centre. All the kids come here with their amazing lunch boxes. All the children and our Sunshine staff sit together and eat together. This is a small activity which we can relate that the kids, who come from slums, are not different. They are same as our

own kids. They feel very special that we can eat together and spend lunch time with their. The best part of this activity that we get so many different items to eat!



### **Reading Sessions:**

While reading, children might come across words they have never heard which force them to find out what they mean. As a result, they add it to their vocabulary. Practice makes perfect, right? The best way to get better at reading is just to do it! It helps build independence and self-confidence. As they learn that they no longer have to rely on their parents to read things to them, they develop a sense of independence. Through reading, they can begin to understand the world on their own. It helps them make sense of the world around them. As they learn to read they are able to determine what things around them say from signs to stickers to labels. Being able to read helps them understand what is what and the purpose it serves. As a child reads, they can begin to imagine where the characters are. They might even create their own little world.



### **Indoor Game Sessions:**

Indoor games were originally invented to help children amuse themselves within the confines of their homes. They were invented to pass time at home when, either the weather was bad or, when, sickness confined a person to his or her bed. Indoor games also meant so that mothers could keep a watchful eye on their children while doing their housework.

At Sunshine we have many board games so that whenever our kids get time they start playing and have fun! It helps them to work and play in group and understand the power of team work. Every Saturday we have game day so our kids love to play.



### **Football Session:**

Football is a very active and loveable activity for all our kids. We take sessions for girls and boys separately. Boys are very active in playing but the girls are a little shy. This month we started teaching some basic rules and regulations about how to carefully play football.



### **Parents Meeting:**

A Parent Teachers meeting was arranged by Sunshine Foundation. Every first Sunday of the month we have a Parent Teacher meeting. This meeting was conducted for all the kids from Sunshine Foundation. This was followed by a very cordial interactive session between the teachers and parents regarding performance of the students. The parents gave a very positive feedback regarding the activities and facilities provided. Our staff had one to one conversation with parents about their children's activities at Sunshine Foundation. We gave them brief information about our activities like sports and cultural events taken place at Sunshine in the last 3-4 months.



### **Daily Tuition:**

Sunshine Foundation provides every child with free tuition. Their parents work as labourers and earn a meagre amount every day. Our kids go to nearby schools, but there they get very limited knowledge because there are so many children, but at Sunshine we give individual attention to all the children.



### ***SPECIAL ACTIVITIES***

#### **Navratri Celebration:**

Sunshine Foundation cherished the Garba celebration held on 29th September. Students of all classes from Level I to Class VI came dressed in traditional Garba and Dandia attire which made for a spectacular visual treat for everyone to see and relish. The positivity and energy created by the colourful costumes combined with the enthusiasm of dancing made it a memorable night for all of us. The Dandia folk songs made the entire day extremely successful and fruitful. The students went back thrilled to revel in the festive season at home too. We wish all our students and their loved ones a very Happy and Festive Season.



#### **Tree Plantation:**

Sunshine Foundation organized tree plantation program on 25th September, 2019 at Mecosabhadra Methodist School and in different parts of our locality. The students and teachers selected the empty places and the road sides to plant saplings in a well-organized way. In order to restore the eco-balance, the drive was taken with all seriousness. The participants were highly enthusiastic and made it a big success. The program created a great stir among the general public too.



### **International Tigers Day:**

On 29 July, 2019, Sunshine Foundation organized an awareness event on the topic: Tiger and Wildlife Conservation at Raman Science Centre. Apart from children of Sunshine Foundation itself, we also had participants from Bhavans BP Vidya Mandir, Koradi and Gaikwad Patil School in the event. The speakers were well known people who have been working towards conserving biodiversity since years.

Dr. Jerry Banait, a passionate wildlife conservationist working at an International level to protect nature was our Chief Guest; he has support from over 150 NGO's and is the face of the Global Avni Tigress outcry.

Also, present were Mr. Raj Krishnani, also a passionate tiger lover, who set out alone to spread awareness about Tiger conservation by starting a Facebook page called 'Save The Tiger' and currently has almost 3 Million followers from around the world.

Mrs. Ekta Bhaiya, runner up of Mrs. India 2015 and Ambassador of several Wildlife protection NGO's was also our speaker.

The session was very interactive, and children of all schools participated enthusiastically in it.



### **Teachers Day:**

A beautiful poem highlighting the importance of a teacher was recited by Students. They also presented their amazing art work with beautiful greeting cards for this special occasion as their token of love for the teachers. Janice Markes, our Admin addressed all the teachers with her inspiring words. She thanked all the teachers for their diligence, sincerity and hard work. All the teachers were given gifts by the Students. They sang, danced and played together creating memories to cherish forever. They revelled in the company of their fellow teachers, taking pride in their role as teachers who transform lives and

create their future. The day came to an end with a lunch hosted by Sunshine Foundation.



### **Dental Camp at School:**

A Dental Diagnosis and Awareness camp was held by the Department of Advance Dental Hospital on 11 September, 2019, 09.00 am onwards at Mecosabagh Methodist High School. The camp was conducted for 80 school children. A diagnostic check-up was done, following which the required treatment module was explained, a dental-kit was provided to every participant, which was sponsored by Sunshine Foundation. Awareness of oral health of the children was increased by education in brushing techniques, health hazard due to tobacco use, and general overall health improvement methods were explained. The response by the group was positive and the camp was deemed successful. The hospitality of the organizers was commendable.



### **Ganesh Chaturthi Special Activity:**

Sunshine Foundation organized a craft and drawing competition for all the students for the celebration of Ganesh Chaturthi. Under this Competition we wanted to see the creativity factor from our kids, we distributed them with some paper, card, stones, colours and rangoli and tasked them with creating a beautiful picture of Lord Ganesh. Students drew beautiful paintings and expressed their imagination with these drawings. The winners received prizes for this activity.



## Fun and Food Carnival:

We are so happy to share the Fun and Food Carnival celebrated at Sunshine. It was a very energetic day for all of us. Our little business men and women are ready with their stalls with many good items. They prepare some good ideas to make their stalls more attractive. There were noodles, Samosa, Kachori, Paani Puri, Bhel, and Fried Rice, Juice, Manchurian and many more. Children enjoyed a lot at this event and made profit with it.

### Stall Details with profit:

No.	Food Item	Investment	Profit
1	Mung Pakoda	70	130
2	Bhel	50	80
3	Sambar wada	50	160
4	Noodles	80	150
5	Gulab Jamoon	70	130
6	Idli Sambar	80	90
7	Bhajiya and Aalu Bonda	50	110
8	Dahi Kurkura	135	150
9	Noodles, Rice and Manchurian	500	900
10	Samosa and Kachori	50	90
11	Juice	30	50



## Independence Day:

At Sunshine Foundation we had singing competition for all the kids. As we had so many children in this competition, we divided them in two categories. First is solo singing, second is Choir. Every participant prepared songs on their own. Sunshine Volunteers, David Patel and Imran Khan with Rohit Tembhurne judged this competition. Our kids have beautiful voices and they performed very well. Muskan is multitalented girl. In her last dance competition she won first place, and here in the singing competition she again won the first place. The other participants got consolation prizes.



## **Medical Camp**

Around 105 people including our children and their family members participated in the medical camp and reaped the benefits from it at Bhandewadi Center. Free medicines were distributed after a thorough health check-up.



That's all for now ...we will be back next month with all that is happening at SunShine Foundation.

**Thank You**

**Best Wishes and Regards**

**Team SunShine Foundation**