



**VEERNI**  
EMPOWERING GIRLS

# THE **VEERNI** PROJECT

## NEWS LETTER

January to March 2023

# ACTIVITIES OF THE VEERNI PROJECT

It gives us immense pleasure to present to you the quarterly report for December to January 2023. This quarter filled with enthusiasm, excitement, and productivity for all the Veerni girls. After a long winter break, the girls returned to Veerni, leaving behind the cozy-comfy feeling of their homes.

The girls dedicated themselves to their studies, the forthcoming event of Republic Day, and the preparation of their practical files. The report shows that we have now crossed more than halfway for session 2022 - 23, and the girls have done extremely well in their academics. These results were achievable only because of the dedication of all the girls, the Veerni academics team, and the schools where the girls are enrolled.

Apart from education, we have focused on the skill development of each girl associated with Veerni. For the same, computer classes have been conducting regularly for the Veerni girls. We also enrolled all the girls in daily physical exercise sessions and started practicing games and other outdoor sports. We celebrated our 74th Republic day with great pride and enthusiasm. The program started by unfurling the flag, followed by the National Anthem, after which all the students and the staff members saluted the flag. The girls performed their PT session, and speeches were given by Jeevan Ram sir and the student representative, M/s Payal Rathore. We also had a special Menstrual Health Education Session for Girls.

Overall, it was a fantastic quarter, and we are looking forward to achieving more success in the coming months.

As we at VEERNI are recursively trying to provide an environment to all the girls such that they not only could improve their results but also gain knowledge and improve their skills, which will provide them with the capabilities and build their capacity to withstand the future by themselves. For the same, the schools involved are also playing a crucial role.

## School Reports:

- A) K.K. MODERN SCHOOL On 06th January 2023, a P.T.M. was organized by the school, in which the progress reports of the girls were shared with us. From the report, we got to know that the overall growth of all the girls was good but few scored less in subjects like English, Science and physics. For the same, we requested the Principal for providing extra classes to the students. All the girls resumed their schooling on 9th January 2023, when the school timing was scheduled from 09:30 am to 3:00 pm. As the cold wave knocked on the doors of the city, the schedule of the school remained the same for the month.
- B) The Saviour's Academy Secondary School The School resumed its regular classes on 9th January 2023. The timing of school was scheduled from 10:00 am to 03:00 pm. Results of classes III, III(HYBRID), VI, VII and VIII were declared on 17th January 2023. Keeping in mind that the students have been shifted from a Hindi medium schooling to an English medium schooling structure, the overall report of all the students was very good. Few students were lagging in subjects like Social-Science and Science where the core problem or the root cause of the low grades was low comprehension levels. For the same, a recursive practice time was promised to be started in the coming month such that all the students improve their grades in the finals.



**Computer Classes:** Apart from regular school classroom learning we've focused on the skill development of each girl associated with Veerni. The Key points covered in the computer classes are as follows: Microsoft Office Word, MS Office Excel, Ms Paint, Windows 10, Internet Browser, Computer Hardware and Computer Software.



**Sports:** "Apart from education you need good health, and for that, you need to play sports." ~ Kapil Dev.

Since sports are an essential element of the education system, all the girls have been enrolled in daily physical exercise sessions. Apart from exercise sessions, we've also started marching practice with the girls. Games and other outdoor sports are also being practised by the girls. The girls have also prepared the march-past for the 26th of January 2023 (Republic Day).



The rehearsal for the same was on 23rd January 2023. "Sports do not build character. They reveal it." ~ John Wooden

### Republic Day Celebration (26th January 2023)

This year we celebrated our 74th Republic day. It was a moment of pride when we started our program by unfurling the flag. Mr Mahendra Singh Deora Sir unfurled the flag followed by the National Anthem after which all the students and the staff members saluted the flag. Furthermore, all the girls practised their PT session. Jeevan Ram sir gave a speech on Republic Day to all the Veerni girls followed by a beautiful speech by the Student representative M/s Payal Rathore, who shared her thoughts over republic day with all her fellow students. In the end, Neelam Ma'am motivated all the students with her thoughts and wrapped up the program by giving thanks to everyone. All the students were given Laddoos (Traditional Indian Sweets). After the program and refreshments, all the students enjoyed the Indian Government Republic Day Celebration Live Telecast from Delhi, on the big screen.



### Health

Wellbeing Assessment and Special Menstrual Health Education Session for Girls:

In general the overall medical report shows signs of healthy girls at the VEERNI campus. However, there are a few girls who suffered from seasonal influenza or cold & cough for which medication was given and after a period of seven to eight days, they were fit and fine.

On 24th January 2023, a special health session was conducted for the girls who have newly attained their menstruation cycle. Keeping in mind the above-stated fact, this special session was conducted to educate them about good menstrual hygiene and how to use sanitary napkins.

### Motivational activity:

27 January 2023, a day when each student of board exams on the campus was thrilled by watching a motivational video of a young and inspiring administrative officer M/s Sheela Dahima. She is a young IAS officer at Bhopal city of Madhya Pradesh State. In the video, she tells in detail how one can find their talent and use it to increase their confidence. She tells many more motivational things throughout the video. On 14th January 2023, all the girls were given a traditional Indian sweet (laddoo) made up of Sesame, on the occasion of Makar Sankranti. The girls continued to have these sweets every morning in their breakfast for the next whole week after Makar Sankranti.



**Fostering Familial Connectivity: Ensuring Regular Communication between Parents and Children Residing in Hostels:**

Communication is key in any relationship, and this is especially true for parents and their children who are living in a hostel. Regular communication between parents and their children can help to strengthen their bond, provide emotional support and ensure that the children feel connected to their families. We take care that this communication is maintained every 15 days and parents keep in touch with their children residing in the hostel through phone calls, video chats or other means of communication to know about their child's well-being, daily activities, and any challenges they may be facing.



### Provision of Customized Hygiene Kits and Feminine Hygiene Products for Girls.

Veerni ensures that the well-being of all the girls residing in the hostel is maintained. Below are the points that cover the measures taken to provide personalized hygiene kits to all the girls, and arrangements made for sanitary napkins.

#### Distribution of Personalized Hygiene Kits:

On 09th January 2023, all the girls were provided with personalized hygiene kits that included essential items like soap, toothpaste, towels, detergent for washing clothes, oil for hair, shampoo, Vaseline, and other necessary items. The distribution of these kits was done to ensure that all the girls maintain good hygiene and cleanliness.



**Distribution of Feminine Hygiene Products:** All the girls were provided with sanitary napkins, and arrangements were made in the rooms according to their classes. This ensured that they had access to these essential items and did not face any inconvenience.





### **Changes in Routine During Winter Season:**

Due to the shift in school timings during the winter season, the routine of all the girls have been changed as follows: a. Study period in the morning from 8:00 am to 9:00 am. b. School time from 9:00 am to 3:00 pm. c. Lunch at 3:00 pm. d. Fruits at 4:30 pm. e. Physical activity on the ground followed by rest. f. Dinner at 7:00 pm. g. Study time is from 8:00 pm to 10:00 pm. h. Bedtime at 10:00 pm. i. Wake-up time at 5:00 am.

### **Decoration of Notice Board for Republic Day:**

All the girls of class XI decorated the notice board for Republic day with patriotic messages, quotes, and images. The board was adorned with the tricolour theme and represented the spirit of Republic day.

**Weekend Activities:** After a tedious week of studies, the girls enjoy their weekends by taking home theatre and playing their favorite songs and dancing to them. This activity helps them to relax and refresh their minds.

**Celebration of Birthdays:** The girls celebrate their fellow student's birthdays and distribute sweets to all the girls. This fosters a sense of camaraderie and strengthens the bonds of friendship among them.

### **Health Management and Comfort Measures during Winter Season for Girls.**

**Management of Seasonal Cold, Cough, and Flu:** During the winter season, some girls may experience cold, cough, and flu. To manage these symptoms, we provide a decoction syrup made up of basil leaves, ginger, black pepper, and jiggery. This syrup increases their immunity and provides relief from sore throat, throat pain, chest pain, and congestion. Some girls are also given steam inhalation for severe chest congestion.

**Arrangement of Hot Water during winter:** During the winter season, arrangements are made for hot water for bathing and washing. This ensures that the girls can maintain their personal hygiene and stay comfortable during the cold season

### **New High-Quality Uniforms Distributed to Girls for Standardized Dress Code**

The distribution of new hostel uniforms on 3 Feb 2023 was a significant event for the hostel. The girls were excited to receive their new uniforms, which consisted of a Salwar, kurta, and waistcoat. The new uniforms were of high quality and had a comfortable fit. The uniforms were designed to ensure that all the girls have a standard dress code, making it easier for the hostel staff to identify them. This measure is an important aspect of maintaining discipline and security within the hostel.

The distribution process was smooth and well-organized. The girls were asked to assemble in the common room, where they were handed the new uniforms by the hostel staff. The staff members made sure that each girl received the right size and checked that the uniform was in good condition before handing it over. The girls were happy with the new uniforms and appreciated the efforts made by the hostel administration to provide them with a comfortable and practical uniform.

Overall, the distribution of new hostel uniforms was a successful event, and it has been observed that the girls are now more confident and comfortable in their new uniforms. The hostel administration believes that this initiative will help to maintain discipline and a sense of belonging among the girls.



### **Optimizing Study Hours and Enhancing Parent-Teacher Interaction**

At VEERNI, we ensure that the girls receive the best possible environment for their academic and personal growth. In the report below, we showcase how the study periods and parent-teacher meetings (PTMs) were conducted at the institute in this quarter.

#### **Study Periods at Veerni Institute:**

We understand the importance of self-study for the academic progress of the students. Therefore, we have designated specific study periods for different classes at the hostel.

Classes III to VIII have study periods from 2:00 pm to 4:00 pm and then from 8:00 pm to 10:00 pm.

Classes IX and XI have study periods from 3:00 pm to 4:00 pm and then from 8:00 pm to 10:00 pm.

Classes X and XII have study periods from 3:00 pm to 4:00 pm, followed by an extra hour from 5:30 pm to 6:30 pm, and then from 8:00 pm to 11:00 pm.

We have also arranged for extra classes on Sundays for these classes. These study periods are strictly observed, and students are expected to utilize this time for self-study.

#### **Parent-Teacher Meetings at Veerni Institute:**

Parent-teacher meetings are crucial for effective communication between parents and hostel administration. These meetings provide an opportunity for parents to get an update on their child's academic progress and to discuss any concerns they may have with the wardens and the administrative staff of the hostel.

On 5th Feb 2023, we conducted a PTM for the parents of the junior school girls. About 40 parents attended the meeting, and they were given a brief overview of their child's academic performance. The parents were appreciative of the efforts made by the teachers, wardens and the administrative staff to ensure their child's academic progress.



On 12th Feb 2023, we conducted a PTM for the parents of all the senior school girls. About 32 parents attended the meeting. The meeting was conducted in a structured manner, and parents were given individual updates on their child's academic performance. The teachers and wardens also provided valuable feedback on areas where the students need to focus more. The parents were happy with the progress made by their children and appreciated the efforts of the hostel staff.

In conclusion, the study periods and parent-teacher meetings conducted at the Veerni Institute during this quarter were effective in ensuring the academic progress of the girls. The study periods provided students with the necessary time for self-study, and the PTMs facilitated effective communication between parents and teachers. We will continue to conduct these activities regularly to ensure the overall growth and development of our students.



### **A Melodic Escape: Veerni Girls Grooves to Weekend Beats**

As the weekend approaches, the excitement among the girls at the hostel is palpable. The thought of letting loose and enjoying themselves after a long week of studies fills their hearts with joy. Every Saturday evening, the girls are given the opportunity to dance to their heart's content, as they groove to their favourite tracks.

The institute provides a music system for the girls from 8:00 pm to 9:00 pm, allowing them to let their hair down and unwind. The sound of music fills the halls, and the girls gather around, swaying to the beat. Their laughter echoes through the corridors, as they enjoy each other's company and make memories that will last a lifetime.

For many of the girls, the weekly dance session is a way to destress and forget about the worries of the week. They let go of their inhibitions and dance with abandon, forgetting about everything else. For others, it's a chance to bond with their friends, to catch up on the week's events and to support each other.

As the music ends, and the girls begin to disperse, there is a sense of happiness and contentment in the air. The weekend may be short, but the memories they make during these dance sessions will stay with them forever.

## **Celebrating Memories: Annual Group Photo Session Captures Unforgettable Moments of the Academic Year 2022-23 at VEERNI**

On the 4th of February 2023, the annual group photo session for the current academic session was arranged at our girl's hostel. The girls were grouped together according to their classes, creating a beautiful and organized picture. All the girls were adorned in their new uniforms, looking impeccable for the photo.

This yearly group photo session serves as a way to capture the memories of the academic session for the girls, allowing them to look back on their time at the hostel fondly. It provides them with a tangible memory of the time they have spent together, creating a sense of belonging and unity amongst them.

The excitement and anticipation leading up to the photo session were palpable. The girls were enthusiastic about the idea of capturing this moment, and they eagerly posed for the camera. The smiles on their faces radiated pure joy and happiness.

Overall, the group photo session was a memorable and joyous event, providing the girls with a tangible memory of their time at the hostel. The photograph serves as a testament to the bond shared by the girls, creating an everlasting memory that they will cherish for years to come.

## **Memorable Moments: Class XII Girls Bid Farewell With A Grand Celebration Hosted By Class XI Girls**

The farewell party of class XII students held on Feb 28th Feb 2023 was a grand celebration filled with laughter, fun, and memories. The event was organized by the girls of class XI to bid a farewell to their seniors. The party began at 4:30 pm with the garland and tilak ceremony of all the girls of class XII.

All the girls actively participated in the event and gave their best performances, including dance and other activities. The event was filled with jaw-dropping games and laughter, where prizes, certificates, and medals were distributed to the girls who participated in different activities. The winners of each game were awarded dedicated prizes for their achievements.

One of the most memorable moments of the evening was when Neetu Rathore was declared as Miss VEERNI 2023. It was an achievement that brought joy and happiness to all the girls.





The farewell party was filled with delicious treats, including Gulab-Jamun, Samosa, Banana Juice, and wafers, which were thoroughly enjoyed by all the girls.

The party came to an end at 8:00 pm with a group dance by all the girls. The event was a perfect way to bid adieu to the class XII students and create memories that will last a lifetime.

Overall, the farewell party was a perfect combination of entertainment, fun, and emotions. It was a day that the girls of class XI and XII will cherish forever. The party was a symbol of the bond and love shared between the seniors and juniors. It was an event that made the girls of the hostel feel connected and united. The farewell party is a reminder that although goodbyes can be difficult, they pave the way for new beginnings and new memories.

In conclusion, the February 2023 hostel report is a testament to the girls' vibrant spirit and their willingness to explore new horizons. We are confident that with their positive outlook and determination, they will continue to excel in academics and all other aspects of their lives. The report serves as a reminder that with the right mindset, anything is possible. The future looks bright, and we are excited to see how beautifully the academic year will sum up in the coming days.



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