

2023-24

# ANNUAL REPORT



**SMILE**

(Society for Mobilizing and Improving the Life Experiences  
of the Underprivileged Women and Children)  
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SMILE (Society for Mobilizing and Improving the Life Experience of the Underprivileged Women and Children) has been working for the betterment of underprivileged women, adolescents and children since November, 2003. Smile strives to reach out to families who are highly socially deprived. Currently Smile is working at 2 Government Shelter homes (Balika Greh, Mahila Sadan), is working in Jaipur, some surrounding villages and one village in Jaisalmer. Smile has also worked in Kishore Greh, Kishanpura village and more than 30 slums. Our main focus is on counseling, vocational training, women awareness, health awareness, self-defense, leadership training, additional educational support to



the children and girls studying in government schools, adult education, primary quality education for deprived communities, and life skills activities for every age group.

Under an umbrella of SMILE, counseling were provided to 15500, vocational training to 10700, assistance in education to 5330, leadership skills to 210, confidence building to 1500 mentally and emotionally unstable women, self-defense training to 335

girls, health awareness training to more than 2025. We have given awareness training to more than 270 women. On top of all this, 197 children and women have been reunited with their families through the efforts of SMILE. 230 adults have become literate through our organization.

Since SMILE has been working for 21 years and during this time, seeing the work of SMILE, people's confidence in SMILE has increased and also, people get great pleasure in working with the organization for doing internships from within the country and abroad. The organization stays away from appearances and provides real benefits to different sections, hence the beneficiaries are Incredible changes have taken place. Many girls and women have received education to live life which is very useful in their present life and also many women have become self-reliant and have made other women self-reliant as well.

## **This year the following works were done by the organization-**

### **Mahila Sadan**

Like every year, this year also various activities were organized for women in Mahila Sadan. Most of the women who come to Mahila Sadan are mentally ill because most of them have been victims of some or the other form of violence and thus suffer from various kinds of problems.

Like every year, various trainings were organized in Mahila Sadan this year as well. Everyone takes more interest in training in beauty culture. This year the following training activities were organized in Mahila Sadan:

### **Counseling**

This year 100 women were counseled in the State Mahila Sadan. All the women were given a safe and comfortable environment to talk to and the counselors took care to be very patient while counseling them so that the women could be mentally prepared to live in the Mahila Sadan and could express their thoughts and views openly. Counseling was done by dividing all the women into three groups.

- First group- This group includes those women who are mentally unwell and come out of the mental hospital somewhat recovered. These women need a lot of love and affection. Conversations were held with them patiently, with affection and love. Due to constant association with them, positive changes are seen in them.

Creative activities, dance, music, yoga, kirtan etc. were conducted with them, which gave them confidence and many women were able to go to their homes.

- Second group - In this group there are women who have come due to love affair, other family problems, other social problems. Detailed information about their case was taken and according to the problems, options for solution were given to them so that they could take appropriate decisions.
- Third Group - In this group, problems were discussed with the girls studying and the girls going to job and suggestions were given to them in case of any problem, which increased their self-confidence and also helped them in taking appropriate decisions.

Creative activities - This year also creative activities were conducted in Mahila Sadan. It started with prayers for peace of mind and body, followed by meditation and physical exercises regularly. Kirtan was also done from time to time, due to which their health improved when they realized the rhythm and



peace. Efforts were made to keep their minds as happy as possible. Music is such a medium which not only gives pleasure in listening but also whenever one dances with music, one feels more energy. This was done regularly with women in Mahila Sadan.

### **Sewing training**

This year 43 residents participated in the sewing training. Who were given training by dividing them into 3 groups -

There were 10 women in the first group. Along with basic training, they were taught 5 types of salwars, 5 types of kurtas, plain and lined collars, princess cut blouses, lehengas, 2-3 types of summer shirts, pants, children's wear, gowns etc. There were 17 women in the second group. Who were taught machine running, basic stitches, petticoat, pajama, palazzo, 2-3 types of kurtas, 3-4 types of salwar, 2 types of lehengas, simple blouses etc.

There were 16 women in the third group who were taught how to operate machines along with basic stitches. Petticoat, payjama, plain salwar, cushion, masanad cover, children's nappies, jhablas, frocks etc. were taught. For those women who did not know how to operate the machine, small sample clothes were stitched by hand using hand stitch and bakhiya stitch.



Specific:

- in the first group 10 women can sew suits, blouses, lehengas and many other clothes themselves.



- 5-6 of these women can stitch with very good finishing. They need some help in cutting.

- This year, more than 40 suits were stitched by the residents of the first and second group of women who participated in the training and they were continuously guided during the learning period.

### **Beauty culture**

In the beginning, beauty care, information was given, how to take care of different types of skin are taught, starting from self-threading till professional threading. . How to bleach- How much activator is added according to different complexion and skin type. Steps for cleanup and facial were explained in how much time should it be done and for how long? Manicure and pedicure from homemade products and using other products. Steps of head massage and hair oil massage were taught. They were taught how to apply hair color and henna,

wearing different types of sarees. 6-7 types of hair cutting (straight, U, layer, step by step, three step, feather, mushroom etc.) In the hair spa, they were taught how the quantity of cream was prescribed according to the hair. Steaming, hair straightening, hair coloring, hair rolling, perming, etc. were taught. They learnt to do it using wooden sticks and by professional equipment. Thermo mask was taught for tightening facial skin according to the age. Waxing- under arms, half and full and face wax. Taught and explained how to use serum, primer, concealer, foundation, compact, highlighter, contouring. Light make-up and bridal make-up were all taught. Be it a wedding or a party, now they get ready on their own. Different types of hair styles were taught like braids, buns etc. On themselves and others too.

Note - 4 to 5 girls are also earning money from outside by doing parlor and henna work. In total Rekha earns around Rs 5-6 thousand from outside and in house. Similarly, Shayari and Farzana also earn working outside and using their skills in parlour.

### **Hand embroidery**

This year 45 residents participated in the embroidery training. Most of these women are mentally unstable and suffer from mental illnesses. The embroidery training works as a therapeutic intervention as they learn color coordination, express creativity, helps focusing their attention and seems to interest them a lot. They are very keen to show their work to visitors as well. These women residents were given training by keeping them in three groups.

- In the first group, about 15 residents made 50-60 embroidery stitches. 7-8 women also made embroidery file. Made embroidery patterns on dupattas, suits, sarees, skirts, lehengas, pillow covers, table cloths etc.
- There were about 12 members in the second group, who learned about 30-35 embroidery stitches. Of these, only 2-3 made the file. They practiced to make patterns on the handkerchief itself. Make embroidery patterns on your own kurta, dupatta and blouse.
- There were about 18 residents in the third group. Those who have learned only 10-15 stitches by practicing again and again. Nearly 70 percent of the women in embroidery training suffer from mental illness.

Note:

- About 10 residents associated with embroidery training completed the embroidery work neatly.
- 4-5 residents made embroidery patterns on kurtas, dupattas, stoles, lehengas, blouses and pillows.

### **Tie and dye**

This year 16 residents participated in tie and dye training. In this training, about 10-12 types of tieing and coloring designs were taught. In which they were

taught tying and coloring designs on handkerchiefs, dupattas, toppers, scarves, kurtas, sarees, bedsheets etc.

note: During the training also, the residents made 2-3 tops, kurtas, 2-3 dupattas, scarves etc.

## Literacy

There were 24 inmates in literacy training. They were given training by keeping them in separate groups.

- First group – There were 10 women who had complete knowledge of vowels and consonants. Simple addition and subtraction was taught. They recognize counting from 1 to 100. They can write capital letters and small letters in English. They were also taught to write simple words in English.
- Second group – had 8 residents. They were made to identify vowels and consonants in Hindi. The work of matching letters, counting, finding and identifying and circling was done. They were made to count from 1 to 100, were made to identify them, and were made to practice the Hindi alphabets आ,इ,ई,उ,ऊ,ओ and make simple Hindi words using the same.
- Third group – had 6 residents. They were taught to write vowels, consonants in Hindi. They were taught to count. They are unable to form letters properly and need a lot of motivation to attend classes regularly.

Note:

- 3-4 students of the first group can read the newspaper. They ask questions related to what they read. Write English small letters, capital letters and missing letters.
- 3-7 members of the second group also identify alphabets and do exercises like: make a circle or match them.
- 80 percent of the women undergoing literacy training suffer from mental illness.

## Crochet/knitting



8 residents participated in this training. In this, they made 4 small flowers, kurta and saree lace, thalposh, bank, purse, mobile cover. About 6-7 residents worked in weaving. They prepared socks, sweaters, caps, scarves, footpads, bangles and thalposh from saree, chunni and wool by tailoring them.

Note: The tailors made 3-4 salwar-suits from old sarees and received remuneration.

### **Rakhi making**

This year 11 residents participated in this training. They were taught to design Rakhis using silk, moli, embroidery thread and strings. Rakhis were made using kundan, flowers, swastika etc. Rakhis made of pearls were also made.

Note: About 100 rakhis made by these women during training. 8-10 samples were kept and the rest were distributed among the residents.

### **Diya (lamp) making**

20 residents participated in this training. They were taught to paint the diyas, prepare ceramic cones by mixing colors, made designs on the diyas by hand and using glass.

Note:

- About 13-14 residents received remuneration for designing diyas during training.
- 7-8 residents received remuneration by helping in diya making.

### **Bag making**

10 residents participated in this training. They made a luggage bag for themselves by adding a zip and a pocket. Tiffin bags, bottle covers, office bags and ordinary vegetable bags were made by giving a new look to old clothes and empty flour bags by adding zips.

Note: 2-3 residents can do the work of making professional bags.

### **Surf/soap, dishwashing liquid**

45 residents participated in this training. First they were shown how to make soap, got them set. Then got surf made. They also made liquid soap for washing utensils. The methods of making all these were explained.

Note: Prepared soap, surf and liquid during the training were distributed in the entire Mahila Sadan. Everyone experimented and said that it was better than soap, surf and liquid available in the market.

### **Games/Dances, motivational Songs, Entertainment Songs**

These activities were conducted regularly with all the residents. Everyone also participated in the dance and songs. A lot of fun games that energized everyone were also conducted.

### **Balika Greh**

Balika Greh houses girls from 6 years to 18 years of age who are either abundant or in need of protection and come through the court.

Like every year, this year also various trainings continued for girls at Balika Greh. SMILE's endeavor since its inception has been to ensure that every girl

learns something for whatever number of days she stays and may she always find these learnings to be useful in her life. The following activities were conducted this year in the Balika Greh.

### Counseling

Counseling has its own importance in a girls' shelter home. Girls come here troubled by different problems. They become depressed about their lives and become negative towards life. They give wrong direction to their lives by taking wrong decisions, in such a situation they are in great need of counseling that can make them feel understood and give them a positive direction. Girls are counseled by SMILE to giving them this positive direction. The girls are explained in a positive and calm manner as the mind of these girls remains disturbed. They are counseled with love so that they can get justice and at the same time they can be rehabilitated. SMILE's counseling has an important contribution in the rehabilitation of the girls at Balika Greh.

SMILE's counseling is appreciated by all the officials of Balika Greh. Many girls have been rehabilitated in their families through counseling. Individual or group counseling of girls has been done. Experts from Finland also talked to the girls and counseled them.

### Stitching & tailoring

71 girls participated in the tailoring course and they were taught according to the duration of their stay at Balika Greh.

- Work taught to the girls who lived for one to two months-

First of all, by explaining the importance of sewing to the girls, inclination towards sewing was created and increased so that the curiosity to learn sewing could be generated in their minds. After such efforts made by SMILE, they started learning sewing and tailoring diligently. They got to know, how to operate the machine, measuring with inch tape, raw stitch, bakhya, turpai, hook, eye, buttoning, saree, fall making, pico, pillow cover, cushion cover making, drafting, cutting and stitching of petticoat and jhablas were taught and altering was taught.

- Work taught to the girls who lived for four months -

They were taught the work for the first two months, apart from this they were taught different types of salwars - plain, kalidaar, dhoti, patiala, afghani, frock, plain, chunnarwali, aline, umbrella, night suit, skirt, kurta - plain, a-line, umbrella, up and down.

Among the tasks taught, various types of bags, purses, pouches, bundles, purses and socks were taught to increase interest in sewing.

- Work taught to girls aged six months or more -

Apart from the first four months' training, lehenga, fish cut, 32 bud umbrella, and full umbrella, different types of blouses- plain and lining, teere wala, urebi were taught. Night gowns like full gown, etc.

*Note:*

1. Girls with short stays were made skilled in fall, pico so that they could become self-reliant.
2. From time to time, guests and department officials visit Balika Greh and SMILE's work is always praised by them.
3. The girls made suits, designer dresses and blouses for the caretakers, guards and sweepers of Balika Greh throughout the session.
4. The girls made very beautiful bags and potli purses.

### **Candle making**

15 Girls were trained in candle making to promote them towards small scale industries and entrepreneurship. In this training, girls were taught how to make candles with designs like colored roses, stars, hearts, glasses etc.

### **Making soap & surf**

32 Training in making soap and surf was given in the girls' home. All the residential girls got the benefit of this training.

Special - Through this training, girls were inspired to become self-reliant through small scale industries.

### **Embroidery**

28 girls participated in this training, girls were taught 10 to 15 different types of embroidery. Along with this, samples were made and a type of machine embroidery was also taught.



#### **Crochet**

During this training, the girls were taught how to crochet, make chains, flowers, various designs, and make kangures.

Note- After receiving this training, the girls made many things. Almost all the girls made different types of thalposh. They also made costumes of Laddu Gopal ji of different designs and in

different sizes, the cover of TV. They also made hangings for door entrances for auspicious events. Girls beautifully utilized old sarees to make round, oval and square rugs and mats.

### **Macramé bag**

In this training, 23 girls were taught to make different types of designer bags, along with earrings, lamp shade, pen stand, basket, pouch, wall hanging etc.

Specially, after receiving this training, the girls made very beautiful bags. A girl named Asha took advantage of this training and made very beautiful bags and wall hangings. Her mental health was not good and she was taking medicines for depression. But as she got involved in the training, she started feeling happy and started spending more of her time in making bags. The girl made bags out of old wool. Now everyone appreciates the changes in her personality and the beautiful bags made by her.

### **Computer**

20 girls participated in this training, the girls were given information about computers, how to operate them, Hindi, English, typing, paint, MS Word etc. The girls learn with a lot of curiosity and attend classes regularly.

### **Tie and dye**

20 girls took part in the tie and dye workshop. In this training, the girls were taught different types of Bandhej, Lahariya, Batik, tying and different types of colours, in this the girls made scarves, handkerchiefs, dupattas, etc.

### **Art and Craft**

73 participated and showed great enthusiasm in craft during this session. On 15th August, Diwali and 26th January, Girls' Day, Lahariya Utsav, Holi, girls decorated their rooms and houses with their own handmade crafts and artworks. All the guests coming throughout the year greatly appreciated their creativity.

### **Dance**

60 girls participated in the dance workshop. It is such an art which calms and makes the girls' mind happy, they leave all their negativity behind and start feeling positive. In this training, girls are trained on Rajasthani, Punjabi, Bengali as well as film songs. Girls gave their performances on 16th August, 26th January, Girls' Day, Lahariya and Phag Utsav.

### **Mehendi**

90 girls participated in this training. Girls were taught mehendi first on paper and then on hands. In mehendi, arabesque fillings and bridal mehendi were taught.

### **Beauty culture**

101 girls participated in this training. The training for girls includes threading, forehead, eyebrow upper lip, manicure, pedicure, head massage, hands massage,

leg massage, body massage, hair oil, hair henna, coloring, rolling, crimping, straightening, and different types of hair.

Style, Tan, Bleach, Clean Up, Facial, Massage, De-Tan, Blow Dyer & Hair Dyer, Cutting Layer Step & Leaf Cut, Simple, Party & Brill Homemade Toners, makeup according to skin texture and bridal makeup were taught.

This training is for 3 months and the girls who stay here for a long time keep re-doing and improving their skills.

### Other activities

Girls should also be taught dholak, bhajan and Chetna songs so that their morale can increase and they can become positive.

### Vocational training in Community Development Centers

Like every year, this year too various vocational trainings and various activities



were organized at Community Development Centres.

In these centres, work was mainly done with those girls and women whose economic condition is not good and they are not able to afford expensive trainings. At SMILE, they are provided the facility to take very useful trainings in an interesting manner in a safe environment. As well as during the training they were also given useful

information for living life positively. Counseling was also done from time to time as per their needs. A lot of times, they share and listen to each other at the SMILE Centre, and they are also given appropriate advice for their problems. This time, vocational training in tailoring and parlor was especially conducted.

Once a woman was facing continuous violence at her in-laws' house. When all the women there came to know about it, they collectively went to the woman's house and made everyone realize the strength of a group and since then there has been no violence towards her.



Sr. N.	Name of Training	Attendee	Location
1	Tailoring Training	30	Shriram Nagar Colony, Jaipur

2	Beauty Culture Training	16	Shriram Nagar Colony, Jaipur
3	Tailoring Training	20	Ghatgate, Jaipur
4	Tailoring Training	23	Renwal, District Phagi, Jaipur

## Cutting and Tailoring Training



6 months training in cutting and tailoring was organized. In this training, everything from hand stitches and machine operation to small garments, designer suits, blouses and lehengas were taught. The teaching process was as follows-

- Making a draft.
- Writing about cutting of related clothes.
- Making samples.
- Cutting according to given measurements from newspaper.
- Making clothes from cloth material.

In this way, the same garments are taught in several stages and at the same time its file was also prepared. About 54 types of clothes were taught in training. Everyone participated in this training with great interest and at the end of the training everyone was given certificates.



## Beauty culture training

Beauty culture training was carried out for 3 months. In this training, along with skin care, manicure, pedicure, facial, threading, waxing, applying henna, makeup, bridal makeup, hair styles, hair cutting etc. were taught. Although this training in the market is very expensive, but it was taught to the girls for free by SMILE. Everyone participated in the training with great interest and at the end of the training everyone was given certificates. While receiving the certificate, everyone was very happy and showed their files. They



were so happy and enthusiastic, that they planned the event themselves and conducted it successfully.

Their personal experiences were heard both during the training as well as after the trainings. They were counseled as per their needs and problems. Sessions on menstruation and hygiene were also conducted with them. From time to time they were taught different types of embroidery, different hairstyles by different reference persons.

### **Learning Centre, Jaipur**

Smile Learning Center Jaipur had been successfully operating since May 2019 and entered its fifth year in the session, 2023-2024. The last session ended successfully in April 2024. In these five years, many girls joined the center and



received education. They were provided quality education here and efforts were made towards their all-round development which is clearly visible as compared to when they joined in the beginning and had no confidence at all. There used to be a lot of fear, hesitation and shame in expressing their views, but now they are able to

stand among people and express their views without any hesitation. Their condition even in educational level was not very good.

Today, after studying at the center for 5 years and taking life skill classes regularly, many positive changes have been seen. Their confidence has increased and they know how to put forward their views in front of others, listening patiently to others, understanding the feelings of others, respecting them, giving correct and accurate answers to the questions, writing effectively, etc. The children learned to be on time, remain disciplined and participate in other activities with interest. There have been positive changes in children and girls are performing very well in their school as compared to other children in their class. Seeing such changes in the children, it seems that the objectives that were kept in mind while starting the center were achieved.

### **Regularity and consistency**

Not only the old children associated with the center come regularly, the new children who came in the same session also started coming regularly by the end of the year. After coming to the center, the children stay in the center the whole time. The reason for the children who do not live regularly is that their families

have come to live here from the villages, but their other relatives live in the villages. To go to any festival or family function, they had to miss sessions and school. From time to time, we go to the children's homes and talk to the parents and explain to them the importance of education and ask them to send their children to the center regularly.

### **Habits and behavior**

After coming to the center for a long time, very positive changes have been seen in the behavior and habits of the girls. Habits like living cleanly, brushing teeth properly, cutting nails from time to time, combing hair neatly, wearing clean clothes etc. have developed in the child. These children have also learned how to manage their time, study regularly, come to the center, get support from their parents in household work and teach their siblings along with them. Apart from all this, respecting elders, putting forward one's point of view before others, listening carefully to others, respecting elders while being disciplined, increasing self-confidence, developing positive thinking and freedom from superstition, doing and learning every work. Qualities like enthusiasm, being aware of the activities and environment around them, controlling emotions, understanding good and bad etc. have also started becoming visible in children.

The life skill classes held every Saturday in the center have a major contribution in bringing about such changes in the children. In these classes, every Saturday, various resources come the day before and talk to the children on different topics, which helps in the intellectual development of the children and gives them the ability to think. Children try to bring their educationally backward peers at par with their class through collaborative learning. .

Children participate together in other activities happening in the institution. Girls have started planning for any program to successfully executing it very well.

### **Contact with parents status**

Our coordinator has been regularly visited home of children. Met their parents where they are made to understand the importance of education and are asked to send their children to the center regularly. By looking at the environment of the children and understanding their circumstances, the reasons for not coming to the center regularly are found out and by making every possible effort; the children are encouraged to come to the



center regularly.

On every Amavasya day, as the parents have a holiday from work, they are called to the center and talked to and explained to them.

### **Life skills education**

For the intellectual and mental development of children, from time to time motivational songs were sung in the center that talks about various issues of children. As a result, children's understanding expands.

The life skills classes held in this session were as follows-

Understanding of adolescence, decisions should be taken using one's own thinking and understanding, initiative, children's positive-negative thoughts, manifestations, motivation, success, hard work, gratitude, strategy response, discussion on points like child marriages , helpline numbers etc., importance of time management, naturopathy, violence, suicidal thoughts in depression. Apart from this, understanding violence, the long term effects of violence, feelings of jealousy , peer pressure, different emotions and managing them, etc. other relevant topics like formation of a government in a democracy , discussion on topics like safety from burning, sexual harassment, etc.

### **Academic performance**

In the session 2023 2024, the result in all classes was 100 percent. All the children in class 7 excelled, with Roshni and Jyoti being the toppers. All the children passed class 8<sup>th</sup> and out of which Komal, Manvi and Prachi were the best. Nikita Sheetal Jyoti Tanishka Kiran performed very well in class 9. All the children passed. Class 10 all the children also passed in which Palak Payal and Lakshmi were at the forefront. All the children passed class 11 also. Gauri performed best in Gandhi Nagar School. Apart from this, the performance of Ishika Yashika Nidhi Bharti and Anjali was also good. The results of all the children were good in class 12 also. Kajal, Teena and Shivam remained ahead. Diksha performed best in the arts section. And Shivani Parihar's result in commerce was good. In this way, the results of every child studying in the center were good.

### **Other activities**

Along with life skill classes, other activities for children are also organized in the center from time to time like various types of workshops, sports activities, painting-writing competitions etc. In this session the following activities were organized in the center for the children....



Learned to make various educational and decorative items from Art and Craft, Basant Panchami, made Rakhies with colored Stones, Chart Paper, Thread etc. This developed the spirit of working together in a group among the children.

Participation in state level workshop-

10 children of the center Gauri, Nidhi, Anjali, Jyoti, Priya, Asha, Sanjita, Neetu, Priyanka and Mithali along with the coordinator Prabha ji, went to the State Resource Center to participate in a workshop. The topic of the workshop was "Children's Participation in Democracy".

Our children came out with extreme energy and enthusiasm. They all were very confident in expressing their views and giving their presentations.

Teachers Day and Janmashtami were celebrated at the center in which children presented programs in honor of the teachers of the center and expressed their feelings through greeting cards. Priyanka and Neetu dressed up as Krishna and Radha and also gave a dance performance.

Teacher's Day was celebrated at the SMILE office on 5.9.2023. In which all the teachers were honored and certificates were also given by SMILE.

Diya (lamp) making workshop was organized for children. Children beautifully decorated the deepaks.

International Girl Child Day was celebrated on to make girls feel proud of being girls

The children of the center were also taken to Rajasthan International Center to participate in the workshop organized by Dasham. Where the children expressed their views on the topic "Participation of Adolescent Girls in Democracy" and also



conducted a forum. A team of 9 children was taken to Pink City Press Club, Jaipur where the children interacted with the media as part of the World Children's Day

Celebration. The topic of conversation was 'What should the children's government be like?'

Vasant Panchami festival was celebrated in the center in which children worshiped Goddess Saraswati through Saraswati Vandana and Sanskrit shlokas and resolved to do best in education.

In order to free children from the fear of exams and study well, a motivational film "12th Fail" was shown in the month of January. From which the children learned that no matter what the adverse circumstances, if continuous hard work is continued then success is definitely achieved.

Science models were made for children through clay modeling. Due to which the children learned well the structure and functioning of the human reproductive system and excretory system.

Science Day was celebrated in the center in which children demonstrated various charts, models and experiments.

Science based quiz was also



organized. Children understood the natural phenomena occurring in nature through experiments and got answers to many questions that arose in their minds.

A 21-day yoga workshop was organized for children in the month of April. the girls practiced Bhramari Pranayam and chanting Om for 21 days In this way, the children got a lot of benefits from this yoga workshop.

### **Self-defense training-**

At the end of April, a two-day self-defense workshop was organized for children to teach them various techniques and ways of defense during different situations.

A 15-day dance class was also organized for children. In which all the children enjoyed a lot and were very happy.

### **Visitors**

A group of about 25 members from NBC accounts firm visited the centre. They took information about the activities and operations of the centre. They spoke to the children about their goals and future planning and also inspired the children to move forward. They appreciated the efforts being made by SMILE for their

education and holistic development. They also distributed jackets and gifts to the children.

Mrs. Manju Rani Ma'am a retired senior IAS officer and founder of SMILE visited the centre. She taught informative things to the children through her talks.

How to focus on your goal? How should efforts be made to achieve the goal? How to build good habits? How to keep one's thinking positive?

The children also enjoyed the discussion with ma'am and felt motivated.

Interns Hana and Veda, who came from Norway, also visited the learning center several times during the three months. They gave information to the children about Norwegian civilization, festivals, lifestyle, education system, clothing, food, etc. Children played various entertaining and educational games as well.

Mr. Naveen Jain chartered accountant came from Singapore to meet the children. He interacted with the children and encouraged them to complete their studies and go for higher education to achieve their dreams and move forward in life.

## Meetings

For better functioning, monitoring and implementation of the planning of the Learning Centre, monthly meetings are also being held with Kamini ma'am and Anita ma'am from time to time.

## Smile Gyan Jyoti Kendra, Hirapura

This is the second year of Smile Gyan Jyoti Kendra Hirapura Tehsil Madhorajpura, District Jaipur. Girls from class 7 to 10 are regularly studying after their school hours in this centre.



## Objectives of the center

1. Girls should pass with good marks so that they can get good opportunities in life.
2. Develop an understanding of how to live one's life in a better way.
3. To prepare them with good qualities in one's life so that they can become confident enough to handle any situation coming in to their lives.



## Center activities

Educational Activities - English, Mathematics, Science and Computer studies for all the girls studying in government schools. The teachings were conducted in an interesting manner. The educational level of the children was checked by taking weekly tests. Students feel very happy studying in learning centre run by SMILE.

Before they saw Mathematics, Science and English as difficult subjects but after taking classes in SMILE, they started liking these subjects.

The results of all the classes were very good. Because of the innovative teaching ideas, the students came regularly.

Life Skills Training – In these trainings,



girls' understanding of how to live their lives in a better way was developed.

In which every girl who participates in the training is able to understand the topics related to life and also feel the change in her life.. Now girls are able to start discussing topics related to their own lives in their families.



Because of life skill training, there has been very positive changes in the girls, the way of communicating, reading and presenting things, etc. in the children associated with SMILE compared to other children in the school. Along with the deepening of interest in education, the understanding of the goal of life has also developed.



## Games

Sports are a part of the all-round development of children. For this reason, all the girls were made to play outdoor and indoor games so that their physical and mental development can take place.

## Cultural program

The children coming to the center were given activities to overcome their hesitations through songs, drama and stories. On national festivals like 15th January and 15th August, girls showcased their skills on stage.



## Community involvement

Out-reach is conducted by the organization in the villages in which the children's parents and family members were informed about the activities carried out at the center. The interest and level of education of the children was discussed. People of the community were made aware about education so that children can come to classes regularly.



The level of girl's academic performance was regularly discussed with the parents so that they can also know the progress of the children. Parents cooperated in sending their children to the center regularly participated in school activities and also helped the workers of SMILE.

## Exposure Visit:

On January 17, 2024, an enriching series of exposure visits was conducted, showcasing the cultural and historical treasures of Jaipur. Participants explored Birla Mandir first and then visited Jantar Mantar, where the astronomical instruments captivated everyone, revealing the brilliance of ancient science. The Jal Mahal offered a perfect blend of nature and history where the students took a lot of photographs to preserve memories.



The majestic Amer Fort allowed the students to delve into the royal heritage and stunning architecture. Finally, the Nahargarh Biological Park provided a unique opportunity to connect with nature, highlighting conservation efforts and local wildlife.



Each site offered a valuable experience, enriching the students' understanding of Jaipur's rich culture and a day to remember.

## **Stitching and Tailoring Training**

A month-long stitching and tailoring training from 12 May 2024 to 13 June 2024 was conducted in Heerapura, providing the girls with valuable skills to become financially independent. This hands-on training not only equipped them with practical techniques but also fostered creativity and confidence in their abilities. The program emphasized both traditional and modern stitching methods, ensuring a comprehensive learning experience.

## **Leadership group (Sucheta) workshops**

A group of about 20 girls named Sucheta Group was formed by the organization to address the issues of education, health and social changes etc. Twice a month, understanding building is done by the resource person and these young girls visited the panchayat, schools and places of learning for their own capacity building.

Skill training has also taken place with the girls of Sucheta Group, which are as follows -

## **Sewing training**

Girls received support in moving their lives forward and finding employment opportunities. Everyone also received a certificate after learning sewing. Girls were very happy to receive this training.

## **Beauty parlor training**

Parlor training was organized for young girls in the month of May-June. They learnt different work related to beauty culture.

## **Understanding of Sucheta Group:**

1. They have been able to understand themselves.
2. Group understanding was formed.
3. Deep understanding has been formed on subjects like sewing, beauty parlor, life skills, etc.

## **Interns**

This year two interns came from Norway. They taught problem solving, hair styling, and career counseling etc. to the participants in various settlements. They contacted women in Hirapura village and discussed with them the importance of education. They also discussed with the girls studying at Gyan Jyoti Center and played various types of games with them.



Also helped in finding different types of activities for life skills modules related to children from time to time.

They also helped the teachers by conducting communication, emotion and various creative activities with the primary school children.



## Annual Picnic and Meeting

A picnic is organized every year to encourage all the workers and strengthen the



team. Everyone waits for this day a lot, plays a lot of games with everyone, laughs a lot and sings a lot of songs.



The talents of all the workers came

to know each other. After a lot of entertainment, everyone had Rajasthani food together and gave useful gifts to everyone and the team's enthusiasm increased.

## Smile Primary Classes

### Introduction



After doing teaching work with children in government schools from 2018 to 2023, we felt that if children's education is really paid attention to from the initial level, then children will be continuously interested in education even later and they are more likely to pursue further education.

### Objectives

- To provide quality education to those children who are deprived of education due to the current expensive education or are deprived of school education due to some circumstances.
- The parents of most of the children are hardly able to even know their signatures; hence they are not able to help their children in education even if they want to.
- To provide them good quality education at low fees.

- All children should be treated equally in the learning center so that no child develops any kind of inferiority complex.
- To awaken interest in education, to make changes in the methods of teaching from time to time so that the teaching remains interesting as well as innovative. For this, teachers are trained from time to time.
- For the development of children, activities related to creativity and out-of-box thinking is also conducted once a week like: various types of crafts, making toys or statues from clay, etc.
- Along with education, to develop moral and humanitarian values in children, telling them stories and reciting poems so that they can become good human beings when they grow up.
- To impart life skills education for development of moral values.
- To make children aware about environment and cleanliness, show videos several times to give information related to cleanliness and also give them information from time to time for environmental awareness.



Keeping these objectives in mind, we started 'Smile Learning Centre' from June 1, 2023. Even before starting this, we had to face many challenges such as:-

### Challenges

The location was selected keeping in mind that families from the deprived community should live nearby so that they can easily get this facility.



- To contact the parents door-to-door and motivate them to send their children to the center.
- Providing periodic training to teachers by experienced trainers so that they can make their teaching more effective.
- To maintain interest and creativity in the daily activities as well as in the learning activities of the children.

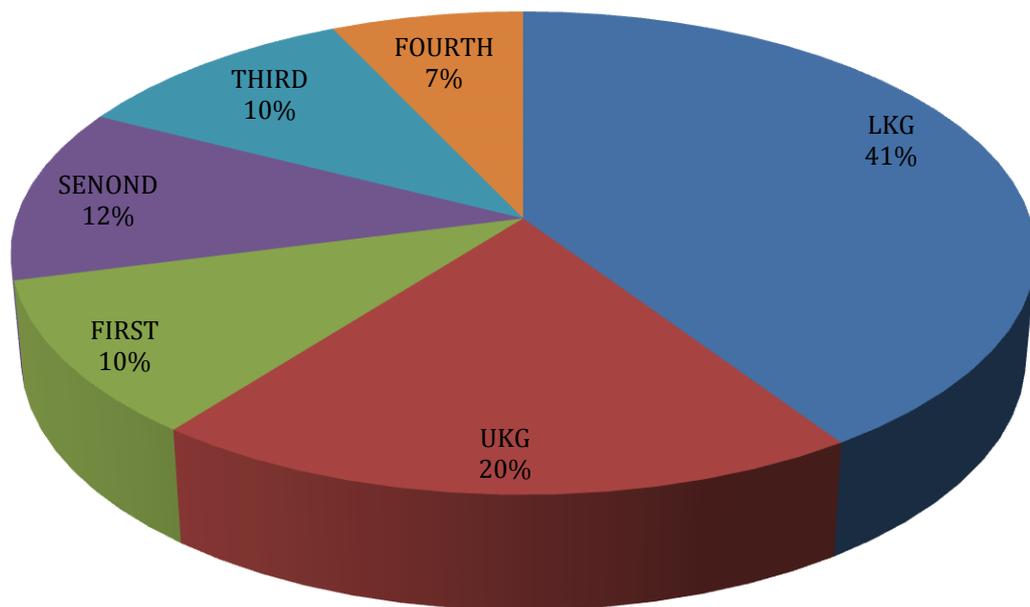
- To review the textbooks for regular classes which are interesting, simple manner and in simple language.
- Making arrangements to provide supplementary and nutritional food twice a week.

- Review of activities by experienced and senior guides from time to time to assess the activities of the center and the work to be done.

### Learning status of children

When children came to us in June 2023, most of them got associated with education for the first time. When we started this school from June 2023, there were only 35-40 children and by July 15, we had 84 children.

## SMILE LEARNING CENTRE



### CLASS WISE STUDENT DETAIL

Who were admitted in these classes?



- In LKG (lower kindergarten) - 35 children
- In UKG (upper kindergarten) - 17 children
- In first class - 9 children
- In second class - 10 children, in third class - 9 children, in fourth class - 6 children.

The educational level of all of them has improved. Everyone is doing well as per their respective courses. Children's interest in reading has increased and their positive changes can be seen in regular assessments.

Only those children who were irregular in school had a low learning speed. There was an unprecedented change in the behavior of all the children. Positive changes were felt in them.

Due to the family background and surrounding environment of the children, most of the children were prone to stealing, lying, abusing, beating, etc. Noticeable improvement was seen in the children in just 1-2 months. Children started coming to school regularly in clean and neat clothes. They also started



cooperating with teachers in classes. They keep their things organized. They have started listening carefully and understanding what the teachers said.

#### Activities

Every Saturday, various activities were organized for the physical, mental and emotional

development of children. By organizing activities like games, songs and various life skills, we have been able to achieve holistic development of the children. We hope that if they study in this school for even 6-7 years, they will be more successful in their future academics and the habits we have developed will be remembered throughout their life.

### **Leadership training programs and a session on menstruation and hygiene by Dr. Pritam at Renwal Sr. Secondary School**



Various leadership sessions encourage participants to explore their individuality, fostering self-awareness and confidence in their leadership abilities. By reflecting on their strengths and weaknesses, individuals learn to leverage their capabilities while identifying areas for improvement. Addressing gender issues within these discussions promotes inclusivity and empowers diverse voices. Such sessions create a

nurturing environment that promotes open dialogue, encourages empathy, and

empowers individuals to become effective leaders in their communities. Dr. Pritam conducted an informative session on menstruation and hygiene held at a government school in Renwal where students engaged in an open and informative discussion about the menstrual cycle, its significance, and the importance of maintaining proper hygiene. The session aimed to break the stigma surrounding menstruation and to empower the adolescent girls with knowledge about their bodies. Students learned about the different menstrual products available, how to use them safely, and the importance of changing them regularly to prevent infections.



The session also provided a safe space for the girls to ask questions and share their experiences, fostering a supportive environment that encouraged understanding and acceptance. By the end of the workshop, many students expressed relief and gratitude for the information shared, feeling more prepared and confident to manage their menstrual health.

## **Certificate distribution for cutting and tailoring course at Renwal**

23 women participated in the stitching and tailoring course at Renwal by SMILE. They proudly received their certificates for the course and it was evident that



this initiative had transformed their lives by equipping them with valuable skills. The course not only taught them the art of stitching and tailoring but also instilled confidence and a sense of independence. Many women

shared their excitement about starting their own small businesses, showcasing their creativity and craftsmanship. Through this program, SMILE truly made a significant impact, fostering a supportive environment where women can thrive.

## Stitching Training in Jaisalmer Baiya Village

It's a village situated 100 kms away from Jaisalmer Rajasthan, where most of the people of Manganiyar community live. There is no source of income except of singing and dancing while performing on various occasions at different communities. Although the community's livelihood thrives on the vibrant arts of singing and dancing, public performances are largely reserved for men, while women remain in the background due to prevailing social stigma. From last two years SMILE is conducting cutting and tailoring course for the women of Baiya village. Women are facing very difficulties due to gender discrimination.



In a community where traditional customs often keep girls in 'ghunghat' and limit their opportunities, the prevailing belief that they shouldn't be sent to school has hindered their potential. However, a transformative program offering just two hours of training has emerged as a beacon of hope. It provides a very good platform for them to share their problems, experience happiness, make friends, and find support. They have become financially independent and can earn through their training, allowing their creativity to flourish. This shift not only empowers them but also inspires others in the community to reconsider the value of girls' education.