



WEL COME



VEERNI
EMPOWERING GIRLS



NEWSLETTER

January to March
2024

THE VEERNI PROJECT



Dear Veerni Family,

This quarter commenced with various activities, from celebrating events to participating in educational visits, filled with inspiring visitors, and academic focus.

A revised schedule for Veerni board classes have been implemented to ensure students maximize their study time in preparation for their annual exams, which began this March. This new timetable prioritizes focus on exam preparation.

This quarter, Veerni focused on the health and well-being of our girls. We provided all students with hygiene kits and facilitated medical checkups, ensuring a healthy environment. Additionally, Veerni partnered with School HealthPro to organize a successful health camp at the Institute.

During this quarter, Veerni Institute was honored to welcome inspiring guests from overseas: Miss Deeya, founder of "WE CARE," USA, and Mrs. Marina Lee-Warner with six friends from Australia. They interacted with our students, creating a valuable exchange of ideas and experiences.

This quarter was a period of celebration as well. We embraced the vibrant spring festival of Basant Panchami, performed "Surya Namaskar" on Suriya Saptami, and farewell of Veerni grade 12th girls and witnessed six of our girls mark their birthdays with school-wide festivities.

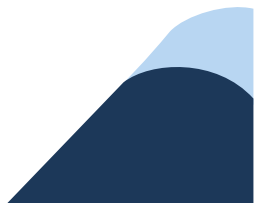
I take this opportunity to express my deep appreciation to our dedicated staff. Their hard work and unwavering commitment are the foundation upon which Veerni thrives. The staff meeting was a chance to acknowledge their contributions and celebrate their passion for our students.

In this edition of the newsletter, we are excited to share highlights and updates from the Veerni Project, covering the period from January 2024 to March 2024



Warmest Regards,
Mahendra Sharma

Date:- April 05, 2024





THE VEERNI PROJECT

Newsletter – 4th Quarter

January 2024 to March 2024

EDUCATIONAL ACTIVITIES AT THE VEERNI INSTITUTE AND THE VEERNI BALIKA CENTRE

- **Academic Focus:** To ensure success in their upcoming board exams, additional classes for classes 10th and 12th commenced on January 2nd. These classes provided extra support and focused revision for the crucial exams.
- On January 14th, class 10th students presented their science projects before the Matrons and classmates. This not only helped them delve deeper into their subjects but also boosted their confidence in public speaking and group work.
- Board classes received a revised timetable, prioritizing study time for their upcoming exams.
- **Making the Most of Break Time:** Even with government holidays from January 14th to 17th, the school prioritized student learning. To enhance their skills and solidify theoretical knowledge, Class 11 science girls participated in practical physics, chemistry, and biology sessions during this break.
- **Practical Exams:** Practical exams were held for grades 10, 11, and 12 in Physics, Geography, Biology, and Chemistry.
- **Pre-Board Exams:** Pre-board exams were conducted for grades 5, 8, 10, and 12 to assess learning and identify areas for improvement.
- **Unit Tests:** Unit tests were held for grades 4, 6, 7, 9, and 11.
- **Daily Classes:** Our students will attend regular classes at Modern Senior Secondary School from 7:30 AM to 1:30 PM.
- **Extra Classes:** Veerni Institute and Veerni Balika Centre will continue to offer supplementary tuition classes to reinforce learning.
- **Online Support:** Senior girls in grades 9 to 12 at Veerni Institute benefit from a well-equipped Smart classroom. This space hosts online lectures to provide additional academic support.
- **Computer Skill:** Qualified computer teachers will lead daily computer classes at both institutes, equipping girls with essential digital skills. In addition, class 11th girls received extra computer education, equipping them with valuable digital skills.

Annual Examination Update:

- Exams for Board Classes 12th, 10th, and 8th began on March 4th, 7th, and 28th, respectively. We wish all our students the very best in their exams!
- Exams for Grades 6th and 7th were held last week of March.
- Grade 9th and 11th exams are scheduled for April. Specific dates will be announced soon.

An Educational Trip to the Central Arid Zone Research Centre, Jodhpur

On January 4th, Veerni girls from grades 10-12 embarked on an exciting educational tour to the Central Arid Zone Research Centre. This trip aimed to broaden their knowledge horizons and expose them to the fascinating world of scientific innovation in agriculture.

Veerni believes that such field trips are invaluable for our girls. They not only gain firsthand experience with the latest agricultural practices and technologies but also discover the vast career opportunities within this critical sector. The visit sparked curiosity in the girls, as they learned about cultivating unique crops like mushrooms and "jewellery plants," alongside various other crop varieties.

The exposure to diverse agricultural practices and career paths may very well inspire some of our girls to pursue higher education and careers in science and agriculture. Overall, this enriching trip provided a valuable learning experience that will stay with the girls for a long time.



HEALTH CARE ACTIVITIES

We are fortunate to have a dedicated medical team led by Dr. A.S. Deora. Dr. Deora visits the institute weekly to provide comprehensive medical care to the girls. Our in-house nurse, Mrs. Vimlesh Sharma, is available daily to address any immediate needs and ensure the girls' continued health. Additionally, Mrs. Syiona Kalasua lends valuable support as a volunteer.

To ensure personalized care, each girl has a comprehensive health card that tracks their medical history and treatment plans. This collaborative approach guarantees that all our girls receive the best possible medical attention and support they need to thrive.



Health Camp

On January 15th, 2024, Veerni partnered with School Health Pro, a well-respected organization dedicated to improving student health and well-being, to conduct a special health camp exclusively for our 110 girls at Veerni Sansthan, Jodhpur. School Health Pro is distinguished by its team of highly motivated and specialized doctors from the esteemed All India Institute of Medical Sciences (AIIMS), ensuring our girls received the highest quality of care.

The health camp was meticulously organized by the School Health Pro team, who brought in a complete setup of medical equipment to facilitate a comprehensive range of screenings. These screenings included anthropometric measurements, medical examinations, ENT check-ups, ophthalmology check-ups, and dental examinations. This thorough approach provided valuable insights into the girls' overall health and well-being, allowing for early detection and intervention of any potential health concerns.

The dedication of the entire Veerni Sansthan team to the well-being of the students truly impressed the School Health Pro team. This commitment was evident through the good nutritional status of the majority of students, as indicated by their Height, Weight, and BMI measurements. The team was further surprised and delighted to find that all the girls were anaemia-free and adhered to good hygienic practices. Their appreciation for these achievements was documented in a formal letter of appreciation issued to Veerni Sansthan.

This collaborative effort between Veerni and School Health Pro proved to be a resounding success. Our girls benefitted from the expertise of the AIIMS doctors and the various health screenings offered. We are grateful to School Health Pro for their dedication to student health and for partnering with us to deliver this important initiative for our Veerni girls.



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Veerni Sansthan
Jodhpur

January 19, 2024

We are delighted to inform you that School Health Pro conducted a screening camp at Veerni Sansthan, Jodhpur, on 15th January 2024. The screening encompassed Anthropometric measurements, Medical examination, ENT, Ophthalmology, and dental examination.

Our team would like to express appreciation for the dedicated efforts of the entire Veerni Sansthan team in ensuring the well-being of the students.

This commitment was evident through the good nutritional status of the majority of students (as indicated by Height, Weight, and BMI).

All students were anaemia free and adhered to good hygienic practices.

The School Health Pro team is eager to work closely with Veerni Sansthan to promote and enhance the overall health and wellness of the students

Regards,

Dr. Vivek Kumar Bhagat

For PREVENT1ST HEALTHCARE LLP
Vivek Kumar Bhagat
Designated Partner

DESIGNATED PARTNER,
PREVENT1ST HEALTHCARE LLP



Distribution of Health & Hygiene Kits

This quarter, Veerni continued its commitment to providing essential hygiene supplies to all our girls. On January 15th, we distributed comprehensive hygiene kits containing items like oil, bath soap, washing soap, toothpaste, shampoo, and body lotion. These kits empower the girls to take charge of their personal hygiene and maintain good health.

We also recognize the importance of menstrual hygiene. Throughout the quarter, sanitary napkins were distributed to ensure all the girls have access to these essential products. By prioritizing hygiene and ensuring access to necessary supplies, we create a healthy and supportive environment for all our girls to thrive.



Sports

Sports and exercise are an essential part of a healthy lifestyle. Every day, the girls participated in guided exercise sessions on the school grounds, ensuring they stay fit and active.

The girls were active in a variety of sports thorough out the year! They competed in Kho Kho, Kabaddi, Medicine Ball Throw, Badminton, and more. The exciting finals were held on January 17th and 27th.



EVENT AND CELEBRATIONS:

Republic Day Celebration: Veerni girls proudly celebrated Republic Day on January 26th! The day was filled with lively dances to patriotic songs, a heartwarming flag-hoisting ceremony led by Mr. Mahender Singh Deora, and inspiring speeches by matrons Sukhjeet Kaur and Neelam. Everyone joined together to sing the National Anthem, and the festivities concluded with a sweet treat for all the girls and staff.



A Farewell Party

February marked the beginning of preparations for the farewell ceremony for our grade 12 students. Grades 9 and 11 honed their anchoring skills in anticipation of the event. The culmination of these efforts arrived on February 25th with a heartwarming farewell party. Class 11 students welcomed their seniors with tilak and garlands, setting the stage for a program that began with "Saraswati Vandana" (a prayer to the goddess of knowledge). Mrs. Vimlesh lit the lamp to officially commence the festivities. All the girls delivered impressive performances, and the grade 11 students presented greetings to their seniors. A fun game with prizes added to the merriment, followed by a performance from the grade 12 girls. The program concluded with a well-deserved felicitation. Payal Rathore, recognized for her consistent participation in activities, academic excellence, and positive behavior, was crowned "Miss Veerni" by Mrs. Vimlesh and Mrs. Siyona. The entire school erupted in cheers, celebrating Payal's achievement.



Entertainment for Veerni girls

This quarter offered a delightful mix of entertainment opportunities. Movie nights featuring the hilarious "Khichdi" and the action-packed "Kisi Ka Bhai Kisi Ki Jaan" brought laughter and excitement. Veerni girls also enjoyed watching "Saina," a biographical film chronicling the inspiring journey of badminton champion Saina Nehwal. "Pratithvi Raj Chauhan," a historical epic film, was screened to commemorate Republic Day and ignite a sense of patriotism among the girls.

Celebrating Milestones

The vibrant spring festival of Basant Panchami was celebrated with joy at the school on February 14th. On Suriya Saptami, February 15th, the girls performed "Surya Namaskar" (sun salutations) to mark the occasion. Six of our girls also celebrated their birthdays this month with a school-wide party filled with sweets and cheer.

Bal Sabhas and other activities: Weekends were filled with fun activities like Bal Sabha, where the girls danced to lively Bollywood music under the guidance of the Matrons. They also enjoyed watching the popular television serial "Taarak Mehta Ka Ooltah Chashmah" together.

Additionally, every Saturday, the girls enjoyed the chance to connect with their families, with additional calls scheduled every fourth night.

Creative Activity:

Veerni Girls honed their artistic skills by creating drawings, paintings, posters, and wall hangings, all centered around the theme "Health is Wealth."



OTHER ACTIVITIES:

Staff Meeting and Planning Session

Veerni held a staff meeting on January 22nd, led by Director Mr. Mahendra Sharma. The meeting aimed to express appreciation for the staff's dedication and hard work. Mr. Sharma acknowledged their invaluable contributions and highlighted their crucial role in the institute's success.

The session also served as a planning forum. Discussions centered around the upcoming academic year, including strategies for welcoming new students and ensuring a smooth transition. Additionally, the focus on annual examinations was emphasized, with potential strategies and support systems discussed.

To further demonstrate appreciation, the staff received beautiful new uniforms during the meeting. This thoughtful gesture aimed to boost morale and make the staff feel valued and respected.



Veerni Team's Village Visit to Bhakri

On March 17th, the Veerni team visited Bhakri, a village that was once Veerni's adopted community. In the past, Veerni had actively worked there, providing medical care and establishing a literacy center. During this visit, Mrs. Kamli, a former promoter associated with Veerni, informed the team about a girl who could potentially join Veerni Institute. However, the girl's parents were hesitant. Veerni's team met with the parents to discuss the institute, and they successfully convinced them. As a result, the girl will be enrolled in Veerni Institute in the upcoming academic year.



Parents Meetings at the Veerni Institute and Veerni Balika Centre:

<u>Date</u>	<u>For Classes</u>
07.01.2024	9 th to 12 th Class
04.02.2024	4 th to 8 th Class
11.02.2024	9 th to 12 th Class
03.03.2024	4 th to 8 th Class
10.03.2024	9 th to 12 th Class



VISITORS AT THE VEERNI PROJECT

The following guests visited the Veerni Project during this quarter:

S. No.	Name	Date
01.	Miss Deeya Sharma	29 th Feb 2024
02.	Marina Lee-Warner	02 nd March 2024
03.	Mrs. Wendy de GRAAF	02 nd March 2024
04.	Mrs. Diana Ditchfield	02 nd March 2024
05.	Mrs. Grace Stone	02 nd March 2024
06.	Mrs. Sartia Russell	02 nd March 2024
07.	Mrs. Melinda Berliner	02 nd March 2024
08.	Mr. Peter Berliner	02 nd March 2024

Visit from Miss Deeya

We were delighted to welcome back Miss Deeya, founder of "WE CARE," to Veerni on February 29th. Miss Deeya, a familiar face from before the COVID-19 pandemic, interacted with the girls, discussing their studies and sharing her experiences running her organization. Her visit left a lasting impression, motivating the girls to pursue their goals. On her return visit on March 5th, Miss Deeya distributed chocolates to all the girls, expressing her gratitude and bidding them farewell.



Visit of Mrs. Marina Lee-Warner and Her Six Friends

On March 2nd, 2024, the Veerni Project had the honor of hosting Mrs. Marina Lee-Warner from Australia, along with six friends who accompanied her.

This visit was particularly special because Mrs. Lee-Warner and her friend, Tish, had previously visited the Veerni Project last year. Their admiration for the project led them to organize a successful fundraiser in Australia.

The Veerni team warmly welcomed them at the Veerni Institute, providing a comprehensive briefing about the Veerni Project. They were given an in-depth tour of all the activities at the institute and had the opportunity to interact with the Veerni girls.

Additionally, the Veerni team took them to the project's land, where plans are underway for constructing a new building. Impressed by the impactful work being done by Veerni, Mrs. Lee-Warner and her friends expressed their interest in establishing a long-term collaboration with the Veerni Project.



Conclusion

As we look ahead to the next quarter, we are filled with excitement for the continued growth and development of our Veerni girls. We are dedicated to fostering a nurturing environment that prioritizes academic excellence and ensures the well-being of our students. We are grateful to our donors for their continued support and look forward to sharing our future endeavors with you in the upcoming newsletter.

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