



One day at a time...

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E-Street Voice

Monthly Newsletter from BOSCO Bengaluru

February 28, 2023

Editorial Note

When Motivations Fail...

Once, a rather desperate-sounding parent was lamenting about the deviations in the behaviour of her teenage daughter. "She used to be regular to school and engage actively in co-curricular activities until she reached the 10th grade. Now she doesn't seem to be interested in anything except binge eating, mobile addiction and hanging out with friends." The instance, however, is not an isolated one. Children and youth give up the pursuit of their goals mid-way and engage in destructive behaviour patterns, often due to changes in circumstances. The victims as well as their dear ones often feel frustrated and helpless.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit," says the ancient Greek philosopher Aristotle. Scientific research and studies point to the fact that habits contribute to the success or failure of individuals and organizations. When motiva-

tions are hard to come by and energies wane, the habits developed and mastered by individuals and organizations ensure that the journey on rehearsed paths of success is not disrupted.

Pulitzer Prize-winning author, Charles Duhigg in his book, 'The Power of Habit: Why we do what we do and how to change,' says, "Champions don't do extraordinary things. They do ordinary things, but they do them without thinking, too fast for the other team to react. They follow the habits they've learned." The author reinforces the point that the formation of right habits is essential in the formation and transformation of a person's personality. Let us strive to train the less privileged children and youth to cultivate constructive habits that would help them to fulfil their dreams.



Fr. Prasad SDB

Staff Sports Day at BOSCO



A Sports Day for BOSCO staff was organized at BOSCO Sumanahalli, Bengaluru on February

26, 2023. Addressing the gathering, Fr. Varghese Palipuram, Executive Director, BOSCO Bengaluru, said, "It is a special day for the staff of BOSCO. We have had a number of events for the children during Don Bosco's Month and Staff Sports would also be considered as part of Don Bosco's Month as it is a family event. It is a day for the staff to come together, spend time with each other, and know each other. It is also an opportunity for the staff to showcase their talents and skills."

The morning session included a 4X100 mts relay, throwball for the female staff, and volleyball for the

Review Meeting of the NGOs

BOSCO Special Juvenile Police Unit (SJPU) project organized a meeting with the NGOs, DCPU, and Police Officials to review the activities of the NGOs involved in the SJPU project and take the project forward, at BOSCO Mane on February 7, 2023. There was a discussion on the role of the SJPU Social Workers and Police Officers, the merger of the Child Helpline-1098 and Women Helpline-1091 with number 112.

Ms. Bharathi Devi, DCPO said that the **CHILDLINE** project should not be discontinued and requested the support of the NGOs to continue with the activities at least for six months. She asked the NGOs carrying out **CHILDLINE** activities to send a letter to the Government requesting the continuation of the project. She asked the CWPOs to inform about the POCSO cases to CWC and share a report along with the FIR with DCPO also. She also asked the Social Workers to submit the report of their work to the DCPU before the fifth of every month.



The gathering also discussed about organizing rescues of children into begging at the signals and public places by bringing together the social workers of SJPU, **CHILDLINE** staff, CWPOs, and DCPU from the respective jurisdictions. Ms. Niveditha, DCPO, Mr. Thimmaiah, DCPO, Mr. Shanmugam, Chairperson, CWC-2, Fr. Jose Joseph, Director, SJPU Project, Fr. Prasad, Director, **BOSCO CHILDLINE**, Mr. Vasudeva, Director, CRT, staff of DCPUs, CWPOs of South, West, East, Yelahanka and Anekal taluk, directors and staff of **ECHO**, APSA, Paraspara, and **BOSCO** were present for the meeting.

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Staff Sports Day at BOSCO



male staff. In the afternoon, musical chair for the female staff, cricket for the male staff, and tug of war for both groups were organized. The day concluded with the distribution of prizes and the rolling cup. Shivamallu, State Coordinator, **BOSCO Foster Care Programme** welcomed the gathering and Prashanth Murthy, HR Manager, **BOSCO Bengaluru** proposed the vote of thanks. The directors and over seventy staff of **BOSCO** participated in the event.

Parents Meeting



A meeting was organized for the parents of the children attending the tuition classes at Giripuram community by **BOSCO Nilaya** on February 17, 2023. Kalaivani, Social Activist, **BOSCO Nilaya**, shared about the existing Government schemes for children related to education. She also spoke about drug abuse among children and how to curb the menace. She requested the help of the parents in identifying the school dropouts in their communities and supporting **BOSCO** in re-enrolling them in schools. Seventeen parents participated in the meeting.

Child Rights Club Leadership Training



BOSCO CREAM project organized a Child Rights Club (CRC) Leadership Training for the CRC members at GHS, Cox Town and Tyamagondalu, Bengaluru on February 16 and 24, 2023 respectively. Fr Anand, Director, BOSCO CREAM Project addressed the gathering and briefed about the purpose of the training program. Mr. Ningaraju, BRC, spoke about various Government schemes available regarding child health and education. Mrs. Sajeeda Begum, HM, GHS, Cox Town briefed about the importance of wearing a uniform that shows unity and identity. Mr.

Venkataramanappa, HM, GHPKS spoke about discipline at school and the participation of students in sports which generates a sense of pride and motivates them to function as a team.

The ice-breaking session, Signature Race received a good response from the children. Children enjoyed the action song taught by Mr. Devraj, Coordinator, BOSCO CREAM Project. The various other topics covered in the training included leadership skills, child issues such as child marriage, child labour, Child Help Line – 1098, preparation for the exams through smart reading, effective communication skills, accepting challenges, working as a team, proper decision making, and so on. Mr. Ravi Kumar, Education Coordinator, Mrs. Sukanya, CRP and Mr. Govind Guruji, HM, SSMM were also present in the training. Hundred and one CRC members from fifty schools attended the training.

Awareness on Child Rights



BOSCO Yuvakendra organized an awareness on child rights for the children attending the tuition classes in the centre on February 17, 2023. Mr. Rajasekar, Coordinator, BOSCO Yuvakendra explained about child rights and child helpline number – 1098 using charts and posters. He gave various examples for each right. He briefed them about the various child issues prevailing in society like child abuse, child marriage, child labour, child trafficking, etc., and the various acts and laws meant for child care and protection. He also made them aware of their role as children in supporting various organizations working for the welfare of the children. Fifteen children attending tuition classes were part of the awareness session.

Value Education on Truthfulness



A value education session was conducted for the girls of BOSCO Rainbow Home at the centre on February 17, 2023. Mary Shamala, Counsellor, BOSCO Rainbow Home narrated stories on Magic Moments and Grasshopper and Ants. She screened short motivational movies on being truthful. She said that in life, everyone should always be happy to do things, which leads to success. She motivated the girls to be confident, courageous, and have hope which requires them to be truthful in everything they do. Forty-six girls attended the value education class.

Health awareness Programmes

BOSCO Nilaya organized a health awareness for the people in the Anandapuram community in coordination with St. Martha's Hospital on February 13, 2023. Uma Rai, a Social worker, and seven volunteers, St. Martha's Hospital, conducted the session on 'Personal Health and Hygiene' in order to make people aware of the health issues and different diseases that are prevalent. Health issues were explained through an action song, skit, and by showing motivational videos- "Arogyave Bhagya". Uma motivated women to maintain cleanliness at home and in their surroundings. Thirty-five women participated in the session.

BOSCO Nivas conducted health awareness for the community members at Ambedkar Huts, Shivajinagar to create an environment that supports healthy lifestyles on February 27, 2023. Ms. Uma Rai and Volunteers from St Martha's Hospital, Bengaluru conducted



the awareness programme. Ms. Uma spoke about first aid, its meaning and the different types of first aid to be given during high fever, burning, and fire accidents at home, unconsciousness, bleeding, cardiac arrest, drowning, and electrical shocks. She explained the prevention and treatment of all three degrees of burn, snake bites, attempting suicide by consuming poison, etc. Forty-one community members including children attended the session.

Awareness on Cancer



BOSCO Life Skill Training Centre, Sumanahalli, Bengaluru organized a Cancer Awareness programme for the trainees of the centre on February 4, 2023. Ms. Namita, Counsellor, BOSCO Sumanahalli, explained the concept of cancer, types of cancer, causes, effects on family and individual, and precautions to be taken. The PowerPoint presentation helped the participants understand the concept better. Fr. Joshy SDB, Director, BOSCO Sumanahalli, a cancer survivor shared his experience of going through that period of Cancer. The session helped to learn about cancer and identify the early symptoms of cancer, overcome the stigma and fear attached to it, and get better and timely treatment. Fourteen trainees were a part of this session.

Stakeholders Awareness



BOSCO Child Safety Net (CSN) Project conducted awareness for the employees of the Garment Factory at Sunkadakatte, GRPF officials at Yeswanthpur, and Pourakarmikas of B.B.M.P Ward No-94 during February 2023. Mr. Basavaraju P N, Co-coordinator, CSN Project explained in detail about child rights, existing social evils such as child labour, child trafficking, etc., child-related acts and laws. He requested the stakeholders to join hands with BOSCO in creating a child-friendly city through timely interventions for the children in need of care and protection. Thirty-one garment workers, twenty-one GRPF officials, and twenty-eight BBMP workers attend the awareness programmes.

School and College Awareness Programmes



BOSCO Child Safety Net (CSN) Project organized school awareness and college awareness programme at St. Mother Teresa High school, Shankar Nagar, Government High School, Dasarahalli, GHPS, Mahalakshmi puram, GHPS, Rammohanpuram, Siddaganga Shivakumar Swamiji PU College, Chandra Layout, Bengaluru in February 2023. Awareness was given on child rights, child laws and acts, child-related issues such as child labour, child trafficking, child marriage, child abuse, drug abuse among chil-

dren, and the role of BOSCO in child care and protection. The team requested the support of the school authorities and children in identifying the children at risk so that they get timely care and protection. Seven hundred students from the schools and colleges attended these sessions.

BOSCO Special Juvenile Police Unit (SJPU) conducted an awareness for the children and teachers of St. Joseph's High School, Chamrajpet, Bengaluru on February 8, 2023, regarding the SJPU project. Ramaswamy, Coordinator, BOSCO SJPU project explained in detail about SJPU, the role and responsibilities of the social workers, JJ Act, POCSO Act, children in conflict with the law and children in need of care and protection.

Mr. Santhosh Hepparagi, Secretary, Labour Department, Ms. Nazrin, Volunteer, Labour Department and Mr. Joseph, Principal, St. Joseph School were present during the session. Around five hundred and seventy-five children and teachers attended the awareness session.

Value Education on Decision Making and Responsibility

BOSCO Yuvakendra conducted a Value Education session on Decision Making for the youths of the centre on February 7, 2023. Ms. Geethamala, Counsellor, BOSCO Yuvakendra, facilitated the session through some activities like 'Deer and Tiger' where in two boys would be blindfolded while their group members had to guide them to draw pictures on the board and the members of the other group would misguide them. This activity helped the boys learn to make the right decisions by listening to the right people. Eighteen centre boys participated in the session.

BOSCO Yuvakendra organized a session on 'Responsibility' for the inmates of the centre on February 17, 2023. Sr. Reshmi Lugan, St. Joseph's College explained to the youths the value of responsibility.



In the interactive session, she asked the boys what is good and how to avoid doing something which is wrong or bad. She asked them to cultivate good habits and values which lead them to behave responsibly. Eleven youths participated in the value education class.

Session on Self Awareness

BOSCO Sumanahalli organized a life skill session on 'Self Awareness' for the trainees of the centre on February 27, 2023. Fr. Joshy, Director, Life Skill Training Centre, Sumanahalli welcomed the resource person - Fr. Uday, Principal, Don Bosco College, Prakashpalya, Mysore, and introduced him to the group. Fr. Uday started the session by pointing out the difference between animals and human beings. He quoted the words of Socrates, "Know thy self". The concept of self-awareness, different stages of psychosocial development, and its effects on each individual, Johari Window, and Maslow's Hierarchy of needs were explained. Trainees were asked to draw a picture and explain their state of mind. A questionnaire was filled out by the trainees to understand themselves. The session helped the trainees to equip themselves with social and interpersonal skills that



enable them to cope with the demands of everyday life, bridge the gap between basic functioning and capabilities and help them make use of their potential in its fullness. Twenty trainees and two staff took part in the session.

Emotional Intelligence



BOSCO Rainbow Home organized a life skill session on "Emotional Intelligence" for the centre children on February 18, 2023. Rev. Fr. Uday SDB, Resource Person explained that emotions come from the heart and intelligence comes from the mind. The children were taught about the capacity to be aware of, control, and express one's emotions and to handle interpersonal relationships judiciously and empathetically. He said that emotional intelligence is the ability to manage both own emotions and understand the emotions of the people around.

He screened a short movie on emotional intelligence and gave a few examples of great personalities, their failures, and their successes. He taught them how to balance their emotions which will help them develop effective ways of managing their feelings. Twenty-six children attended the session.

Life Skill Training



A Life Skill training was organized for the youth at BOSCO Yuvakendra on February 25, 2023. Mr. Mahesh, Life Skill Trainer, Dream a Dream asked the youths to meditate and explained the importance of meditation. He later conducted an activity on 'presence of mind.' He drew 25 squares and gave instructions for getting into the squares and taking the right route to reach the target. Every boy was given an opportunity to play the game. He said that this was an example of one's life in society. Whatever step one takes should be based on wise thinking. The session helped the youths to be prudent, wise, and self-reliant. Eighteen youths attended the training.

Debate Competition at BOSCO Sumanahalli



BOSCO Life Skill Training Centre, Sumanahalli, organized a debate on the topic, 'Is Valentine's Day Celebration needed?' for the trainees of the centre on February 14, 2023. Trainees were given awareness of

the concept of Valentine's Day celebration by Mr. Bheemappa, Instructor, Electrical Trade, BOSCO Sumanahalli. The concept, history, types of love, the difference between love and attraction, etc. was explained to the trainees using the PowerPoint presentation. The group was divided into two teams. Team A spoke for the celebration and Team B spoke against the celebration of Valentine's Day. Ms. Namita, Counsellor, BOSCO Sumanahalli was the moderator for the debate. Papaiah, Coordinator, BOSCO Mane and Vinnarasi, Team Member, BOSCO Yuvodaya were the external evaluators. Both groups did their best to prove their point. The debate provided a platform to speak about the realities of life. Fifteen trainees participated in the debate.

World Thinking Day



BOSCO Life Skill Training Centre, Sumanahalli, Bengaluru, organized a session on account of World Thinking Day for the youths of the centre on February 21, 2023. Ms. Saleena shared the concept and importance of thinking in everybody's life. She made the trainees understand the impact of positive thinking and negative thinking in each one's life. It was followed by a game "Think Tank" in which every child took part. After the game, everybody shared their learnings/feelings. The session was concluded by Fr. Joshy, Director, BOSCO Sumanahalli who shared his observation regarding the theme of the day and the performance of the trainees. Eighteen youths participated in the session.

Awareness at Railway Stations



BOSCO Railway CHILDLINE Programme and Adjacent Railway Street Presence (ARSP) Project conducted public awareness at the platforms of Krantiveera Sangolli Rayanna Railway Station, Kengeri, Bidadi, SMVT and Yelahanka Railway Stations, in the moving trains and the adjacent areas, for the public, stakeholders and community people during February 2023. Information about BOSCO, the services rendered by the organization, runaway children and missing children, children's issues, drug de-addiction, CHILDLINE, CWC and child rights was given. More than seven hundred passengers, the public and community people were reached out to through the awareness programmes. Twenty housekeeping staff were given the awareness.

Awareness at BMTC Bus Stand



The outreach team working in the bus stand organized an awareness programme for the BMTC drivers and conductors on February 21, 2023. The stakeholders were given information regarding runaway children, children working or found begging in the bus stand area, child helpline, and rescue booths at BMTC and KSRTC. The team acknowledged their timely support in rescuing and rehabilitating the children at risk in the bus stands. The team requested their continued support in the future also. Forty drivers and conductors received the pamphlets during the awareness programme.

Adolescent Girls' Meeting



Adolescent Girls' Meeting was conducted at BBMP High School, Shivajinagar, Bengaluru, by BOSCO Nivas on February 9, 2023. The team interacted with the girls and spoke about personal hygiene, menstrual hygiene, and consuming nutritious food. The discussion was focused on following healthy food habits, maintaining cleanliness, and drinking water frequently. Twenty-five girls participated in the interactive session.

Tuition Teachers Training



A training programme was conducted for the teachers of the tuition centres established and managed by BOSCO Nilaya at the centre on February 11, 2023. Fr. Jude Anand SDB, Director, BOSCO Nilaya and Nivas briefed about the general rules and regulations to be followed in the tuition centres.

He exhorted the teachers to come up with new ideas and teaching techniques so that more and more children are attracted towards attending the tuition classes. Some capacity-building exercises were taken up. Twelve tuition teachers attended the training.

Drawing Competition



BOSCO Sumanahalli organized a drawing competition for the children attending the tuition classes at Sumanahalli on February 11, 2023. Ms. Manjula, Tuition Teacher, motivated the children to participate in the drawing competition. Children were allowed to draw pictures of their choice. This activity enabled in unfolding of the talents of the children. The children enjoyed drawing and colouring the pictures. Twenty-eight children attending the tuition classes participated in the competition.

Short Film on Social Issues Screened

BOSCO Life Skill Training Centre, Sumanahalli, Bengaluru organized the screening of a Kannada Short Film, 'Aa Ondu Kshana,' in coordination with Asha Kirana Trust for the inmates of the centre on February 8, 2023. The movie directed by Ms. Malathi Mysore, Asha Kirana Trust gave a powerful message about the importance of wearing helmets, donating organs after death, donating blood, etc. Ms. Malathi addressed the trainees and said that a few moments of care could make a big difference in the lives of the people. She exhorted the trainees to place trust in the words of elders and follow the common rules and practices like wearing helmets, donating eyes, blood, organs, etc. After watching the movie, a few trainees expressed their desire of donating eyes after their



death. Fr. Joshy Puttur, Director, BOSCO Sumanahalli appreciated Ms. Malathi for her initiative of communicating social values to society through her film. Fifteen trainees and the staff of the centre watched the movie.

Exposure Visit



The tailoring unit of BOSCO Nivas organized an exposure visit for its trainees to Ramachandrapuram, Bengaluru on February 15, 2023. Ms. Daisy, Tailoring Teacher showed the trainees the different types of fabrics used to sew different dresses for different occasions and daily use. She guided them regarding purchasing materials for tailoring, fabric selection, length and measurement of fabrics, cost-benefit analysis, and raw materials required like threads, needles, scissors, buttons, zips, etc. Thirteen trainees along with Girija, Social Mobilizer, BOSCO Nivas were part of the exposure visit.

Health Camp at BOSCO Mane



A Health Camp was organized at BOSCO Mane by the BOSCO Health Care team for the children of Mane and Vikas, on February 11, 2023. A team of doctors- Dr. Santosh, Dr. Uma from St. Martha's Hospital including three MSW students conducted the camp. Weight, height, BP, pulse, temperature and physical health check-ups were done for all the children. The overall health of the children was good. However, a few children were suffering from the common cold, cough and skin infections. The doctors advised the children of Mane to improve and maintain hygiene and cleanliness. They were prescribed medicines. Thirty-four boys from Mane and thirty-three boys from Vikas availed the services of the camp.

One Day at a Time...

It was a 15-year-old's desperate attempt to find a way out of solitude that had driven her to the police station asking for help to start life over again. Lata (Name Changed), a native of Bengaluru, has battled with losses for as long as she can remember. Her parents passed away when she was very young leaving her in the care of her paternal grandmother. But when her grandmother turned out to be more loyal to the alcohol that she was addicted to than to her granddaughter, Lata's next hope became her elder brother who did coolie work to make a living. But an issue with her brother soon distanced her from that relationship as well.

Lata and her family lived in a slum in Bengaluru. Poverty was an accepted part of her life there; drugs and alcohol were an inevitable sight while growing up, and gradually the lack of guidance started affecting every area of her life, including her education. Lata eventually dropped out of school in the 7th standard, and a year ago, life changed again when she took up a job as a caretaker in an old age home. But there too, she was confronted with the same set of problems she was forced to fight her whole life. After working for an entire year at the old age home, often managing responsibilities that went beyond a child's capacity, what she was paid for a whole year's toil was a meagre sum of ₹ 6,000/-. Understanding the futility of continuing there, Lata quit her job and left that place, but was then faced with the dilemma as to what to do and where to go. She was certain that she did not want to go back home. She had once left the crippling environment of her childhood behind and was certain that she did not want to go down that path again, and it was this decision that had led her to the doorsteps of the police station.

From the police station, Lata was handed over to CHILDLINE 1098 who then brought her to BOSCO Vatsalya Bhavan. Lata came to BVB in October



2022. After talking to the child and doing the Social Investigation Report (SIR), it became evident that Lata's home and the community where she lived were not safe for the child and her future. So, as per the order of the CWC, it was decided that Lata would continue at the centre and complete her education. She has been enrolled in the bridge course offered at the centre and is proving to be a bright student. Although Lata enjoys all the activities in the centre, especially dance, there is one area that brings out the dreamer in her.

Lata loves sports and is very interested in finding a future in this field. But even as Lata was discovering her strengths and talents and was being introduced to new possibilities, there came a point in the transition where she started missing home and wanted to give up everything and go back. Disconcerted by the many changes, for a few days, Lata adamantly held on to her demand of going home, but gradually with consistent counselling and patient encouragement, Lata finally got over her uncertainty and has now once again settled down with the vision for her future. Sorting out their differences, her brother also regularly calls and keeps in touch with her at the centre now. Gauging her interest in studies, plans are being made to prepare her for the 10th standard exams, and one day at a time, Lata is being taught to look beyond the losses that had always defined her life to the infinite possibilities that could redefine her future.

BOSCO: Homelink Child MISS Monthly Report

February- 2023



--	Male	Female	Total
Children rescued	328	27	355
Service provided	68	11	79
Grand Total	396	38	434

New Children Data of Contact Center/Area:

Contact Point	Fresh		Repeated		Total
	Boys	Girls	Boys	Girls	
Railway CHILDLINE	155	09	01	00	165
Bus Stand BMTC	46	02	00	00	48
Bus Stand KSRTC	28	02	00	00	30
BOSCO Yuvodaya	01	00	00	00	01
BOSCO Yuvakendra	01	00	00	00	01
BOSCO Sumanahalli	01	00	00	00	01
BOSCO Rainbow Home	00	00	00	00	00
BOSCO Vatsalya Bhavan	00	02	00	00	02
CHILDLINE	01	01	00	00	02
CSN	09	02	00	00	11
SJPU	17	07	00	00	24
ARSP	68	02	00	00	70
TOTAL	327	27	01	00	355

Final Action Taken:

Placement	Boys	Girls	Total
Referred to BOSCO Centers	28	09	37
Home Placement	267	16	283
Produced before CWC (Admission)	21	01	22
Referred to OH	10	00	10
Referred to Hostels	02	01	03
TOTAL	328	27	355

Classification Report:

Classification	Boys	Girls	Total
Accompanied	09	06	15
Unaccompanied	319	21	340
TOTAL	328	27	355