

*That they may have life...in all its fullness*



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# STREET VOICE

QUARTERLY NEWS LETTER

## EDITORIAL

### Make Your Heart Their Home

Salesians across the world celebrate the feast of Don Bosco on January 31. It is a month-long celebration in the Don Bosco institutions, abuzz with competitions and events designed to increase awareness about the values and principles upheld by Don Bosco and to enhance the talents of the children. Don Bosco who used to say, 'It is enough that you are young for me to love you,' spared no efforts in showing that he loved and trusted the young people in his care to a great extent. The following heart-touching incident from his life gives a glimpse of reciprocal trust between the educator and the young people who were on the brink of society. It was customary for Don Bosco to visit a reformatory (Correction home) for juveniles in Turin. The authorities who had observed changes for the better in the behavior of the inmates did not raise any objections. One day Don Bosco decided to take the inmates of the prison for a one-day outing with the permission of the prison authorities. Although they were skeptical in the beginning, they allowed him to do so. At the end of the day, all the youth who had gone for the outing, without even the assistance of the guards, came back to the prison to uphold the promise they had made to Don Bosco. As we endeavour to make a difference in the lives of the less privileged children and youth, may we strive to make our hearts a welcoming haven where they can take refuge.

Fr. Prasad SDB

## BOSCO DIARY

JANUARY TO  
MARCH

- Awareness Campaigns
- Value Education Classes
- Life Skills
- Meetings
- Youth Parliament
- Training and Workshops
- Celebrations- Don Bosco Month, Youth Day, Women's Day
- Health Camps
- Exposure Visits, Outings and Picnics
- Annual Essay Writing Competition
- Talent Enhancement Programmes
- Staff Sports Day
- Special Events
- Past Pupils Meet
- Canonical Visit at BOSCO
- Course Completion Certificates
- Evaluation Meeting

## » DON BOSCO'S MONTH «

### Inauguration of Don Bosco's Month

Don Bosco's month was inaugurated at all the centres of BOSCO, in the presence of children and youth, from January 2 to 5, 2023. All the centre and area children and youth participated in the event.



INSIDE  
THIS ISSUE

- 02 Don Bosco Fest 2023
- 03 Past Pupils' Day
- 04 Public Awareness Programmes
- 05 Awareness on Cancer
- 06 CHILDLINE Awareness Programmes
- 07 Staff Induction Training
- 09 Review Meeting of the NGOs
- 11 Value Education Sessions
- 13 National Youth Day Celebrated
- 17 Exposure Visit to Ramchandrapuram Area
- 20 One Day at a Time...

## Children's Sports Day

BOSCO Bengaluru organized Children's Sports Day at BOSCO Sumanahalli on January 22, 2023. Addressing the children, the chief guest, Mr. Ashiq CV, International Tennis Coach, Bengaluru, said, "Winning or losing is not important, but participation is." The Olympic Torch was lit and borne by the leaders representing the centres and areas that BOSCO is associated with. Various sports events like running races (100mts, 200mts, 400mts and relay), high jump, long jump, tug of war, shot-put, pick the article, sack race, frog race, lemon and spoon race, etc. were organized for sub juniors, juniors and seniors. The winners were awarded medals and certificates by the Directors and staff. Over four hundred children from the centres and areas of intervention of BOSCO participated in the sports meet.



## BOSCO Annual Quiz Contest 2023

Don Bosco Annual Quiz competition for the children of BOSCO was held at BOSCO Mane on January 26, 2023. Fr. Deepak Joseph, Administrator, St. Joseph's High School, Bengaluru, Fr. Varghese Pallipuram, Executive Director, BOSCO Bengaluru, Fr. Prasad SDB, Director, BOSCO Mane, Fr. Johnson,

Director, BOSCO Yuvodaya, Fr. Jose, Administrator, BOSCO Bengaluru, Ms. Sheeba, Director In-charge, BOSCO Vatsalya Bhavan, and Child Representatives Ms. Jayasheela and Master Sabastian inaugurated the programme.



Nine teams representing the different centres and areas – BOSCO Mane, Vikas, Vatsalya Bhavan, Nilaya, Nivas, Rainbow Home, Yuvakendra, Sumanahalli, and Yuva Spandana, participated in the competition. The competition was conducted by quiz masters Br. Lijo and Br. Ashley, BOSCO Bengaluru, included a general round, individual round, find me round, puzzle round, flag round, buzzer round, rapid fire round, and deal or no deal round. Children from BOSCO Vatsalya Bhavan emerged as the winners and the children from BOSCO Vikas were the runners-up. Children from BOSCO Rainbow Home secured third place. Forty-five children participated in the quiz contest.

## Inter-Centre Cultural Competitions

The Inter-Centre Cultural Competition for children was held at BOSCO Mane, Bengaluru, on January 29, 2023. The event included solo and group song, group dance, mime, and fancy-dress competitions for the juniors and seniors. The Judges were Mrs. Ashwini Bharathi, CISCO, Preetam, Choreographer, Mr. Kumar, Dance Artist, and Ms. Abhinaya, Professor, Oxford Dental College. The judges were honoured with mementoes. Fr. Joshy, Director, BOSCO Sumanahalli, Fr. Prasad SDB, Director, BOSCO Mane, Sr. Silvy Lawrence, Director, BOSCO Yuvakendra, and Sr. Sheeba, Director In-Charge, BOSCO Vatsalya Bhavan, were present for the event. Over a hundred children participated in the competitions.



## Don Bosco Fest 2023

BOSCO Bengaluru organized the Grand Finale of the Children's Cultural Fest on January 29, 2023, at BOSCO Mane, Chamarajpet, Bengaluru. Delivering the presidential address, Fr. Varghese Pallipuram, Executive Director, BOSCO Bengaluru, expressed his happiness at having gathered for celebrating the feast of Don Bosco. Mr. K Naganna Gowda, Chairperson, Karnataka State Commission for Protection of Child Rights (KSCPCR) said, "Children if you work hard in the present, your future would be brighter. Always remember that as children and students, you too have the responsibility of shaping your future." Ms. Geetha Laxmi, DCPO, South, Bengaluru Urban, urged the children to make use of the schemes of the Government. Layendra Kokila, Actor





and Music Composer, Kannada Film Industry, encouraged the children to make use of the opportunities coming their way and to always aim towards reaching the goal set forth. Dr. Srinivasa R., Resident Medical Officer (RMO), Victoria Hospital, Bengaluru, also spoke on the occasion.

Dr. Prasanna T, who started a Kannada tabloid called Police Bete in 2012 and has been exposing several irregularities and injustices in the society, and is advocating for the same with the Government

through his newsletter, was honoured with the prestigious National Alumni Award. The winners of the month-long competitions and events organized for the children such as quiz competitions, children's sports day, inter-centre cultural competitions, etc., were awarded during the valedictory function. Fr. Prasad, Director, BOSCO Mane welcomed the gathering. Shivamallu, State Coordinator, BOSCO Foster Care programme, proposed the vote of thanks. Around 350 children, friends and well-wishers of BOSCO gathered for the event.

## Past Pupils' Day

As is customary, Past Pupils' Day was organized at BOSCO Yuvakendra for the BOSCO Alumni, on January 26, 2023. Fr. Varghese Pallipuram, Executive Director, BOSCO Bengaluru, expressed his happiness and said that BOSCO unites past pupils so that they can take up the responsibility of addressing the societal issues pertaining to children and youth by forming their own association.

Past pupils shared their life experiences and relationship with BOSCO. Recalling their memories with BOSCO, they thanked the Directors and Staff for their present position in life. They also discussed the association that they are planning to start. A core committee was formed to take the plan forward. Fr. C. V. George, Salesian In-Charge, BOSCO Yuvakendra, and Sr. Silvy Lawrence, Director, BOSCO Yuvakendra, were also present on the occasion. Twenty-three past pupils of BOSCO attended the meeting.



'Namma Poorva Ratnagalu'- Past Pupils' Meet was organized by BOSCO Sumanahalli on March 5, 2023. Fr. Varghese, in his message, said, "It is good to see the old students supporting the organization in times of need. A sense of gratitude will always help one move forward. It is a day of motivation for the trainees who are continuing in the centre." Fr. Prasad SDB, Director, BOSCO Mane, quoting the words of Steve Jobs, said, "Stay Hungry, Stay Foolish. Never let go of your appetite for new ideas, new experiences, and



new adventures." Yunush, an Alumnus, shared that he felt happy and proud to come back to Sumanahalli and that the journey in the centre had motivated him immensely to accomplish his dream. Currently, he is working in an Electrical shop in Gulbarga. A group dance was performed by the trainees. The Alumni enjoyed playing Cricket and Volleyball. Fr. Jose, Administrator, BOSCO Bengaluru, was present for the programme. Fifty past pupils, eighteen trainees, and the staff of BOSCO Sumanahalli participated in the programme.

'Diamond Alumnae 23,' was organized by BOSCO Rainbow Home on March 12, 2023. Fr. Varghese Pallipuram, in his message, said, "It is good to see the past pupils and realize that they are children of Don Bosco. Every person who studied in BOSCO is carrying the spirit of Don Bosco in one way or the other." Ms. Pavithra, an Alumna, shared that she felt excited to come back to BOSCO Rainbow Home after four years. She remains ever grateful to BOSCO for making her what she is today. Other past pupils too expressed their gratitude to BOSCO for their success in life. Fr. Jose Joseph said, "BOSCO Rainbow Home is always open to its past students. Life is full of opportunities. Grab them and make use of them. Make use of all the experiences and learnings of Rainbow Home and become leaders. Be a role model to others." The event saw cultural programmes put up by the centre children. Eighteen past pupils, forty-five centre children and the staff of BOSCO Rainbow Home participated in the programme. The alumnae requested the management to organize past pupils' meetings regularly every year.



# AWARENESS CAMPAIGNS

## Public Awareness Programmes

The outreach teams working in the BMTC and KSRTC bus stands, Gandhinagar area, KSR Railway Station, BOSCO Nivas, BOSCO Nilaya, and the Adjacent Railway Street Presence (ARSP) project, conducted awareness programmes for passengers, commuters, shopkeepers, and in the adjacent communities, on child rights, child-related laws and acts, and issues such as child labour, child marriage, child trafficking, child begging, missing children, child runaways, vulnerable children, and child helpline-1098, by distributing pamphlets, during January to March 2023. Around two thousand five hundred members of the public, passengers, commuters, shopkeepers, and community people benefitted from the awareness programmes.



## Awareness Programme on Mudra Scheme



BOSCO Life Skill Training Centre, Sumanahalli, organized an awareness programme on the MUDRA Scheme of the Government, for the trainees of the centre, on January 23, 2023. It was conducted to provide an opportunity for the trainees to understand the MUDRA Scheme which would help them in planning a better and safe future. It would also help in mainstreaming the youth in a healthy manner. Saleena, Centre Coordinator, introduced the topic. The resource person – Mr. Prasad, Program Manager, BOSCO Bengaluru, explained the scheme, its process, eligibility, and benefits. He said that the Pradhan Mantri MUDRA Yojana (PMMY) is a scheme launched by the Hon'ble Prime Minister on April 8, 2015, for providing loans up to 10 lakh Rupees to non-corporate, non-farm small/micro enterprises. Trainees were given sufficient time to clarify their doubts. Seventeen trainees attended the session.

## Health Awareness Programmes

The Health Care Department, BOSCO Bengaluru, and BOSCO Vatsalya Bhavan, organized an awareness session on Cancer for the girls residing in the centre, on January 21, 2023. Dr. Spandana, MD, Oncologist, spoke about cancer, the causes of cancer, various types of cancer, its spread, and its prevention. She advised the girls to consume a lot of green leafy vegetables and avoid junk food to maintain good health. Thirty-five girls attended the awareness session.

BOSCO Nilaya organized a health awareness for the people in the Anandapuram community in collaboration with St. Martha's Hospital, on February 13, 2023. Uma Rai, a social worker, and seven volunteers from St. Martha's Hospital conducted the session on 'Personal Health and Hygiene'. Issues related to health and hygiene were explained through an action song, skit, and by showing a motivational video, 'Arogyave Bhagya.' Uma motivated the women to maintain cleanliness at home and in their surroundings. Thirty-five women participated in the session.

BOSCO Nivas conducted a health awareness session for the community members of Ambedkar Huts, Shivajinagar, on February 27, 2023, to create an environment that supports a healthy way of living. Ms. Uma Rai and Volunteers from St Martha's Hospital, Bengaluru, spoke about first aid, its meaning, and the different types of first aid to be given during high fever, burns and fire accidents at home, loss of consciousness, bleeding, cardiac arrest, drowning, and



electrical shocks. Forty-one community members including children attended the session.



## Foster Care Awareness at Panchayat Raj Institutions and for Hospital Staff

Foster Care programme, BOSCO Bengaluru, organized awareness sessions for Gram Panchayat Members at the Gram Panchayat Office, Manne, Nelamangala, Bengaluru Rural, Mayasandra and Shanthipura, Anekal Taluk, Bengaluru Rural, in January 2023. Facilitating the sessions, Obalesh K, Social Mobilizer, BOSCO Foster Care programme, briefed everyone about BOSCO and its services, the concept of foster care, adoption, foster care guidelines, and the procedures involved in fostering a child. Forty-one Gram Panchayat Members were part of these awareness sessions.

A meeting was organized by the BOSCO Foster Care programme



for the nursing staff of Victoria Hospital, Bengaluru, on March 10, 2023. The meeting was arranged with the permission of Dr. Srinivasa R, RMO, and Ms. Kavitha, Superintendent, Victoria Hospital. Shivamallu, State Coordinator, BOSCO Foster Care programme introduced the concept of foster care to the nursing staff. He briefed them about foster care and adoption procedures, legal procedures, documents required, the role of CWC and DCPO, and the eligibility criteria for children and parents to be considered under the Foster Care programme. Twenty-one nursing staff members attended the meeting.



## Awareness to Stakeholders

Child Safety Net (CSN) project, Outreach Team working in Bus Stands, and Special Juvenile Police Unit (SJPU) project, BOSCO Bengaluru, organized awareness programmes for the KSRP Battalion -09, Traffic Police, and BBMP staff – Pourakarmikas and Supervisors, in their locations of intervention, during the quarter. The coordinators spoke about the steps to be taken to make Bengaluru a child-friendly city. They requested the support of the stakeholders in identifying child labourers, children in difficult situations, and children in conflict with the law, so that every child may have a safe and happy childhood. Over a hundred police officials, hundred BBMP workers, thirty-one garment factory workers, and forty-five BMTC drivers and conductors attended the sessions.

BOSCO Railway CHILDLINE team organized sensitization programmes for coolie porters, auto drivers, and shopkeepers during the second week of March 2023. The team created awareness about child-related issues, runaway children, missing children, eloping cases, orphaned children, children on the streets, and child helpline-1098, by distributing pamphlets. Nineteen coolie porters, twenty-five auto drivers, and twenty-eight shopkeepers were reached out to through the awareness programmes.



## 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 about cancer, the types of cancer, causes, effects on family and the individual, and the precautions to be taken. Fr. Joshy SDB, Director, BOSCO Sumanahalli, a cancer survivor, shared his experience of going through the period of cancer. The session helped in creating a greater understanding of cancer, and how to 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.



Health Care Department, BOSCO Bengaluru, organized an Anti-Tobacco Awareness Programme at BOSCO Yuvakendra for the youth of the centre, on March 15, 2023. Dr. Farzana and a team from the Indian Cancer Institute conducted the awareness session. She explained the dangers of chewing tobacco and smoking which leads to mouth and lung cancer with the help of a PowerPoint presentation. The boys were given caps with a message. Eighteen boys attended the session.



## School and College Awareness Programmes

BOSCO Child Safety Net (CSN) project organized school and college awareness programmes at St. Mother Teresa High School, Shankar Nagar, Government High School, Dasarahalli, GHPS, Mahalakshimpuram, GHPS, Rammohanpuram, and Siddaganga Shivakumar Swamiji PU College, Chandra Layout, Bengaluru, in February 2023. BOSCO Special Juvenile Police Unit (SJPU) conducted an awareness session for the children and teachers of St.

Joseph's High School, Chamrajpet, Bengaluru, on February 8, 2023, regarding the SJPU project. Mr. Santhosh Hepparagi, Secretary, Labour Department, Ms. Nazrin, Volunteer, Labour Department, and Mr. Joseph, Principal, St. Joseph's School, were present during the session. Around thousand five hundred and seventy-five students from the schools and colleges and teachers attended the awareness sessions.



## Awareness on Oral Hygiene

BOSCO Vikas in collaboration with the Health Care Department, BOSCO Bengaluru, organized an awareness session on oral hygiene for the boys of the centre, on March 4, 2023. The doctors from BMRCI Victoria Hospital, Bengaluru, spoke about the correct way of brushing teeth, maintaining oral and dental hygiene, and the importance of maintaining healthy teeth and gums. They suggested gargling with warm saline water regularly to keep the mouth free from germs and bacteria. Nine doctors from Victoria Hospital and forty-four children from BOSCO Vikas were present for the session.



## CHILDLINE Awareness Programmes



On the occasion of Women's Day, ICPS organized a programme at Ravindra Kalakshetra on March 8, 2023. The CHILDLINE team set up a kiosk at the Ravindra Kalakshetra premises in collaboration with ICPS. Stakeholders like CDPOs, Anganwadi teachers, Supervisors, and the general public enquired about CHILDLINE services. Around a hundred members of the public and two hundred different stakeholders benefitted from the programme.

CHILDLINE team conducted an awareness programme at the Govt. Primary School, T Dasarahalli, Bengaluru, on March 09, 2023. Mr. Vinod Sandeep, Team Member, facilitated a session on CHILDLINE, child rights, CALPRA, and CMPA. A total of ninety-six students and three teachers participated in the awareness programme.

CHILDLINE organized a community awareness session in the



Ashwathpura community, T Dasarahalli, on March 10, 2023. The team provided information about CHILDLINE and child rights. The team informed the parents that every child should be sent to school. CHILDLINE pamphlets were distributed to the people in the area. Around seventy people benefitted from the awareness programme.

CHILDLINE conducted shop-to-shop awareness at Byappa Circle, T Dasarahalli, Bengaluru, on March 11, 2023. The team provided information on CHILDLINE and distributed CHILDLINE pamphlets to the shopkeepers. A total of fifty shopkeepers benefitted from the awareness programme.



## Sensitization Programme for KSRTC Officials

The BOSCO Outreach Team working in the Majestic Bus Stands organized a sensitization programme for the KSRTC officials at the KSRTC office, Terminal 2, on March 15, 2023. Mr. Ramaswamy, Coordinator, SJPU, Mr. Shivamallu, State Coordinator, BOSCO Foster Care programme and Mr. Prasad, Program Manager, BOSCO Bengaluru, briefly explained child rights and laws, prevention systems, the current issues faced by children, and how BOSCO is supporting the needy children on the street. Ms. Vijaya Rakini, Coordinator, Bus Stand Area, spoke about the BOSCO Assistance Center, and Bus Stand protocols and activities. Mr. Raju, Asst. Traffic Manager (ATM), informed the officials to support the bus stand team in its child rescue and rehabilitation activities. Forty-eight Assistant Traffic Supervisors, Assistant Electrical Engineers,



Accounts Officers, Traffic Controllers, and KSRTC Office Staff attended the sensitization programme.

# TRAINING PROGRAMMES

## Staff Induction Training

Human Resource Department, BOSCO Bengaluru, conducted an induction training for the new employees of the organization. Fr. Johnson, Director, BOSCO Yuvodaya, welcomed the group, and Fr. Varghese Pallipuram, Executive Director, gave the introductory message. He facilitated a session on the Programmes and Services of BOSCO. Mr. Shivamallu, State Coordinator, BOSCO Foster Care programme, took a session on child laws, related acts, and the foster care concept. Fr. Jude Anand, Director, BOSCO Nilaya and Nivas, engaged the staff in a session on Don Bosco's Preventive System of Education. Staff was involved in activity-based learning. Mr. Basavaraju P N briefed the staff about Child Welfare Committee (CWC) procedures and the JJ Act. Ms. Maria Swetha, Accountant, BOSCO Bengaluru, interacted with and shared information about the administration and accounting systems. Mr. Prashanth Murthy, HR Manager, explained the HR Policy of BOSCO. The training

session came to an end with concluding remarks from Fr. Varghese Pallipuram. The interactive sessions with relevant examples were interesting and informative. Twenty-two staff members and one brother attended the induction programme.



## Training on Counselling



Human Resource Department, BOSCO Bengaluru, conducted a training programme on counselling for the staff, at BOSCO Yuvodaya, on January 11, 2023. It was an interactive and informative session facilitated by Ms. Karen Paul, Founder and Director, Child Development and Family Impact Network. Activity and game-based learning made the sessions more interesting. Mr. Shivamallu, State Coordinator, BOSCO Foster Care programme, took a session on Foster Care. Staff was apprised of the importance of the Foster Care project. Fr. Varghese Pallipuram, Executive Director, BOSCO Bengaluru, took a session on counselling within the context of BOSCO. Topics included the meaning of counselling, types of counselling, and contents of counselling specific to BOSCO. Twenty-eight staff members involved in counselling attended the training.

## Foster Care Training for the District Partners

The Foster Care Online Training via Google Duo Meet was held at BOSCO Mane on January 18, 2023. Ms. Bharathi Devi, District Child Protection Officer, Bengaluru, shared the current scenario of the Foster Care programme in Karnataka. She also shared about the Sponsorship Programme under Mission Vatsalya and said that more awareness about the programme had to be created at the grassroots level.

Mr. Shivamallu, State Coordinator, BOSCO Foster Care programme, presented the statistical data and placement of children over the past 6 months. The Coordinator of Raichur District shared about the DCPO's involvement in conducting HSR, SIR. Fr. Varghese Pallipuram, Executive Director, BOSCO Bengaluru, shared the continuity of the Foster Care project and discussed the proposal for the next phase to be given to BREADS. Twenty-seven members from ten districts attended the training.

## Driving Training Programme



BOSCO Yuvakendra, Bengaluru, conducted the driving training programme from January 31, 2023, to March 2023 for the youths from underprivileged communities. As part of the training, the first class included the basics of driving which was facilitated by Mr. Narse Gowda, Nandi Driving School, Bengaluru. He taught them about road symbols, their importance and the safety measures to be taken. The documents of the trainees were verified. Their details with photos were updated online. Thirteen youths including boys and girls were part of the training.

## Session on Career Guidance

A Career Guidance session was organized for the youths of BOSCO Yuvakendra, at the centre, on January 25, 2023. Mr. Dinesh Kumar, Senior Admin Facility, Wells Fargo, narrated real-life experiences and showed motivational videos during the session. He explained that a job is primarily for one's survival, to earn money, and to look after parents and family. One needs to be trustworthy for the job. So, he asked them to have an interest in learning the work, believe in themselves, and have confidence in deciding their future. He exhorted the youths to make use of the opportunities they get and put in the effort to achieve their goals. The session helped in igniting the aspiration of the youths to take up better jobs through confidence and commitment. Eighteen boys participated in the session.



## Tuition Teachers Training Programme

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 everyone 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 children become willing to attend the tuition classes. Some capacity-building exercises were taken up. Twelve tuition teachers attended the training.



## Child Rights Club Leadership Training

BOSCO CREAM project organized a Child Rights Club (CRC) Leadership Training for the CRC members in various schools of Bengaluru Urban and Rural during the quarter. Fr. Anand, Director, BOSCO CREAM project, addressed the gathering and briefed everyone about the purpose of the training programme.

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 Helpline-1098, preparation for exams through smart reading, effective communication skills, accepting challenges, working as a team, proper decision-making, and so on. Around three hundred and fifty CRC members from various schools attended the training.





## MEETINGS

### Review Meeting of the NGOs

BOSCO Special Juvenile Police Unit (SJPU) project organized a meeting with NGOs, DCPU, and Police Officials, at BOSCO Mane, on February 7, 2023, to review the activities of the NGOs involved in the SJPU project and to take the project forward. There was a discussion about the role of SJPU Social Workers and Police Officers, and the merger of Child Helpline number-1098 and Women Helpline number-1091 with the 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 for at least 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 the CWC about POCOS cases and to share a report along with the FIR with the DCPO as well. 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 organizing the rescue of children begging at signals and public places by bringing together SJPU



social workers, CHILDLINE staff, CWPOs, and the DCPU from the respective jurisdictions. Mrs. 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, and Directors and Staff of ECHO, APSA, Paraspura and BOSCO were present in the meeting.

### 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.



## Parents' Meetings Organized

A meeting was organized for the parents of the children attending tuition classes at Giripuram community, by BOSCO Nilaya, on February 17, 2023. The purpose of the meeting was to brief the parents about the performance of their wards and about the children's attendance, regularity and punctuality in class. Seventeen parents participated in the meeting.

BOSCO Rainbow Home organized a meeting for the parents of the children residing in the centres, on March 5, 2023. Sr. Jenny Dias, Coordinator, BOSCO Rainbow Home, gave awareness about child rights and child safety. Ms. Sara, Team Member, BOSCO Rainbow Home, explained in detail the role of the CWC. She also shared the progress of the children with the parents. She requested the parents to keep in touch with their children either through phone calls or by coming to the centre. She also presented the Annual Programme Report to the parents. The parents were happy to learn about the progress of their wards. Twenty parents attended the meeting.

BOSCO Sumanahalli organized a meeting for the parents of the youth residing in the centres, on March 26, 2023. Malathisri Mysore, Resource Person, Asha Kirana Trust, addressed the parents in Sumanahalli on the topic, 'Role of parents in the upbringing of children'. She told the parents not to thrust high expectations on their children, to make them understand the struggles in life, and to assure them of their love, support and care. Mr. Ramesh, one of the parents, observed that after his son joined the training there were significant changes that could be noticed in him. He thanked the organization for continuing to help his son walk the path of nobility and truthfulness.



On the same day, a programme was organized to award course completion certificates to ten youths who had successfully completed skill training at the centre. Twenty-one trainees, thirty-two parents, and staff were present on the occasion. Thirty-two parents & siblings of the trainees attended the meeting.

## Quarterly Evaluation at BOSCO Bengaluru

The third quarterly evaluation of BOSCO was held at BOSCO Yuvodaya, Bengaluru, on March 14, 2023. In the introductory remarks, Fr. Varghese Pallipuram, Executive Director, BOSCO, Bengaluru, briefed the gathering about the major activities of BOSCO, and the events and programmes implemented and executed during the third quarter. He was happy to share some of the achievements and milestones reached from December 2022 to February 2023.

The concerned coordinators presented the quarterly reports of the projects and programmes of the various areas and centres of BOSCO. The Staff Sports Day conducted during February 2023 was evaluated. Forthcoming activities and campaigns to be implemented during the next quarter were discussed and planned. The three student interns from Kerala were introduced to the group. A common birthday celebration was held for all the staff



who celebrated their birthdays between December 2022 and February 2023. The Program Manager welcomed the gathering and proposed the vote of thanks. All the Managing Directors and around eighty staff members of the organization were present during the evaluation.

## SJPU organizes Parents' Meeting

Special Juvenile Police Unit (SJPU), BOSCO Bengaluru, organized a consultation meeting with the parents of the children in conflict with the law, of the West Division, at BOSCO Mane, on March 19, 2023. Ramaswamy, Coordinator, SJPU, BOSCO Bengaluru, welcomed the gathering. Mr. Hanumantharaju, Advocate, JJB DLSA Panel, Bengaluru, exhorted the parents to be supportive of their children and to guide them properly. Fr. Varghese Pallipuram, Executive Director, BOSCO Bengaluru, explained in detail about the SJPU project, and the roles and responsibilities of the social





workers. Fr. Prasad SDB, Director, BOSCO Mane and CHILDLINE, briefed the parents about the roles and responsibilities of parents. Ramaswamy explained about child protection, child rights, POCSO Act, child marriage, and child trafficking. Fr. Jose Joseph, Director,

SJPU project, was present at the meeting. Tulasi, Social Worker, SJPU project, proposed the vote of thanks. Fourteen parents and eleven children participated in the discussion.

## » VALUE EDUCATION AND LIFE SKILL SESSIONS «

### Value Education Sessions

BOSCO Nilaya conducted a value education session on 'Honesty and Happiness' and the importance of education, for the children attending tuition classes at the Anandpuram and Giripuram tuition centres, on January 19, 2023. Motivational videos were screened. Fifty children participated in the session.



BOSCO Rainbow Home conducted sessions on 'Care and Compassion', 'Team Work', 'Truthfulness', and 'Responsibility', for the inmates of the centre, on January 21, 2023. Mary Shamala, Counsellor, BOSCO Rainbow Home, conducted the sessions through various activities, narration of moral stories, and screening of short inspirational movies. Forty-eight girls attended the sessions.



BOSCO Sumanahalli conducted a motivation session on 'Self-Discipline', for the youths of the centre, on January 25, 2023, with the purpose of encouraging the trainees to become better human beings, helping them to face challenges in life, and improving group dynamics. Ms. Namita, Counsellor, BOSCO Sumanahalli, explained the value of self-discipline through various examples and activities. Fifteen trainees were part of the session.



BOSCO Yuvakendra conducted value education sessions on 'Decision Making' and 'Responsibility', for the inmates of the centre, on February 17, 2023, and a value education class on 'Development', during the quarter. Sr. Reshmi Lughan, St. Joseph's College, explained to the youths the value of responsibility. She asked them to cultivate good habits and values which lead them to behave responsibly. Sr. Deepthi, St. Joseph's College, took the session on the importance of development with awareness, knowing oneself to become a leader, and self-realization for efficiency, through some activities. Eighteen youths participated in the value education classes.



### 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 their emotions, and to handle interpersonal relationships judiciously and empathetically. He said that emotional intelligence is the ability to understand and manage both one's own emotions as well the emotions of the people around you. The five main elements include awareness, self-regulation, motivation, empathy, and social skills. Twenty-six children attended the session.



## Life Skill Training

A Life Skill training session was organized for the youth of 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 understand the importance of being prudent, wise, and self-reliant. Eighteen youths attended the training.



## 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. Uday, Principal, Don Bosco College, Prakashpalya, Mysore, 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. Twenty trainees and two staff members were a part of this session.

## Life Skill Session on Decision Making



BOSCO Life Skill Training Centre conducted a life skill session on 'Decision Making', for the youths of the centre, on March 22, 2023, to train the youth to make the right decisions, equip them to face the challenges of life and mainstream the youth to achieve their dreams. Fr. Siju, Director, Street Children's Project, Don Bosco, Mysore, started the session with an action song. The trainees were divided into three groups and asked to construct the tallest building possible with newspapers. The resource person shared that in making decisions each one needs to use the keywords 'SMART' (Specific, Measurable, Achievable, Realistic, Time-Bound). Another activity 'Tug of War' was conducted for the youth to explain the concepts of situation analysis, understanding the strengths of everyone, and discussing and making decisions with self-confidence. Nineteen trainees were a part of this session.

## Preparation for Exams

BOSCO Rainbow Home organized a session on 'Exam Preparation' for the children of the centre, on March 19, 2023. Fr. Uday SDB, said that mental health is very important while preparing for exams and also during exams. One needs to spend time revising and avoid last-minute cramming or rushing through topics. Planning is necessary while one prepares for exams and it is also important to choose the best time, place and method to study. The session helped the girls learn some easy tips to prepare for exams. Twenty-nine girls benefitted from the session.



## HEALTH CAMPS

### General Health Check-up at BOSCO Rainbow Home

BOSCO Rainbow Home organized a general health check-up for the girls of the centre on January 7, 2023. Dr. Shrunga, Dr. Uma, Ms. Uma Roy, Health Counsellor, and three Medico Social Workers from St. Martha's Hospital, Bengaluru, were present in the camp. Fifty-two children attended the camp.





## Health Camp at BOSCO Yuvakendra

Health Care Department, BOSCO Bengaluru, organized a health camp for the youths of BOSCO Yuvakendra, on January 16, 2023. Dr. Abraham, St. Martha's Hospital, Bengaluru, checked the height, weight, temperature, pulse and BP of the youths. Twenty-four youths attended the health camp.



## 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 from St. Martha's Hospital including two doctors – Dr. Santosh and Dr. Uma, and three MSW students, conducted the camp. Thirty-four boys from Mane and thirty-three boys from Vikas availed the services of the camp.



## Health Check-up at Yuvodaya

BOSCO Yuvodaya in collaboration with the Health Care Department, BOSCO Bengaluru, organized a health check-up for the children at the Open Shelter, on March 26, 2023. Dr. Abraham from St. Martha's Hospital conducted the camp. Forty-five boys availed the services of the camp.



## Medical Camp on World Hearing Day

An ear-checkup camp was organized by BOSCO Life Skill Training Centre, Sumanahalli, in collaboration with the BOSCO Health Care Department, on March 25, 2023. A team of specialists from Dr. Chandrashekar Institute of Speech and Hearing, Lingarajapuram, conducted the camp in order to create awareness about World Hearing Day. Some of the children were identified as having hearing loss and other related issues. They were asked to get further tests done at the Speech and Hearing Institute. A total of ninety-three beneficiaries including life skill trainees, computer trainees, children from BOSCO Vikas, the tuition centres, and the general public from the slum areas were screened at the camp.



# SPECIAL EVENTS

## National Youth Day Celebrated



National Youth Day was celebrated at BOSCO Yuvakendra as part of the birth anniversary of Swami Vivekananda, on January 12, 2023. Rajashekhar, Coordinator, BOSCO Yuvakendra, addressing the youth, mentioned the famous quote of Swami Vivekananda, "Arise, Awake and Stop not till the goal is reached." He exhorted the youths to utilize their energy and potential to the fullest and rise up to their goals. Making informed decisions and choosing the right track is important to attain success in life. He asked the youths to follow the principles and values of Swami Vivekananda and to follow him by reading and learning more about his life. Eighteen youths participated in the celebration.

## 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 about the context of Valentine's Day by Mr. Bheemappa, Instructor, Electrical Trade, BOSCO Sumanahalli. The history behind the celebration, types of love, the difference between love and attraction, etc. were explained to the trainees using a 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 of 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

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The debate provided a platform to speak about the realities of life. Fifteen trainees participated in the debate.

## 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 Pallipuram, 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 4X100 mts relay, throwball for the female staff, and volleyball for the 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 members of BOSCO participated in the event.

## International Women's Day

BOSCO Yuvakendra celebrated International Women's Day at the centre on March 8, 2023. Mr. Rajasekar, Coordinator, BOSCO Yuvakendra, spoke about the importance of women in society, their achievements, contributions, and their role as mothers, wives, daughters, etc. A drawing competition was held for the youths regarding the importance of the day. A debate competition was also organized on the theme, 'A woman is the form of Love and Sacrifice',

by dividing the youths into two groups. Mr. Rajasekar moderated the debate. Fourteen youths participated in the events held as part of the International Women's Day celebrations.

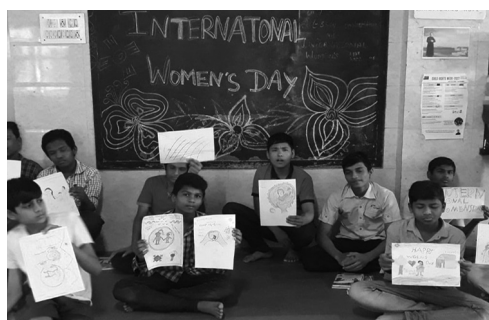
BOSCO Sumanahalli organized a Women's Day Celebration in Devaraj Urs Community, Sumanahalli, on March 12, 2023. Fr. Varghese, Executive Director, BOSCO Bengaluru, wished everyone on Women's Day. He said that women have come out with flying



colors, holding dignified positions like the President of India. Mr. Thippanna, Leader, DSS said, "Women are very important in the society. We address the Earth as Mother Earth." Malathisri Mysore, Actress, and Philanthropist, Asha Kirana Trust, appreciated the men who were present in the gathering and highlighted the role and contribution of women in society. She performed a drama - 'Amma Andre Saake', communicating the message - 'no one can replace a mother'. Fr. Joshy, Director, BOSCO Sumanahalli, congratulated all the women who took part in the programme. He acknowledged the

contribution of women in society and the efforts taken to build a healthy society. Children performed various cultural programmes. Twenty-one mothers of the children attending tuition classes and forty-five tuition children were part of the celebration.

BOSCO Railway CHILDLINE and Nilaya celebrated International Women's Day on March 8, 2023. The importance of women in society, their achievements, contributions, and their role as mothers, wives, daughters, etc. was briefed. There was a cake cutting as part of the celebration.



## Holi Celebration

The staff and trainees of BOSCO Sumanahalli celebrated Holi - the festival of colours, at the centre, on March 8, 2023. Fr. Joshy, Centre Director, explained the significance of the festival to the trainees which is to celebrate the triumph of good over evil. He directed the youth to use colours and water in a healthy manner respecting the freedom of one another. The place was set for a rain dance with festive songs playing in the background to allow the trainees to make the most of the time and opportunity provided to them. This helped build team spirit and unity among the youth. It was also a day of relaxation and enjoyment for them. Eighteen trainees and nine staff members took part in the Holi celebration.



## No Smoking Day Observed

'No Smoking Day' was observed by BOSCO Sumanahalli, on March 8, 2023, by providing awareness about the ill effects of smoking to the trainees at the centre. Alan Wilson, Lijo Philip, Basil Eldho, and Shone Paul, Interns, De Paul College, Kerala, conducted the session. The PowerPoint presentation and video made the session meaningful and lively. The main points shared were the data on smoking among adolescents, the various types of diseases caused by smoking, passive and active smoking, and the effects of smoking on human organs. Fr. Joshy SDB, Director, BOSCO Life Skill Training Centre, Sumanahalli, thanked the resource persons for the informative and interactive session. Eighteen trainees were part of this session.





## Provincial Visitation at BOSCO

Fr. Jose Koyickal, Provincial, Salesian Province of Bangalore, held a three-day canonical visit at BOSCO Bengaluru, from March 20 to 22, 2023. Fr. Varghese Pallipuram, Executive Director, BOSCO Bengaluru, in his introductory speech, said, "Staff and Salesians in BOSCO were blessed to have the presence of Fr. Provincial at the organization. He is here to guide us, support us and give suggestions for the betterment of BOSCO's work."

Addressing the staff, Fr. Jose Koyickal said, "Always smile. It reflects our personality and makes us feel at home. The basic theme is to create a fraternity, a communion so as to bring in a family atmosphere. We belong to a big family of Fathers, Brothers, staff and volunteers who have been relentlessly striving for over four decades towards helping the poor and the abandoned children/youth and transforming them into integrated citizens and responsible persons. Now is the time to give more visibility to BOSCO's work." He shared the golden rule of life- 'Do for others what you want others to do for you.'

He interacted with the staff and looked into their experience of being associated with BOSCO. Fr. Prasad, Director, Mane, welcomed the gathering, and Ramaswamy, Coordinator, SJPU programme, proposed the vote of thanks. All the staff and Management were present on the occasion.



## Day of Happiness

BOSCO Life Skill Training Centre, Sumanahalli, engaged the trainees in the Day of Happiness on March 21, 2023, to create awareness among the trainees about the importance of happiness in life. Ms. Namita, Counsellor, BOSCO Sumanahalli, explained the importance of the day. The theme of the day was highlighted as 'be mindful, be grateful and be kind'. She explained the advantages of being happy and the factors that prevent a person from being happy. She taught a few techniques to increase happiness in one's life. She said that everyone is responsible for his/her own happiness. Few videos were shown to the trainees. The trainees were given an opportunity to make others happy and laugh through their jokes, acting, etc. Nineteen youths participated in the programme.



## Ugadi Celebrations at BOSCO

BOSCO Yuvodaya and Life Skill Training Centre, Sumanahalli, celebrated Ugadi at their respective centres, on March 22, 2023, to celebrate the new year and to be in solidarity with the people of the land. The centres were decorated with neem and mango leaves. Special dishes were prepared for the day. Fr. Johnson, Director, BOSCO Yuvodaya, and Fr. Joshi Puttur, Director, BOSCO Sumanahalli, explained the importance of the day and wished all the inmates a happy and prosperous New Year ahead. They explained the significance of Ugadi and blessed the children and youths. P. Thippeswamy, Coordinator, BOSCO Yuvodaya, exhorted the children to lead a life of sanctity, practicing universal brotherhood and mutual help. Around thirty children from the Open Shelter and nineteen trainees of the Life Skill Training Centre, and staff were part of the celebrations.





## International Day of the Unborn Child

BOSCO Life Skill Training Centre organized an awareness session for the trainees of the centre on March 25, 2023, as part of observing the International Day of the Unborn Child. Ms. Saleena, Centre Coordinator, introduced the topic. An exercise was conducted where the trainees were asked to hold their breath for a few seconds and share their experiences. She said that breath is a free gift given by God and no one has the right to take it away from anyone. The significance of the day was shared with the trainees using a PowerPoint presentation. She brought to the notice of the trainees the magnitude of the problem of abortion in the world. She helped them reflect on the value of life and realize the importance of parents who gave life to them. Videos on the growth and development of a foetus and abortion gave the trainees more insight into the issue. Twenty-one trainees attended the session.



## OUTINGS AND EXPOSURE VISIT

### Exposure Visit to Ramachandrapuram Area

The tailoring unit of BOSCO Nivas organized an exposure visit for its trainees to Ramachandrapuram, Bengaluru, on February 15, 2023. Thirteen trainees along with Ms. Daisy, Tailoring Teacher, and Girija, Social Mobilizer, BOSCO Nivas, were part of the exposure visit.



### Outing to Cubbon Park

BOSCO Child Safety Net (CSN) project organized a one-day outing to Cubbon Park for the children attending tuition classes at Veerabhadra Nagar, on March 18, 2023. Thirty-eight children accompanied by Fr. Johnson, Director, CSN project, CSN Team, and Volunteers were part of the outing.

### Outing to Bannerghatta Biological Park

BOSCO Vatsalya Bhavan organized a one-day outing to the Biological Park, Bannerghatta, Bengaluru, for the Transit Home and Bridge Course children of the centre, on March 27, 2023. Around fifteen children along with Sr. Sheeba Thomas, Director In-Charge, BOSCO Vatsalya Bhavan, and four staff members were part of the outing.



## Exposure Visit by Two-Wheeler Unit

The Two-Wheeler Unit of the BOSCO Life Skill Training Centre, Sumanahalli, visited the Silicon Honda Showroom, Channasandra, Rajarajeshwari Nagar, Bengaluru, on March 10, 2023. Three trainees were selected to work in different units of their showroom. Seven trainees along with Mr. Narendranath, Instructor, visited the showroom.



# ANNUAL ESSAY WRITING COMPETITION

## BOSCO Annual Essay Writing Competition

Every year BOSCO Bengaluru organizes an essay writing competition for college and university students, from October to January. The year 2022-23 marked the fifth year of the competition. Around 140 colleges/universities from across India were contacted, and students of undergraduate, graduate, and postgraduate levels belonging to the disciplines of management, social work, sociology, journalism, economics, engineering, law, commerce, psychology, and life sciences, participated in the event. The effort through this competition has been to introduce students to social issues that resonate with the present times and give them an opportunity to reflect, reason, and communicate their perspectives, thoughts, and ideas over an open platform. Three such issues of social significance were at the center of this year's competition – Drug Abuse among Youngsters in India – Causes and Effects; Education in the Post-

pandemic Scenario: Bridging the Gap; and Leading Causes for Global Climate Change and Possible Remedies.

The essays were judged by a panel of three external judges on the criteria of Originality of Content, Creativity, Clarity of Expression, Adherence to Theme, and Writing Style. The first prize was awarded to Mohd Yasir Jamal Kidwai, from the Tata Institute of Social Sciences, Mumbai. The second place was secured by Alka Maria Varkey from Rajagiri College of Social Sciences, Kochi, and the third prize was won by Souhard Sharma of Azim Premji University, Bengaluru. The BOSCO Essay Writing Competition 2022-23 has helped open up the much-needed conversation around three issues of grave societal consequence and give voice to the social consciousness of today's youth.

## Views of the Winners



**Mohd Yasir Jamal Kidwai**

"I am really grateful to have been given this opportunity to participate in the BOSCO Essay Competition. I preferred to write on 'leading causes of global climate change and possible remedies', as it is an area which really interests me. I have a penchant for issues related to climate change, sustainability, and climate justice. Moreover, my ongoing degree in Environment, Climate Change, and Sustainability Studies equipped me with the scientific and social relevance of this burning issue which was the major motivation behind choosing this topic. The preparation for the essay made me cognizant of the severity of this issue. The literature which I used to develop an understanding of the topic helped me see it through umpteen lenses, and its impact on different regions of the world (West, Africa, and Global South) with different socio-economic conditions."

An M.Sc. student of Environment, Climate Change, and Sustainability Studies, from the Tata Institute of Social Sciences, Mumbai, Yasir aspires to excel in the fields of climate change, climate justice, and sustainability. He wishes to work in the social realm of the climate crisis in the long term and work for climate action in India with the aim to ameliorate the condition of the vulnerable sections of society.





**Alka Maria Varkey**

“I personally gained so many insights from the whole experience of writing this essay. The process of collecting adequate research materials to thinking about my views on the topic made me realize a lot about the mind of the youth population and helped me venture into some deep realizations. It helped open my eyes to a lot of different perspectives on the same topic and made me realize how important the issue is, on various levels. I chose the topic of the increased drug abuse menace in India because I was really passionate about the topic as I saw the influence of drug abuse seeping into my own life in various ways when I entered my late teens. I began to notice how subtly the media as well as peer pressure slowly started rubbing off on me on the same matter. This gave me the idea of closely observing and maybe finding out how society plays a role in this grave social evil. I enjoyed the research part of the essay the most. In preparation for the essay, over a month ago, I started to collect articles and data which gave me a solid base from which I could elaborate my own views. The essay gave me an opportunity to discover many wonderful authors like Dennis Donovan, who wrote a Bible on addictions. The book helped me gain more knowledge on the physical and mental trauma that goes behind the treacherous habit of addictions and how wrong it is to tread lightly over a topic of such strength and power.”

A student of B.Sc. Psychology from the Rajagiri College of Social Sciences, Alka wishes to continue in the same stream and venture more into the area of Addictions and Rehabilitation. She is passionate about addressing the issue of Recovery from addiction-related trauma and aspires to be a therapist in the field of addiction and do research in the future.



**Souhard Sharma**

“Participating in the essay writing competition was a truly enlightening experience. It allowed me to delve deep into a topic that I am passionate about and to express my thoughts and ideas clearly and concisely. Researching, outlining, and writing the essay was challenging but ultimately rewarding, as it helped me refine my writing skills and better understand the issue. Choosing the topic of drug addiction in youth was rooted in my desire to raise awareness about this pressing issue. As a public policy student, I am particularly interested in understanding the underlying causes of drug addiction and how we can address this problem. I believe that by shedding light on this issue, we can work together to create practical solutions and help to reduce the number of young people affected by drug addiction. The process of preparing the essay was incredibly informative. I spent hours researching the topic, reading articles and studies, and speaking with experts in the field. Through this process, I gained a better understanding of the various factors contributing to drug addiction in youth and learned about the multiple strategies currently used to address this problem.”

A student of Master's in Policy and Governance, from the Azim Premji University, Bengaluru, Souhard aspires to continue working on the issue and continue to raise awareness about the importance of addressing drug addiction in youth. He is particularly interested in exploring the potential of alternative therapies and interventions, such as mindfulness and art therapy, and examining the impact of social determinants of health on drug addiction, and hopes to one day contribute to developing effective policies and programs that can help reduce the number of young people affected by drug addiction and improve their overall well-being.

# SUCCESS STORY

## ONE DAY AT A TIME...

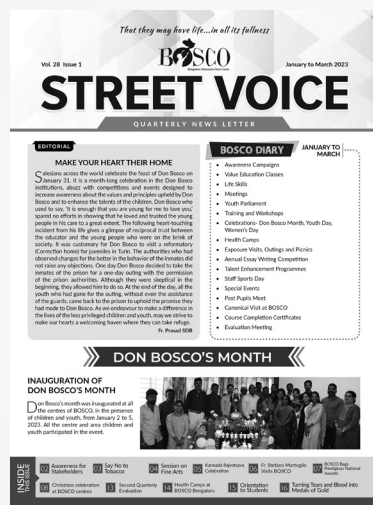
It was a 15-year-old's desperate attempt to find a way out of solitude that had driven her to the police station asking for help to start life over again. Lata (Name Changed), a native of Bengaluru, has battled losses for as long as she can remember. Her parents passed away when she was very young leaving her in the care of her 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 does coolie work to make a living. But a problem with her brother soon distanced her from that relationship as well.

Lata and her family lived in a slum near Basaveshwara Nagar 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 7<sup>th</sup> standard, and 1 year back, 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 battle that 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 mere 6,000 Rupees. Understanding the futility of continuing there, Lata quit her job and left that place, but was then faced with the dilemma of where to go next. She was certain that she did not want to go back home. She had once left the limiting 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 Basaveshwara Nagar police station to seek help.

From the police station, Lata was handed over to CHILDLINE who then brought her to BOSCO Vatsalya Bhavan. Lata came to BVB on 22<sup>nd</sup> October 2022. After talking to the child and doing the SIR, it became evident that Lata's home and the community that she lived in were not safe for the child and her future. So according to 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 taking them seriously and 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 to go back. Disconcerted by all 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 in 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 10<sup>th</sup> 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.

“**WITHOUT CONFIDENCE AND LOVE, THERE CAN BE NO TRUE EDUCATION. IF YOU WANT TO BE LOVED...YOU MUST LOVE YOURSELVES, AND MAKE YOUR CHILDREN FEEL THAT YOU LOVE THEM.**”  
- DON BOSCO



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