

ANNUAL REPORT 2015-2016

Annual Board Meeting on 5th April 2015 @ Zav Foundation Office, Bangalore

The Annual Board meeting was held on the first Sunday of the Financial Year 2015. The agenda of the meeting was to discuss on the initiatives to be taken forward, strategies to accomplish the projects under initiative, funds to be raised. The action items were created for the tasks to be executed in the upcoming year. The board members are assigned responsibilities of the initiatives.



- •Tussle 2.0 Mock Placement Events for UG & PG students
- •Pep Talks for UG and PG students
- 3) Youth Leadership Program: Experiential Leadership Initiative
- •YOUreka for Young College students (PUC, UG & PG)
- •YOUreka+ for Working Professionals and Teachers.
- 4) CDSR: Developmental Studies Initiative
- •Research & Development for Faculty Members
- •Training & Development for Students (UG & PG) & Faculty Member

O Vocational Training Programmes (Literacy, Numeracy, IT/ Computer Literacy (Basic Computers, Tally), Watch Repair, Tailoring

O Self Help Groups

To summarise, for this financial year we resolved to have the following portfolios and Initiative.

- 1) Project Neev: Knowledge Sharing Initiative
- •Workshops (Hobbies, How Stuff Works?, Personality Plus, Heritage Plus, Personality Development Programs) for School students
- Forum for Civic Awareness for **General Public**
- 2) Careerz: Career Guidance Initiative
- Career Guidance for High School and Pre University students

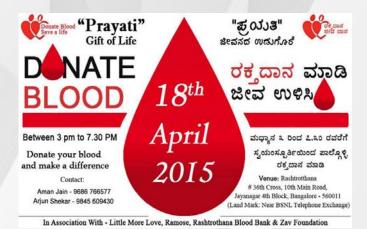


5) Prayati: Health & Hygiene Initiative

- Blood Donation Camp
- Eye Check Up Camps
- Dental Check Up Camps
- Medical Check Up Camps

By the end of the meeting, detailed roles and responsibilities of every coordinator were decided and communicated individually. Every member was encouraged to discuss the risks and challenges faced during the previous year in accomplishment of any task. To Do List was created with the action items and assigned it to the coordinator responsible for it, targets were defined for every item. Regular follow up meeting dates were decided.

Blood donation on 18th April 2015 @ Rashtrothana Pratisthana as part of Prayati partnered with a student run organization LML - Little More Love.



"When you donate blood you give another birthday, another anniversary, another day at the beach, another night under the stars, another talk with a friend, another laugh, another hug and another chance".

The year began with a Gift of Life initiative. Blood donation is one of the most significant contributions a person can make towards the society. As part of "Prayati – Gift of life" initiative, Zav organised blood donation camp with Rastrothana Pratishtana Blood Bank and a student run organization called Little More Love.





The initiative aimed to encourage people from across the city to donate blood. The event was led by Aman Jain and Arjun Shekar, volunteered by Madhuri Satish, Pratul Hedge, Satish R, Shreya Manjunath and Sweta Jain. The event was a great success with a

collection of 115 Units of Blood. We intend and hope to do much better in future.

I Quarterly Board Meeting on 7th June 2015 @ Zav Foundation Office, Bangalore

The first quarterly board meeting was held on 7th June. The targets under every initiative for the first quarter were revised. The anticipated risks or challenges were addressed. The events that are planned to be executed in the first quarter under different initiatives were discussed. The fund raising and volunteering activities were the major concerns for the upcoming events and possible solutions were discussed for immediate action.



Careerz session on 26th September 2015 @ Adarsh Group of Institution



As part of Career Guidance initiative of Zav, the Careerz session was organised at Adarsh Group of Institution. The event was targeted to provide awareness on the psychological aspects of understanding different personality types and communicating effectively to the different traits based on

the personality types. This included communication skills as well. The target audience for this programme was B.Com 1st year and 2nd year students. Approximately 50 students were benefited with the talk and received a very positive feedback from the institute. The session was delivered by Aman Jain.

II Quarterly Board Meeting on 27th September 2015 @ Zav Foundation Office, Bangalore

The board member meeting was held on 27th September. The number of events in the upcoming quarter was considerably high especially under the Careerz and YOUreka initiatives. So the responsibilities on every volunteer/coordinator were also relatively high. The detailed plan was shared with the members and tasks were assigned to every member for all the action items to be executed.

Tussle 2.0 on 3rd October 2015 @ Dayanand Sagar College of Engineering



The College Engineering prepares students for placements with Mock tests interviews. The and main objective of the Mock placement drive is to make candidates realize what a

recruiter looks for and how to overcome their weaknesses and highlight the brighter side during the job interviews.

Careerz: Career guidance initiative under Zav also aims to provide a demo version of placement drive to give hands on experience to the Engineering students how placements actually work and how students can be successful in the process. The students were given awareness on the expectations set by the companies, how to evaluate and improve their skills in order to match the requirements of the recruiter. The standard placement method was followed starting with written Aptitude test followed by Group discussions and then face to face Technical and HR rounds of interview. They were given feedback on Mock interviews in order to help them identify their strengths and areas of improvements.



This event was volunteered by Aman Jain and Shreya Manjunath, who have got good hands on experience on the same and made it another grand success. They were being felicitated by the HOD.

Careerz Workshop on 4th October 2015 @ Baldwins Methodist Kannada School partnered with Larsen and Toubro

Another workshop under the Career guidance initiative was conducted to help the students fix a goal of their interest in their life and a major step was to guide on how to persue the set goals with complete hard work and persistence in achieving them.





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CAREERZ WORKSHOP

for high school students

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The efforts needed to be applied in focusing on their goals irrespective of it being short term and long term were part of the discussion that was carried out at Careerz Workshop. This provided a pathway to the students in building their skills in a more proficient manner like decision-making, finding their areas of interest, knowledge on their

areas of interest, methods to follow to focus, etc. The students were also given an insight towards various options and opportunities to step in different domains/areas and fields of work. They were given live examples of Prominent personalities and their achievements in different sectors to showcase their efforts, focus on their goal, persistence and consistency in their efforts that helped them achieve something positive in life and become a better individual in the society. The session concluded with lot of questionnaires and and clarifications. The students were motivated to follow their dreams.



The session driven by Aman Jain, sponsered by Larsen and Tourbo. Around students participated in the Careerz Workshop that gave Zav a successful mission students by response and support from school authorities and staff.



Understanding Self and others + Sustainability Development Goals on 9th October 2015 to WOSY - World Organisation of Students and Youth



The initiative was targeted to WOSY, participants from 12+ countries across the world (Sudan, Afghanistan, Nepal, Kazakhstan, Kenya etc). This particular initiative by Zav aimed to fulfil the objectives of WOSY. These include –

- International Understanding and co-operation with the approach of "World is a family".
- Bringing students and youth of the world together for the promotion of social justice and humanity.
- Helping the mobility of the students and youth to enable worldwide interaction of culture, information, knowledge and wisdom.

In order to achieve the above goals, the most important learning for the students from different culture is to understand human psychology and the characteristic traits that they exhibit in a generic pattern. Understanding self and others is the most important aspect of human psychology as this will lead to different types of behavioural patterns.





The Myers–Briggs Type Indicator (MBTI) tool is the most trusted and widely used personality assessment in the world as this will cover the personality type study in a generic way. This was explained which helped them to have a wider perspective of what type of personality type they belong to and also the type of others around them. Psychology being the focus of the event also provided an opportunity to explore the compatibility between different types of relationships that exist between two people.

On the other hand, understanding Sustainability Development Goals was also the focus in order to take action at the right time to transform the world into a better place and an overview of how Zav Foundation is working towards achieving the same.



The event was led and driven by Aman Jain, a certified professional in Behavioural Sciences. 40 participants were given awareness on the human psychological aspects and

Sustainability goals in order create a world with no one left behind. This particular programme was a perfect platform for us to spread the knowledge as people from different backgrounds gathered with the sole intention and dream to rebuild the world where people live in harmony which is also the primary motto of Zav foundation. Received overwhelmingly positive response from WOSY and so we hope to achieve our purposes together.



YOUreka+, Youth Leadership Programme on 10th October 2015 for teachers of Little Millennium School, Banashankari



"Leaders are the people who model good practice, challenge poor practice and inspire others".

The Youth Leadership Programme aims to create future leaders. The objective is to strengthen and empower people and organizations to make decisions that will determine the future vitality and viability of their community. The event was targeted to the teachers of Little Millennium School.







The event was designed in such a way that learning was activity based and fun filled keeping in mind that the teachers will use the same unique methods of teaching to hundreds of children



which will fulfil the purpose of creating future leaders. Experiential activities like JENGA BLOCKS and LEGO BRICKS were a part of the program. This YLP was facilitated by Aman Jain. Around 20+ teachers were benefited with the programme.

Careerz Workshop on 6th December 2015 @ Domlur Government High School partnered with Larsen and Toubro



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Questions that arise in high school student are what next? Unlimited options! What to choose? How much time? How much money? Why career planning?

Careerz initiative under Zav aims to help and support students at all levels and background having limited access to information pertaining to the career options

available to them. The event was organised at Domlur Government high school and

partnered with
Larsen and Toubro.
Vyaktitva Vikasa
Shibira, Vrutti
Margadarshana
along with Goal
Setting and Time
Management were a
part of this program.







The main objective of the workshop is to enable students "to understand their own career/academic aspirations and develop positive attitudes towards work and learning" and to highlight the importance of SMART Goal Setting at the right time, Time Management in order to accomplish the goals.

The session was driven by Aman Jain. Students were given detailed view of different career options available and how to make a wise choice. Lot of questions and confusions arised in them were clarified and they were encouraged to follow their dream path. More than 50 students attended the event and Zav received an overwhelming response from the school.

NEEV - Knowledge Sharing Initiative in December 2015 @ Arehalli Learning Centre.

This is a non-formal education paradigm designed by Zav foundation where the students are exposed to different learning methods and techniques for their overall personality development. We have 2 projects under NEEV one is ICCWC - I Can Communicate With Confidence and another is Spoken English Classes



ICCWC – I Can Communicate With Confidence

Purpose:

In today's world Communication skills play a major role in designing one's career path. Communication skills are essential for the successful future of a student as it is the most effective way to convey one's thoughts and views about anything under the sun/sky. The ICCWC initiative, as the name suggests, is designed to accomplish the objective of Communicating with confidence – Public Speaking.

Methodology:

Zav has designed its own syllabi and training module to train students on Communication skills. The ICCWC training for a batch runs for 8 weeks long with classes conducted only on weekends. Reading, Writing and Listening are the important skills required for students in order to effectively communicate. Keeping in mind these objectives and requirements, the module was covered with –

- Rapport building
- Awareness on Public Speaking and its importance
- Observation to be made on how people interact
- How to effectively ask questions?
- Non-verbal communication Eye contact, Body language, Postures, Gestures and proximity

The above skills were taught to the students and they were encouraged to practise and share it in the class room. The training methods used were completely interactive like Storytelling, Quiz, Analogies/Examples and Experiential activities. Presentation and Movie clippings were also shown to students as it is observed that visual learning is always better than the regular teaching in the class room. The tele coaching model was adapted where every student was mapped to one of the volunteers. The students were encouraged to talk to the volunteer every day for few minutes over the phone. This considerably improved the level of communication in the students as they had a volunteer to correct them.

Benefits:

The initiative was intended to groom the students ranging from 3rd grade to 8th grade with effective communication skills. Two batches of ICCWC starting from May 2015 to December 2015 were held during the year 2015-16. Batch 9(Graduated in September 2015) and Batch 10 (graduated in November 2015). Students were evaluated at the end based on their performances in quiz, storytelling, debates and speech and we were delighted to see the progress in them. Students were also encouraged with prizes and scholarships for best



performance on every activity and Graduation certificates for successfully participating and completing the course.

Below are some of the pictures of ICCWC sessions. Arrangements were also made to invite people from different professions to talk to the students and inspire them. We had Dr. Deepak Gowda who took a session on Health and Hygiene aspects and ISRO Scientist Rachana was also a part of the session



We are immensely proud of all our students who took up the course and successfully completed the evaluation criterion. There has been tremendous encouragement from the Larsen and Toubro team especially Mrs. Kanthamani Nagendra in making the ICCWC events successful.

Our Volunteers who worked really hard to see the students coming out with flying colours - Shreya Manjunath, Sandeep Srinivasan, Madhuri Satish, Arjun Shekar, Rakshith Acharya, Aman Jain and Pratul Hedge for delivering the 8 week long ICCWC Program each. Each of them has provided their valuable time and insights in order to make the initiative successful and certify close to 100 students in the year.





NEEV Spoken English Classes

This initiative was intended to train the students of Arehalli Government School (3rd grade to 8th grade) with Basic English knowledge required in order to speak English.

Purpose:

English is the most commonly used language among foreign language speakers. Throughout the world when people with different languages come together they commonly use English to communicate. Due to this, it becomes the most important language to learn as it opens up job prospects at every sector. Realising the importance of English speaking, Zav has started a project to train the students of Arehalli Government School with spoken English. The first batch for Spoken English started in Jan 2016.

Methodology:

Zav has designed syllabi to cover Basic English grammar which will help students understand the language better. 12 weeks of training is given to the students starting with Parts of speech, types under each part of speech, Singular and Plural, Tenses, Question tags and Sentence formations. Class was driven by at least two volunteers, one to teach the concepts and the other one to monitor the students in order to pay individual attention. The methodology used was —

- To teach students on the grammatical concepts of English.
- Considering that Visual learning is more effective than listening, few topics were taught with the pictures projected. This will accelerate the understanding.
- Quizzes were conducted by dividing students among groups. This also helped to build and improve the team work skills among students.



• Listening to a language has a significant contribution in learning. So, at the end of every class, an inspirational short film was shown to the students which will motivate them and also improve their language.

Below are some of the pics of Spoken English Classes with different methods of teaching -



Benefits:

The objective of the initiative to train the students at levels 3rd grade to 8th grade to improve their spoken English. We had a batch of close to 40 students of Higher Primary level benefited by this programme. There was a good progress in the students by the end of the training. Volunteers who have made this possible are Shreya Manjunath, Sandeep Srinivasan, Aman Jain, Madhuri Satish, Arjun Shekar and Sahana PS. Individual attention was very much required for effective training of students. We were glad that at least 2-3 volunteers were present for every class and applied various methods of teaching in order to reach out to students at all levels.



III Quarterly Board Meeting on 27th December 2015 @ Zav Foundation Office, Bangalore

The 3rd Quarterly Board meeting was scheduled on 27th December 2015. The meeting mainly focused on the targets that were defined for the current year, how many were achieved and how many are yet to be done. Based on the statistics, the responsibilities were shared with each coordinator. Internship plan was discussed and the batch was planned to start in February. The contributions and time dedicated by every coordinator were revised in order to reach the target for the upcoming quarter.

Train the Trainer Batch 1 on 16th January 2016 and Train the Trainer Batch 2 on 14th February 2016 @ Gopalan Residency, Bangalore

With the expansion of the initiatives undertaken by Zav, there is an increase in need of the effective trainers who are equipped with the skills required to reach out to students at all levels. The main objective of this programme was to understand why and what level of preparation is required for training the students. This essentially requires –

- Understanding of psychology of children, how do they think and perceive things.
- Ideas to deliver the same content in different ways in order to make them understand.
- Expertise to evaluate the students and keep them engaged in class.

The volunteers of Zav are trained for the same purpose on 30+ different tools and techniques of facilitation/teaching that they could use in the class. The three important learning theories were explained – Kolb's learning cycle, Bloom taxanomy and learning preferences. With this, a lot of ice breaker and energizers were taught which will help to keep the students active and energised in the class room.

The Batch 1 training beneficiaries were Arjun Shekar and Madhuri Satish. The session was facilitated by Aman Jain.







Batch 2 training was attended by Arjun Shekar, Madhuri Satish, Shreya Manjunath and Sandeep Srinivasan. The session was facilated by Aman Jain again.







Careerz Workshop on 23rd January 2016 @ RBANMS High School, Ulsoor partnered with Larsen and Toubro



Objectives of the session were Understanding Our Aspirations, Dreams, Goals, Career options and Time management. This was another drive under Career guidance initiative in Zav.

Choosing one career path after high school or college and sticking with it for the rest of the life is becoming less common. Most of the working professionals in India realise their dream career/jobs during their 30s. One of the major drawbacks of this is the potential in them gets faded away as they end up compromising on their dream jobs.





Zav under Careerz initiative focuses on providing insights on career planning at the right age mostly in the high school. The event not only focuses on career options available after 10th class, but also to encourage and build a sense of confidence among the students to dream and aspire big, to believe in their dreams and follow the same. The different areas of career interests of the students were highlighted, how to have SMART Goals set and to manage time effectively in order to achieve the goals. The session was designed and delivered by Aman Jain. The initiative was sponsered by Larsen and Toubro. The beneficiary of the programme was 50+ students from RBANMS high school. The faculty members of the school acknowledged Zav for the positive impact that the session had on the students.

Careerz Workshop on 23rd January 2016 @ St Charles High School, Lingarajpuram

Career Options, Goal Setting and Time Management were the objectives of the Careerz workshop. Career planning is more than just deciding on the stream that one wants to opt after 10th Class. The students were given insights of different career fields that are available to them, the SMART goals that they have to set at the right time and effective time management skills that they have to cultivate in order to accomplish the targets. The session was completely interactive. The confusion and the questions that the students had on different career options were clarified.







Around 100 students were the attendees. The students and the faculty of the school were contented with the key learnings and outcomes of the workshop. The workshop was driven by Saranya Francis, Sumanth Makam and Madhuri Satish.



Train the Volunteer programme on 26th January 2016 for BMSCE Rotaractors as they head for Career Guidance program at Government Schools







The BMS College of Engineering Rotaractors were headed for a Career Gidance programme at Government Schools. Under the project, Train the Trainer, Zav provides training to the volunteers in order to equip them with the skills required to drive the session effectively. The areas that are to be focused in the event are highlighted SMART goal setting, effective time management skills to be taught to the students. Around 10 volunteers were trained by Aman Jain in this initiative.

Republic Day Celebrations on 26th January 2016 with Arehalli Learning Centre students

Zav under NEEV Knowledge sharing programme conducts Spoken English classes at the Arehalli learning centre for a set of students from 5th class to 8th class of Arehalli Government School. On the occasion of Republic day, the event was organised at the same centre and students were engaged in different activities like Movies, Quiz Contest and Story Telling.











The students were also given insights on the purpose of celebrating Republic day, shared stories of famous personalities. After the quiz competition books about famous personalities, freedom fighters were distributed amongst the students. The event was organised and executed by Arjun Shekar and Aman Jain.

It was interesting to see how kids can be very inquisitive, energetic and empathetic always.

YOUreka+ on 6th February 2016 for Teachers of CHORD schools in Hyderabad

CHORD is a non-profit and non-political (Tax exempt entity under 80G/12A) relief and development organization. CHORD's vision is to ensure that educational opportunity reaches the less fortunate so that every child is in school and is learning with dignity. Mission is to provide wholesome education to the underprivileged, to extend skill based training to unemployed, vulnerable youth and creating a strong platform for sustained community development. CHORD Team consists of 100 full time employees and 800 global volunteers work relentlessly, managing their institutional service centres established across 5 districts in Andhra Pradesh and Telangana.

Under the Youth Leadership Programme, Zav organised YOUreka+ in Hyderabad for Chord School teachers. The focus was to train teachers on unique methods and techniques which



enables them to understand the psychology of the students. The objectives of the programme –

- · Team building and bonding
- Communication, Convergence, Collaboration
- Understanding challenges (Self and Organisation)
- SWOT Analysis
- Possibility Search Attitude

The programme methodology was -



This is essential for the teachers in order to apply efficient way of reaching out to students with all levels of analytical ability. The two day workshop was completely fun filled and focused training the teachers different learning tools and techniques, Goal documents which can be utilised to teach students in the coming academic year.

The event was facilitated by Saranya Francis, Aman Jain and Madhuri Satish. Close to 50 teachers attended the programme and Zav received a great response from the attendees which will also keep us engaged for future projects.













Careerz Workshop on 6th February 2016 @ RBANMS School partnered with Larsen and Toubro







With the kind of workshop Zav delivered earlier in Jan in RBANMS, the authorities of the school believed in us and invited us for another workshop on the same. The session was driven by Shreya Manjunath, Madhuri Satish and an intern Ariel Mishkin from Poland. The event was organised in partnership with Larsen and Toubro. Close to 50 students attended the event. They were given awareness on career planning, options available to them after 10th grade, goal setting and time management. The students were given knowledge on career decisions to be made for the whole of their lives and not just the beginning as career development is a life long process. The doubts and questions raised by the students were clarified at the end of the session. The intent of the session was accomplished and the school staffs were extremely satisfied with the workshop delivered by Zav.

Careerz Workshop on 20th February 2016 @ Domlur Government School partnered with Larsen and Toubro





Zav has always been successful in the engagement activities with the schools on Careerz workshop. Similar workshop was conducted in Domlur High School earlier in December. With the request from the school authorities for the benefit of the students, a follow up event was scheduled. The purpose of the second session was reinforcement of what was already trained in the previous workshop. The goals were set during the previous session. This was a hand holding session to keep track of the goals that are achieved and the students were encouraged to follow the path of their dreams to have targets set and to manage the time in order to be successful professionals.



The session was delivered by Aman Jain and Madhuri Satish. Approximately 50 students were benefited with the workshop. The school authorities acknowledged Zav for the well organised workshop and with this success we are looking forward for similar events in the future.

Careerz Workshop on 5th March 2016 @ Kodigehalli School and Lepakshi School, Anantpura

It was an eventful day for Zav with 2 career workshops, one at Kodigehalli School and another at Lepakshi School. The protocol defined for the Career workshop is followed in order to define/design a specific career path. Students were made to understand a few very important concerns with respect to what is career planning? Why is it important to plan at the right time? How make wise decisions in the career? What are the career streams available as of today?

The session was interactive, students were encouraged to question on the doubts and confusions. They were given awareness on how decisions made at this stage would affect their career after graduations. They were encouraged to explore their career of interest and



follow their passion. The outcome of the workshop was students were able to understand and articulate their personal interests/goals and preparation required for Colleges.



The session was organised by Arjun Shekar, delivered and volunteered by Aman Jain and Madhuri Satish. With close to 100 students benefited with the session, it was another story of success in Zav.

Closure of Internship in March 2015 @ Zav Foundation Office, Bangalore

Internship at Zav is a perfect platform for the graduating students to showcase their potential. The internship model that Zav has designed is a highly professional one which is based on credit system. The interns are trained on the engagement activities and they are exposed to the corporate culture while he/ she are still in college. They are encouraged to actively participate and interact with the coordinators which will help them improve their team building skills. The internship model is such that it also provides an opportunity for students to work from home and execute the assignments in case it is not feasible for them to be a part of the events. We had below interns for the season

Lakshay Sharma and **Amal Prabhakaran** in Marketing, **Akshay Utkarsh** in Content development.

The interns were mentored by Arjun Shekar and Aman Jain.

