

Community school programme

Our institute committed to help the students to develop their knowledge and skills, that is necessary for becoming an active citizen who recognize the importance of contributing to the broader values and needs of society. We signed an MoU with Heaven Tree Philanthropy Service Forum and started a *community school programme* to support the local school students. As part of this programme, we mutually facilitate in organising and conducting perpetually, the community school, with the aim and objectives of assisting marginalised and underprivileged adolescent school children of the surrounding locality. The project is termed as **TEEN'S TRACK** – a pathway for mental health and harmony of young people. The major programmes are psychosocial support to students of nearby schools , training to mentors and famiy/community support activities.



The principal in charge of Mannaniya college and Director of Heaven Tree Philanthropy Services signed the MoU

The community school programme was officially launched in the function held on 27-03-2019. Mr. Aseem, Assistant professor, department of commerce delivered the welcome speech and Dr. M.S Noufal, Associate professor, head of the Malayalam department presided over the function. After the welcome speech and presidential address, Dr. Naseer, Principal in charge, inaugurated the function. Mr. Sulthan Mushathick, IRAS (Rtd), Director, Heaven Tree Philanthropy Services and Prof. Shaikh Ahmed, Project director, formerly principal of MSM college Kayamkulam lectured the objective and importance of the community school

programme. Dr. Dilshad Bin Ashraf, Assistant Professor and head of the psychology department and Mr Ansari (Head Master, KVUPS Pangode) delivered felicitations in the function. Dr. Shijina, Assistant professor, department of commerce expressed vote of thanks. Sixty school going students from nearby schools and fifty NSS volunteers from our college participated in the function. After the official ceremony function, Praveen S K (Motivational Trainer, Trivandrum), had a session on the topic Effective Communication Skills.





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AGREEMENT

Forming part of MOU

Between

Heaven Tree Philanthropy Services Forum (HTPSF)

And

Mannaniya College of Arts and Science (MCAS)

The duties and responsibilities of the parties to this agreement forming part of MOU are highlighted below;

HTPSF RESPONSIBILITIES

- HTPSF conducts and implements various programmes under "Teens' Track" framework by giving training to the students, volunteers etc.,
- Addressing the parents and giving them training and counseling will foster them in effective parenting, which in turn helps them to improve their children's behavior.
- Helping MCAS in enlisting the resource persons.
- Acts as an intermediate between college, children and parents.
- Periodically review the performance of the students.
- Enlisting the Professional Counselors, Psychologist, and Motivational speaker for training and giving counseling to the students.
- Providing Psychotherapy to the students and parents to cope with difficult situation in a more adaptive way.
- Enabling Teachers/Mentors/Volunteers to easily identify the problems of the students and making them to enrich the students' mental health.
- The whole programme will be periodically evaluated and scientifically monitored using a structured protocol and a pre -post research design.
- Assisting MCAS in facilitating joint resource mobilization.
- Preparation of Performance Reports thus helping MCAS in enhancing and transforming the lives of the underprivileged students in that community.



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MCAS RESPONSIBILITIES

- Providing Classroom for Community school.
- Providing Teaching staffs or Trainees or Volunteers from Mannaniya College of Arts and Science.
- Catering Equipment for sports like Chess, Table Tennis, Carrom etc..
- Resourcing Trainees or Volunteers from various walks of life or those who interested in enlightening the lives of the marginalized children.
- Facilitating the Enlisted resource persons, psychologist and counselors for all the activities along with HTPSF also providing them with Honorarium.
- Providing instructors or trainers for teaching extracurricular activities like Music, Dance, Painting etc..
- Enabling the Trainees/Teachers for giving Vocational training in diverse fields like Health care, Computer, Fashion etc..
- Providing other basic infrastructure facilities (Eg: Washroom for both girls and boys, Water facility)
- Facilitation of smart class rooms.
- Facilitating joint resource mobilization.
- This Partnership should form a core committee to ensure the smooth functioning of this project and the core committee will monitor the activities undertaken in this MCAS

DR. P. Nazeer
Principal
MCAS



H.S. Mushathick
Director
HTPSF



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MEMORANDUM OF UNDERSTANDING

Between

Heaven Tree Philanthropy Services Forum (HTPSF)

And

Mannaniya College of Arts and Science (MCAS), Pangode-Thiruvananthapuram.

This Memorandum of Understanding ("MOU") is entered into by HTPSF and MCAS.

The parties share the goals of (1) Promoting Education in the backward area (2) Youth development (3) Students assistance (4) Cognitive and personality development (5) Carrier counselling and guidance (6) Community development. The MOU formalizes the commitment of the parties to work together to organise and run "Heaven Tree Community School " Promoted by HTPSF by its "Teens' Track" frame work of "Shape The Youth Of Tomorrow" project at MCAS .

I. DESCRIPTION OF PARTNER AGENCIES

- A. HTPSF a non-profit organisation registered under section 8 of companies' act 2013. It has its objectives to promote educational development to marginalised section of the community, along with other objectives in its social development mission.
- B. MCAS is in the field of Education and is committed to promote community development of the immediate neighbourhood, in assisting the students belonging to the marginalised section.

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II. AIMS AND OBJECTIVES

As detailed in the agreement forming part, this MOU mutually facilitate in organising and conducting perpetually, the community school, with the aim and objectives of assisting marginalised and underprivileged adolescent school children of the surrounding locality, in the manner and scope as defined in the agreement.



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III. ROLES AND RESPONSIBILITIES

The responsibilities of parties to this MOU as detailed in the agreement forming part, and in general to emphasise the following responsibilities;

- A. HTPSF will commit and extend all assistance in the total and efficient operation of community school and facilitates its smooth functioning with monitoring, assessments and reporting mechanism.
- B. MCAS will provide all infrastructure facilities and volunteers for coordination and day-to-day management, teaching and non-teaching activities, through NSS unit of the college.
- C. Partners to form a core committee to ensure the smooth functioning of this MOU.

This MOU is dated on 20th March 2019, and signed by the Director of HTPSF and The Principal of MCAS for and on behalf of the parties.

H.S. Mushathick, IRAS (Rtd)

Director
HTPSF

DR. P. Nazeer
Principal
MCAS



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TEENS' TRACK

A pathway for mental health and harmony of young people

Introduction

Teen's Track is a framework developed by **Heaven Tree Philanthropic Service Forum** , for helping Teen-agers and young people to cope with the struggles they are facing ,in the present World. This program is designed on the basis of our preliminary exploration of the Schools in and around Thiruvananthapuram city to identify the challenges faced by teens today which indicated the crucial need for enhancing mental health/stability of the young people in our Schools to bring about a positive impact. Stakeholder consultations to develop a strategic plan to shape the future of teens led us to consensus on the need for focused approaches, to maximise the impact and emphasised on various inter related issues to be resolved. We locked down on a three pronged approach for addressing the challenge:

- Actively promote good 'stability' among Teen-agers and young people to make them mentally balanced, providing support for addressing the Psycho-social problems faced by them.
- Target the potentially vulnerable, due to poor/disintegrated families etc whose needs are often unnoticed or ignored and whose long-term soundness are under risk
- Consolidate, develop and expand core supports for providing attention to Teenagers and young Peoples issues and provide supports for overall development.

Teens' Track project will be Heaven Tree's flagship program with the intention to champion the needs of Teen-agers and young people's stability at all times and direct public attention towards key issues to achieve positive impact.

Teens' Track-Three prong approach



Vision and Mission

We champion soundness and wellbeing of Teen-agers and young people across the state. Motivated by their association we create change so that the Teens can cope with life's adversities, find help when needed and thrive in life.



- ❖ Setting ambitious goals to make a lasting difference in the lives of Teen-agers.
- ❖ Be alert to Teens, listen to them and craft solutions for their problems.
- ❖ Respect each other, bloom on diversity and act in the best interests of teens, for a better future.

Why is our work significant?

We organised several psychosocial intervention programs in selected Schools in and around Trivandrum city, with the support of a Team of Experts. Application of standardized self-esteem inventory to learn their current mental status and several interactive sessions with students exposed various pertinent issues demanding interventions. The school authorities and PTAs applauded our initiative, as it helped to identify many problems, seeking solutions. Some key findings are summarised below.

- The scholastic performance and achievement of majority of the students in Govt and aided schools falls below average. Efforts of School authorities to motivate them, could not produce expected results.
- Poor performance and behavioural issues often pointed out to deprived family situations.
- Alcoholism, drug addiction, smoking habits among the students are on the rise.. School authorities are concerned and anxious to address this issue.

- Teachers are willing to support students but they may need professional support and training to tackle the situation.
- It is very important to have ‘Guidance and Counselling Centres’ in schools and colleges, with trained Teachers, to “catch them young” and mend them with timely supports.

Strategic Enablers

To realise these ambitions **Heaven Tree** will continue to actively involve in Psycho Social Counselling and related interventions in Schools interested . We will promote Active Donors to invest in appropriate programs in order to support our evolving needs and ensure our diverse income streams increase to match delivery. Key areas of development addressed will be:

- ❖ Skills and expertise to support Teens and Young Minds’ growth
- ❖ Psycho social counselling
- ❖ Mentors’ Training
- ❖ Parental Awareness Programs
- ❖ Community support systems

Strategic Objective 1

Promote good normality to more students and young people than ever before.

- Enable schools to build students’ resilience and wellbeing.
- Help Teens to look after their own soundness and that of their peers.
- Support parents in the care and development of their children’s mental health and emotional wellbeing.
- Enable Mentors/Teachers and other staff to identify problems early on and respond positively to support young people’s balanced growth and development.

Strategic Objective 2

Foster innovation to meet the needs of vulnerable and excluded children and young people.

- Develop new ways of ensuring support for young people facing adversities and increased barriers t.
- Influence the reform and provision of Psycho social counselling services so they better meet the needs of young people and their families and ensure their rights are upheld.
- Ensure decision makers, providers and professionals better understand how to support young people especially from vulnerable groups.
- Enable professionals, parents and young people to make informed decisions through the Guidance and Counselling centres.



Strategic Objective 3

Inspire excellence to achieve transformed, integrated services.

- Increase the delivery of high quality training and consultancy support to the Educational Institutions to achieve transformed services for students, especially Teens.
- Build the evidence base to increase knowledge and improve practice in our key areas of concern: » Better learning skills » better common sense » responding to complex needs of Teens» ensuring parental and community supports » convergent action through Donor supports.

Modules

Learning Techniques for facing exams

- How Successful Students Make the Grade
- Steps and tips to Study effectively
- How to improve memory skills
- Multiple Choice or Multiple Guess?
- Tips for doing well on Exams
- Reducing Anxiety and fear in the Exam Room

Cognitive and memory improvement techniques-

- Explore how to improve memory and the recalling power of the brain?
- Explore additional cognitive skill requirements
- Explore effective learning styles
- Exercises for improving cognitive skills
- Address overall personality development

Inter and intra personal enrichment programme-

- Self-Evaluation
- Mindfulness Training
- Breathing Exercises
- Relaxation Training
- Meditation
- Games
- Interactive sessions
- Group and team building exercise



- **Fitting Counselling & Guidance**

Mentor Program

- **What is mentoring –Exploring the basics?**
- **Exploring the key issues involved in mentoring**
- **Building skills and techniques for effective mentoring**
- **Addressing the challenges of being effective mentor**

Parenting Skill training

- **Who is a parent- Addressing basics of parenting?**
- **Responsive parenting- How to be an effective parent**
- **Exploring parenting styles, skills and techniques**
- **Addressing challenges of parenting in the present world**

Community Guidance and Counselling

- **Additional support system of trained professionals for addressing challenges faced by teenagers, mentors, parents**
- **Night stay Homes**
- **Exploring career options**
- **Exploring life challenges**
- **Providing guidance and support for mental health issues such as addiction, aggressiveness**
- **Providing support for dealing with social challenges such as fear of failure, social anxiety etc**

Unique/Tailor made Program

- ❖ This program will be customized to suit the need of each school, and address major issues faced by teenagers. We will attempt to accomplish this crucial program through our motivated investment by social agents on diverse income streams.
- ❖ Along with overall teen development, the program will attempt to build a community outreach program to address the limitations faced by these teenagers in their family and in school based mentoring.
- ❖ The program will attempt to build the skills of teenagers and equip teachers and parents with skills and techniques to groom young generation to its best potential.
- ❖ The ultimate aim of the program will be to make social and psychological investment for a better tomorrow.





Heaven Tree Philanthropic Service Forum is a non-profit Organisation, registered under section 8 (non-profit) of Company Act 2013, designed to provide Consultancy supports, Research, Management and training platforms to aspirants.

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