

# VEERNI SANSTHAN



**VEERNI**  
EMPOWERING GIRLS



## NEWSLETTER

JULY 2024 TO SEPTEMBER 2024

**Dear Friends,**

We are delighted to share the latest updates from the Veerni Project for the period of July to September 2024. This quarter has been exceptionally successful for Veerni Sansthan in every aspect of our mission.

The academic session commenced in full swing from July, with senior Veerni girls warmly welcoming the newly enrolled students. We are pleased to report that all the new girls have settled in well at the Veerni Institute.

During this quarter, we have initiated various activities at the Veerni Institute, including sports, extra tuition classes, computer classes, and other extracurricular activities. Numerous competitions and events were held, and we also organized excursions and educational tours for the Veerni girls.

Health remains a top priority for us. We conducted a general health camp and an HPV vaccination camp, where all the Veerni girls received their doses of the HPV vaccine. Some received their first dose, while others completed their second dose.

Additionally, we organized an alumni meet at the Veerni Institute. This event allowed current students to hear inspiring success stories from past Veerni girls, fostering motivation and a sense of community.

We are excited to announce the reopening of the village literacy center in Meghwalon ki Dhani, which had been closed due to the COVID-19 pandemic. Fifteen village girls from grades 5 to 8 (ages 7-10) have joined this program, which aims to equip them with the necessary literacy skills and knowledge to pass the Veerni entrance exam and pursue further education at the Veerni Institute.

We are thrilled to share the remarkable news of the renewal of our FCRA certificate. The Ministry of Home Affairs, Government of India, has granted Veerni a renewal of our FCRA certificate for the next five years, starting December 4, 2024. This renewal, granted five months before our current certificate expires, is an exceptional and rare achievement and the most significant event of this quarter.

We extend our heartfelt gratitude to all our supporters who have contributed to the success of the Veerni Project. Your support fuels our mission to empower every Veerni girl with education and opportunities.



**Mahendra Sharma**  
Director  
Veerni Sansthan

## **Renewal of FCRA Certificate**

We wanted to start this newsletter with some very good news. The Government of India's Ministry of Home Affairs has granted Veerni a renewal of our FCRA certificate for the next five years, starting December 4, 2024. This renewal comes a full five months before our current certificate even expires, marking an exceptional and rare achievement.

It is extraordinarily rare for any organization to receive such a renewal before the expiration of their existing FCRA certificate. This honor underscores the outstanding impact and dedication of Veerni's work. During the Ministry officials' visit to our project, we showcased our future plans, including building construction, along with our current work and achievements. They were greatly impressed by our accomplishments, leading to this unprecedented renewal. Receiving this renewal before our current certificate's expiration is a profound recognition from the highest authorities, especially at a time when many organizations are struggling to secure or maintain their FCRA status. This is a significant award and a testament to the exceptional quality and impact of Veerni's work.

While our current certificate remains valid until December 2024, the authorities may still conduct unannounced inspections. We are fully prepared for any scrutiny until December and will always stay vigilant to demonstrate our continued excellence.

Please note that the FCRA is a crucial certificate for receiving funds from overseas, and it is vital for Veerni Sansthan to maintain this certification.



# THE VEERNI PROJECT

Newsletter – 2<sup>nd</sup> Quarter  
July 2024 to September 2024

## Academic Activities

### **New Session Start**

We are excited to announce the start of the new academic session, which began in the last week of June. After a long summer break, all the girls returned to the Veerni Institute with gleaming faces and boundless enthusiasm. They thoroughly enjoyed their time at home during the vacations.

All matrons arrived on June 27th and devised a work plan. To help the new girls settle in and avoid homesickness, we decided to keep them in the same dormitory and involve them in preparing for a welcome party for the new enrolled girls.

On June 28th, the 12th-grade girls returned after a long break from school. The following day, June 29th, the 9th-grade girls and new students arrived with their parents. These new girls have come to Veerni to pursue their lofty dreams, which are achievable only through education. On June 30th, students from grades 5, 7, 8, 10, and 11 joined, with the 10th-grade girls returning after an extended break.





### **School Reopening:**

The girls eagerly awaited the reopening of Modern Senior Secondary School, Veerni's associate school. On July 1st, students from classes 5th to 12th returned to school, filled with happiness and excitement. The school operates from 7:30 AM to 1:30 PM, providing a structured environment for learning and growth.



### **School Visit by Matrons:**

On July 9th, the matrons conducted a surprise visit to the school to ensure everything was running smoothly. They found that the school was functioning well, with drinking water and toilet facilities in good condition. During the visit, they also discussed the books and syllabus for all classes with the school staff, ensuring that the educational needs of the girls were being met.

### **Introduction to New Girls**

On June 29th, the Veerni staff introduced themselves to the new girls, who also shared their introductions with us. We explained the institute's rules and regulations, advising the new students to seek help from staff or senior girls if they encounter any issues. We also encouraged the senior girls to support the newcomers.



### Staying Connected: Phone Calls Home

On July 28th, the junior and new girls had the chance to speak with their parents. The new girls were especially thrilled to reconnect with their families after nearly two weeks. While some girls became emotional during the calls, the matron reassured the parents that their daughters were adjusting well and were happy. Scheduled Phone Calls are given below:

- **August 4th and 18th:** Senior girls
- **August 11th and 25th:** Junior girls
- **September 8th and 15th:** Senior girls
- **September 22<sup>nd</sup> and 29th:** Junior girls

These calls are an important way for the girls to stay connected with their families and share their experiences.

### Entertainment Highlights

The girls at Veerni Institute enjoyed a series of movie screenings that provided both entertainment and inspiration:

- **July 7th:** The girls watched “Babli Bouncer,” a motivational story about a female bouncer.
- **July 14th:** They enjoyed “Sita Ramam,” a film about the life of an orphan soldier.
- **July 21st:** The movie “Bhuj,” based on the Indo-Pak war, was screened.
- **August 4th:** The girls watched “Singham Returns.”
- **August 11th:** “Jungle” was the featured movie.
- **August 14th:** The girls enjoyed the action-packed film “Kick.”

These movie nights were a great way for the girls to relax and bond while watching inspiring stories.



### First Unit Test

The first unit tests for all classes from 5th to 12th were conducted from July 29th to August 2nd. The girls performed admirably, showcasing their dedication and hard work. These tests are a crucial part of the academic calendar, providing valuable insights into the students' understanding and progress in their studies.



### Computer Classes

The Veerni girls started their computer classes on July 1st. They are focusing on revising MS Excel and MS Word. These classes are held regularly in the evenings and are taught by a qualified instructor.



### Sewing Class

A voluntary sewing class started on July 7th, with about 10 girls participating. The matron taught them basic sewing skills.

### Distributed School and Veerni's Uniforms

On July 3rd, all the girls received their school uniforms, including socks and shoes, as well as their institute uniforms.



### Distribution of Stationery Items

On July 1st, we distributed essential stationery items to all the girls. These included bags, pens, pencils, erasers, geometry boxes, rulers, notebooks, textbooks, book covers, and drawing colors.





### Hygiene Kit Distribution

To promote good hygiene, we distributed hygiene kits to all the girls. Each kit included bath soap, washing soap, cloth cleaning brushes, shampoo, hair oil, toothpaste, and toothbrushes.

#### Distribution Dates:

- July 1st
- August 3rd
- September 1st

Maintaining good hygiene is crucial for health, and Veerni emphasizes its importance.



### Welcome Party

Veerni Sansthan organized a welcome party for the new girls on July 20th. The 12th-grade girls welcomed the newcomers with tilak and garlands. The party began with Saraswati Vandana, followed by dance performances by the Veerni girls. The event allowed the girls to mingle and enjoy refreshments together.



### Thanks Party

Following the welcome party, the new girls organized a thanks party for the senior girls on July 21st. They performed beautiful dances, and everyone enjoyed the gala event.



### Birthday Celebrations

Celebrating birthdays at Veerni Institute is always a special occasion. The birthday girls receive a unique gift: the opportunity to call home and speak with their families. All the girls enjoy these celebrations, sharing sweets and creating joyful memories together.

#### Birthday Celebrations:

- **July:** 12 girls
- **August:** 8 girls
- **September:** 10 girls



## Competitions and Celebrations at Veerni Institute

This quarter, Veerni organized a variety of competitions and celebrations, providing our girls with opportunities to showcase their talents and enjoy festive moments.

- **Mehendi Competition:** On August 21st, a Mehendi competition was held for both junior and senior categories. The girls participated with great enthusiasm, adorning their palms with beautiful mehendi designs. A total of 21 junior girls and 31 senior girls took part in this vibrant event.
- **Essay Competition:** Also on August 21st, an essay competition was conducted. The topics were “Solar Energy” for the junior category and “Importance of Oxygen and Water on Earth” for the senior category. The girls wrote excellent essays, with 18 junior girls and 40 senior girls competing.
- **Drawing Competition:** On August 26th, a drawing competition was held. The girls showcased their artistic skills with beautiful drawings. A total of 58 participants took part in this creative event.
- **Card Competition:** The card competition, also held on August 26th, featured two categories: junior (classes 5 to 8) and senior (classes 9 to 12). The girls delivered fantastic performances, impressing everyone with their creativity.
- **Extempore Competition:** On the same day, an extempore competition was organized. The girls recited their topics with confidence and clarity. A total of 54 girls participated in this event.
- **Teej Celebration:** Bhadra Badi Teej, an Indian women's festival, was celebrated on August 22nd. Women fasted all day and ate after performing moon pooja. On this occasion, all the girls received delicious Sattu (sweet).
- **Teacher's Day Celebration:** On September 5th, Veerni celebrated Teacher's Day with great enthusiasm. The Veerni girls organized a beautiful party to honor their teachers. The program, managed entirely by the girls, began at 4 pm with the lighting of a lamp to Saraswati Mata. The girls took on the roles of Veerni staff members and performed a dance dedicated to their teachers. They also recited a beautiful poem. Various games were organized for the Veerni staff, and everyone enjoyed refreshments. Both the matrons and the girls had a wonderful time playing games and celebrating together. The event concluded with a heartfelt thank-you speech delivered by the manager, Mrs. Vimlesh.
- **Song Competition:** On August 7th, all the girls participated in a song competition, categorized into junior and senior groups. The girls practiced diligently, making the competition very tough.
- **Dance Competition:** On August 13th, we held an exciting dance competition where all the girls participated, representing their respective houses. The theme for this year's competition was Haryanvi Dance. Each performance was beautifully executed, showcasing the girls' talent and dedication. The judges had a tough time deciding the winners due to the outstanding expressions, coordination, and stage presence displayed by all the participants. Despite the challenge, the judges made their decisions based on the exceptional performances.



- **Skit Competition:** On September 21st, we held a skit competition that showcased the incredible talent and hard work of all the houses. Each house practiced diligently, resulting in magnificent stage performances. The girls displayed fabulous acting skills, excellent teamwork, and beautiful portrayals of their characters. The performances were truly remarkable and left a lasting impression on everyone.
- **Sports Competitions:** On September 29th, Veerni organized sports competitions, divided into junior and senior categories. The girls participated actively and enthusiastically, demonstrating their athletic abilities and competitive spirit. These competitions not only fostered a sense of camaraderie but also highlighted the importance of physical fitness and teamwork.
- **Prize Distribution Ceremony:** On September 30<sup>th</sup>, Veerni Institute organized a prize distribution ceremony to celebrate the winners of various competitions. Prizes were awarded to the first and second place winners, recognizing their outstanding achievements and efforts.









## Informative Tours

- **Educational Visit to Saras Dairy:** On July 16th, Veerni organized an educational visit to Saras Dairy for Veerni girls from classes IX to XII. This visit provided a unique opportunity for the girls to gain firsthand knowledge about the dairy industry. During the tour, Veerni girls learned about the intricate process of pasteurization, which ensures that milk is safe for consumption. They also observed the methods used for milk storage and the packaging processes for various dairy products such as milk, buttermilk, and ghee. The girls were impressed by the efficiency and hygiene standards maintained at the facility. This informative visit not only broadened their understanding of dairy production but also highlighted the importance of quality control in the food industry.



- **Visit to Temple:** On July 17th, during the rainy season, we visited the nearby Hinglaj Mata temple. The girls enjoyed singing devotional songs and experiencing the rain outside the temple.





**CAZRI Visit:** On August 2nd, Veerni organized an educational tour to the Central Arid Zone Research Institute (CAZRI) in Jodhpur. CAZRI is a premier research institute dedicated to the development of sustainable agriculture, water management, and livelihood security in arid regions. During the visit, Veerni girls were introduced to various research projects and innovations aimed at improving crop production and soil health. They learned about advanced techniques in soil science and water management, which are crucial for agriculture in arid zones. The tour included interactive sessions where the girls could ask questions and engage with the researchers. This experience was incredibly beneficial, providing the girls with valuable insights into the challenges and solutions related to agriculture in arid regions. The knowledge gained from this visit will undoubtedly inspire them to think critically about sustainable practices and the importance of scientific research in addressing environmental challenges.



### Parents Meeting at Veerni

Parents visited Veerni Institute to meet their daughters and learn about their progress. Veerni staff interacted with the parents, briefing them on their daughters' academic reports and extracurricular activities. The meeting conducted first and second Sunday of each month at the Veerni Institute.



### Formation of the Student Cabinet

On July 2nd, the Veerni staff held a discussion to form a student cabinet, incorporating suggestions from everyone involved. This initiative aims to foster leadership skills and a sense of responsibility among the girls. The newly formed cabinet includes the following members:

SL no	Name of minister	Departments
1	Pooja	Food
2	Diksha	Education
3	Bhagyashree	Administrator and cleaning
4	Hemangi	Water
5	Jaishree	Health
6	Khushbu	sewing
7	Mamta	Sports
8	Premlata	Electricity
9	Radhika	Entertainment

The formation of the student cabinet is a significant step in empowering the Veerni girls to become future leaders. By assigning specific roles and responsibilities, the girls learn essential skills such as decision-making, teamwork, and problem-solving. Each minister is responsible for managing their respective department, which helps them develop a sense of accountability and leadership.

For example, the Food Minister, Pooja, will oversee meal planning and ensure that nutritional standards are met. The Education Minister, Diksha, will focus on academic activities and support her peers in their studies. Bhagyashree, as the Administrator and Cleaning Minister, will ensure that the institute remains clean and organized. Each role is designed to provide practical experience in managing different aspects of daily life and community welfare.

This structure not only enhances their leadership abilities but also prepares them for future challenges. By participating in the cabinet, the girls gain confidence and learn to take initiative, which are crucial qualities for effective leadership. The experience they gain through these roles will be invaluable as they pursue their dreams and contribute to their communities.



### **Formation of House System**

Sports are not only beneficial for physical health but also become more exciting and engaging when there is a sense of competition. To foster this spirit, we introduced a house system on July 15th, where all the girls were assigned to one of four houses: Alpha, Brewo, Charly, and Delta. Each house consists of 28 girls.

- Alpha House: 28 girls
- Brewo House: 28 girls
- Charly House: 28 girls
- Delta House: 28 girls

This house system encourages teamwork, camaraderie, and healthy competition among the girls. Each house will compete in various sports and activities, allowing the girls to showcase their talents and work together towards common goals. The girls are now practicing their games within their respective houses, preparing for upcoming inter-house competitions.

The introduction of the house system is an important step in promoting physical fitness, teamwork, and leadership skills. By participating in these activities, the girls learn the value of cooperation, perseverance, and sportsmanship. These experiences will not only contribute to their physical well-being but also help them develop essential life skills that will serve them well in the future.

### **Medical Report and Health Care at Veerni**

Health care is a cornerstone of the Veerni Institute's mission. By ensuring that the girls receive regular medical check-ups and treatments, we are not only addressing their immediate health needs but also instilling lifelong habits of self-care and hygiene. This comprehensive approach to health care helps the girls stay healthy and focused on their education and personal development. By learning to take care of their health, the Veerni girls are better equipped to become strong, confident leaders in the future.

On arrival of all the girls at the Veerni Institute; July 1st, all the girls were weighed. While most of them are healthy, a few newly joined girls were identified. On July 12th, all the girls were dewormed with Albendazole tablets.

### **Medical Camp:**

A comprehensive medical camp was held on July 28th, organized by School Health Pro, a team of doctors from AIIMS. The team included specialists such as a paediatrician, ENT specialist, dentist, ophthalmologist, audiologist, surgeon, and gynaecologist, along with their technicians. The following examinations were done during the camp: -

- Head-to-Toe Examination: Dr. Lokesh conducted thorough head-to-toe examinations. He provided medications as needed and referred some cases to specialists like ophthalmologists and dentists.
- Dental Examination: Dr. Divya performed dental check-ups for all the girls. She applied dental sealants to six girls to protect their teeth from cavities. Additionally, 11 girls received fluoride treatments to strengthen their teeth and reduce the risk of cavities. Twenty girls were referred to a hospital for further treatment of issues such as carious teeth, deep bites, and decayed teeth.



- **ENT Examination:** Dr. Megha, the ENT specialist, found that all the girls had healthy ears, although 20 girls had earwax buildup. No cases of perforated tympanic membranes were found.
- **Eye Examination:** Eleven girls were referred to an eye hospital for further investigation.
- **Gynaecological Examination:** The gynaecologist provided health education on self-breast examination and personal hygiene. She also discussed menstrual history and personal issues with the teenage girls, finding no major problems.
- **Health Talk by Nutritionist:** Nutritionist Meghana emphasized the importance of nutrition for overall health. She advised the girls to eat plenty of green vegetables and protein-rich foods, stressing that mindful eating and gratitude for food are essential.





### Blood Investigation:

On August 25th, a comprehensive blood count (CBC) test was conducted for 112 girls at Veerni Institute. The results indicated that all the new enrollees this year were found to be anemic. Following the doctor's advice, appropriate treatment for anemia has been initiated to ensure their health and well-being.



### HPV Vaccination Program

The Veerni Project is dedicated to enhancing the health and education of girls in rural Rajasthan, India. With the successful acquisition of funding, we have initiated the HPV Vaccination Program aimed at addressing a critical health issue and empowering these girls to lead healthier lives.

Cervical cancer, primarily caused by the Human Papillomavirus (HPV), is a significant health concern for Indian women. It ranks as the second most common cancer globally and disproportionately affects women during their productive years. India has one of the highest numbers of cervical cancer cases in the world, with one woman dying from cervical cancer every eight minutes.

The goal of the HPV Vaccination Program is to provide HPV vaccination to 112 Veerni girls to prevent cervical cancer. This evidence-based program focuses on improving the health and well-being of these girls by providing them with access to the HPV vaccine.





**HPV Vaccination Camp:** Veerni collaborated with a team of professional doctors from School Health Pro, an organization comprising doctors from AIIMS Jodhpur. This team conducted the vaccination camp on August 25<sup>th</sup>, 2024. Under the supervision of these qualified doctors, the camp was successfully organized. The Veerni girls have been vaccinated according to their scheduled doses and remaining doses will be administered later in the year. Dr. Kalika delivered an informative lecture on HPV, thoroughly explaining the HPV vaccine to the girls.

The HPV Vaccination Program has already begun to make a positive impact on the health of the Veerni girls. By providing these vaccinations, we are taking a crucial step towards reducing the incidence of cervical cancer in this vulnerable population. The HPV Vaccination Program for Veerni girls is a vital initiative that addresses a significant health concern.

We would like to extend our heartfelt gratitude to Ms. Deeya Sharma of WE CARE USA for her invaluable financial support of this program, with WE CARE's continued support and funding, we are confident that we can achieve our goal of 100% HPV vaccine coverage among the targeted 112 girls and contribute to the global effort to eliminate cervical cancer.



### Sports Activities

Sports activities commenced on July 1st. Initially, due to the scorching heat, the sports sessions were scheduled from 6:30 pm to 7:30 pm. However, starting from July 20th, the timing was adjusted to 5:30 pm to 6:30 pm to better accommodate the girls and avoid the peak heat.

The girls enthusiastically participated in a variety of sports, including kho-kho, kabaddi, skipping, volleyball, badminton, and relay races. In addition to these regular activities, the girls are also practicing for a pyramid formation and a parade in preparation for the Independence Day celebrations.

All sports activities are organized under the guidance of our qualified sports teacher, Mr. Maan Singh. His expertise ensures that the girls not only enjoy the physical activities but also learn important skills such as teamwork, discipline, and perseverance.

Engaging in sports is crucial for the girls' overall development. It helps them stay physically fit, boosts their confidence, and teaches them valuable life lessons. The structured sports program at Veerni Institute aims to nurture these young athletes, preparing them to excel both on and off the field.





### Alumni Meet at Veerni Institute

On September 15, 2024, the Veerni Institute hosted a memorable alumni meet, welcoming back graduates from the 2019-2020 to 2023-2024 batches. Out of the 61 girls who graduated during this period, 55 alumni attended the event. These girls have shared their memories and experiences from their time at Veerni. They expressed how much they missed Veerni and motivated the current students by sharing their journeys and accomplishments.

The alumni recounted their success stories, emphasizing how fortunate they felt to have received their education at Veerni. The current students warmly welcomed the alumni with dance and song performances. In return, the alumni also showcased their talents and reminded the students that this phase of their lives is crucial for learning discipline and achieving success.

The event also featured interactive sessions where the alumni and current students engaged in conversations. These sessions provided a platform for the alumni to offer guidance and advice, and for the current students to ask questions and seek insights into their future aspirations.

The event concluded with a delightful lunch organized by Veerni, leaving everyone with a promise to reunite soon.

Veerni is planning the next alumni meet soon and will be inviting graduates from the 2014-2015 to 2018-2019 batches.



### **Re-establishment of the Village Literacy Centre at Meghwalon ki Dhani**

The Veerni Project remains steadfast in its commitment to supporting girls' education in Meghwalon Ki Dhani. After the successful after-school program was halted during the COVID-19 pandemic, we are excited to announce the re-establishment of the Village Literacy Program. This initiative aims to help girls pass the Veerni entrance exam and pursue further education.

Recognizing the ongoing need for educational support, Veerni reopened the Village Literacy Program on July 1st. This program is designed to equip girls with the necessary literacy skills and knowledge to successfully pass the Veerni entrance exam and continue their education at the Veerni Institute.

We are pleased to have Mr. Jeevan Ram, a qualified and well-respected teacher with a proven track record within the Veerni program, as the program instructor. Approximately 20 girls from 5th to 9th grade (ages 7-10) have been enrolled in the program. The curriculum focuses on developing core literacy skills such as reading, writing, and basic mathematics. Additional support is provided to address specific learning needs identified among the students. Classes are conducted daily from 4:00 PM to 6:00 PM.





## **Conclusion**

This past quarter has been full of exciting activities and achievements for the girls at Veerni. From academic tests and creative competitions to health check-ups and festive celebrations, each event has helped the girls learn and grow. The hard work and enthusiasm of the girls, along with the support from Veerni staff made this quarter special.

We are excited to continue supporting the girls in their journey of learning and empowerment.



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