

## **Towards success through INSIGHT**

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Insight is an initiative for the higher secondary students of Balasabha under below poverty line by the Pathanamthitta Kudumbashree District Mission in convergence with the district administration on the motto towards success through insight. The training program aims to increase personality development, capacity building and career development. It was started in the month of July 2015.

### **The way to the idea**

For years along with the Kudumbashree NHG's Balasabha also have been functioning in all the district of the state. A lot of activities are being done for the children, who are members of the Balasabha. Insight program has been started with the intention on the need for more useful activities and training. The idea of a different kind of training was evolved from the discussion held by present Kudumbashree Executive Director S. Harikishore when he was the district collector of Pathanamthitta, Pathanamthitta District Mission Coordinator S. Sabir Hussain and Sub Collector Sriram Venkataraman. Finally, the decision was made to form a personality development program, especially for girls who are the members of Balasabha, pass through a crucial time in their lives and career at the time of plus one and plus two. Then the discussion was on the name to choose. Finally, the name Insight comes from the meaning of insight itself. S. Harikishore had been advised the name., The description given to the name was a wide variety of programs offering an internal view to the children. The decision was made to conduct the program on second Saturday of every month. The Mini Conference hall of

Pathanamthitta Collectorate has been decided as a permanent site of the program. Since then the program manager who controls the functioning of the Balasabha activities in the district is the main responsibility of the training program.

### **What is insight?**

The present generation is always running to achieve top positions in all activities, often pushed by their parents and teachers. They are unable to focus on the goal of their choice, and they are unable to understand their parents' pragmatism. For them, the pressure is too big. This affects the mental health of children. Many schools, government NGOs, high school education, etc., have been conducting various training programs for the students including personnel development and Career Guidance. However, participation of children from ordinary households is less for these training programs.

### **Early activities**

The children from the Balasabha were selected for training. Later, these students were given a three-day residential camp before the training program. The camp was in May at Malayalappuzha Mount In Café Kudumbashree DTPC Amenity Centre. 200 children participated in the camp, they were divided into four groups of 50 each and the training conducted separately for each group. Then Revenue minister Adoor Prakash inaugurated the camp. The students were trained by the Human Resources Department of Hindustan Latex.

## **The beginning**

The Insight Project started on the second Saturday of the month of June, 2015, after the Residential Camp was successful. Aranmula Ex MLA Adv. K. Sivadasan Nair inaugurated the function. On the first day of the Insight program Haritha V Kumar IAS , who won the first rank in the civil service examination in 2012 was the chief guest. She interacted with the students on the topic 'in the course of career and life, how to achieve success'. The inauguration of the Insight Program in July was done by then collector of Pathanamthitta S. Harikishore. Famous writer Benyamin was the guest. Film director Blessy, Binu Kannanthanam, Satish Binoy IPS, Dr. Venkataraman, T. Narayanan IPS, all participated in the discussion with the children and answered their questions on various subjects through this programme. The class ranges from 10 am to 1.30 pm. Lunch is also provided.

## **Not just class, but radical change**

Many activities are also implemented as part of Insight to ensure not only the classes but also the overall transformation of children. A new and innovative concept was implemented to bring children back to the world of books. For this organisers bought books and distributed among children. The children were asked to write a review of the book that were read by them each month. An award for best review was also instituted. The district mission was specially focused on bringing a variety of gifts. Grow bag is a gift, including seedlings. The children who received the Grow bag were asked to produce a photo of the plant they are nurturing. It also provides special reward for those who

nourishes their seedling gift very well. Thus the organizers succeeded in bringing back the children back into the books and and nature. Other innovative activities have also been incorporated as part of the training that makes every student aware of the community more relevant. They were instructed to do a cross check of the benefits, the Asraya (Scheme for the destitute and the poor) beneficiaries getting, if they were in their area. In addition to this, the participants of the programme were advised to create a neighborhood group of differently abled children. Besides, the insight students and balasabha students selected from different parts of the state, visited the Nilakkal forest area. The aim of this visit was to inform the children about eco system of a forest.

### **TA to poor trainers – changes and additions**

The Pathanamthitta district mission was more confident about furthering the training programme. In the meanwhile, some students often dropped out from the classes leading to another direction by the District Mission. Organisers realised that the economic condition is the main problem, that the children do not have enough money to bear the bus charge to Pathanamthitta collectorate. So the district mission of Pathanamthitta took a decision to pay a fixed sum to these poor students as travelling allowance . Other than this mission started giving classes according to the opinion of the students. Cyber world classes and stress management classes were given according this plan. During this period of increasing cyber technology, this class about cyber world gave the students an insight about the right way of using mobile phones, computer and Internet. Stress management class focused on how to deal with stress.

## **Opportunity for Boys**

From 2017 Insight batch onwards, the district mission started giving admission to boys also with the goal of elimination of male-female. Apart from this, Pathanamthitta District Mission has realised plus two students has been busy with studying and they are unable to participate in the insight class regularly, so the mission decided that from 2018 onwards the class will be only for plus one students.