

VAHANI NEWSLETTER

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Issue 15



• THE OFFICIAL NEWSLETTER OF VAHANI •

“We hope to create leaders who will be the inspiration and agents of change in their local communities”

This Issue brings News with an Exciting Zing :

Chapter Meets

Press Release

Upskilling
Sessions

Mental
Wellbeing

The Artist
Corner

New Team
member

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THE CHAPTER MEETS AND DINNER WITH THE MENTORS/CORPORATES



The HOTSPOT in Delhi was The Habitat Centre where the maximum number of Vahani Scholars and Alumni congregated, followed by one in Bangalore and for the first time ever Mumbai was brought on the map too. This year, an exciting new dimension was added to the Chapter Meets introducing dinner gatherings with Vahani Mentors and Corporates.

The India Habitat Centre, Silver Oak saw a large gathering for the Delhi Chapter Meet, attended by 54 Scholars and Alumni. It was a pleasant evening and the Scholars found plenty of time to connect and catch up with each other and discuss their concerns with the team. Alumni Prashika Dua and Mansi Chauhan shared their journey at Vahani with the new Scholars who were happy to note key takeaways. What makes these smaller meets charming is that everyone gets to interact. As the evening progressed the team bid adieu to the Scholars and prepped themselves up to host dinner for the Mentors and Corporates. The focus of the evening was to engage with the Mentors, they also got a chance to interact with each other along with the team.

We had invited a few Corporates who generously offered internship opportunities for the Scholars and were happy to come on board as Mentors. The meet was a great success and opened doors to many possibilities which the team followed up on.

“It's just an amazing event. I want to extend the get-together time some more. A longer duration for the evening would be great.” said a scholar.

In-person interaction is great for all of us at Vahani. Helps us in understanding how we can contribute more productively and proactively and generates a closer bond among all of us. - Vahani Mentor Ronjona Bose Sumra

In the city of Bengaluru, 43 Scholars and Alumni arrived at Church Street Socials creating an air of excitement that was very evident and electrifying.

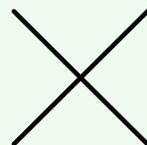
Later that evening before the Scholars left the Mentors came in to catch up with them for a while and then stayed for dinner.

In Mumbai, there was a buzz created at the Woodside Inn, which saw an intimate group of 16 Scholars and Alumni attend,

joined by Mentors and Corporates over dinner. The Chapter Meets in Delhi, Bangalore and Mumbai were a huge success and extremely beneficial for the Vahani network. The Team was able to meet and connect with Corporates like Inacel, Zest Money, Amazon, CraveX, IHCL, and CMCA which converted to building brand awareness and more internship opportunities for the ever-growing number of Scholars. New professional mentors were added to the Mentor Pool.



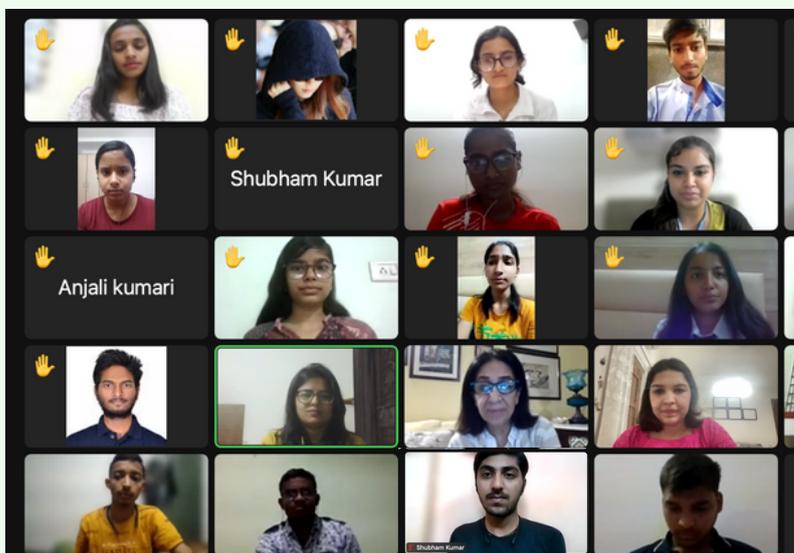
[CLICK HERE TO WATCH VAHANI CHAIRPERSON REEVA MISRA'S EXCLUSIVE INTERVIEW WITH SHRADDHA SHARMA ON YOURSTORY!](#)



PROFESSIONAL DEVELOPMENT PROGRAMME

The Scholars welcome the oncoming summer break, especially those who would be interning for the first time. Under the Professional Development Programme, Vahani conducts CV Making Sessions, which are followed by Mock Personal Interviews and a Beginners Session on the importance of LinkedIn.

We would like to thank our Mentors who always extend themselves to support and guide the Scholars who conduct and direct these sessions.



The CV Making session was designed and conducted by Mentor Apar Rathi, Mentor Khushnoo Channa led the LinkedIn session and the Team along with different Mentors conducted the 1:1 Mock Pls. We believe that all these sessions will act as the first step for the freshers to begin building their professional profile, which will help them get placed after graduation.

COLLABORATIONS: EMERITUS TIE- UP WITH VAHANI

Over a press release Emeritus Executive Education, has announced a scholarship programme for young women in collaboration with Vahani. Through this programme, Rs 1 crore in scholarships will be provided to Vahani Alumnae to access Emeritus education programmes offered in partnership with leading universities across technology, data analytics and digital marketing fields.



MENTAL WELLBEING WORKSHOP

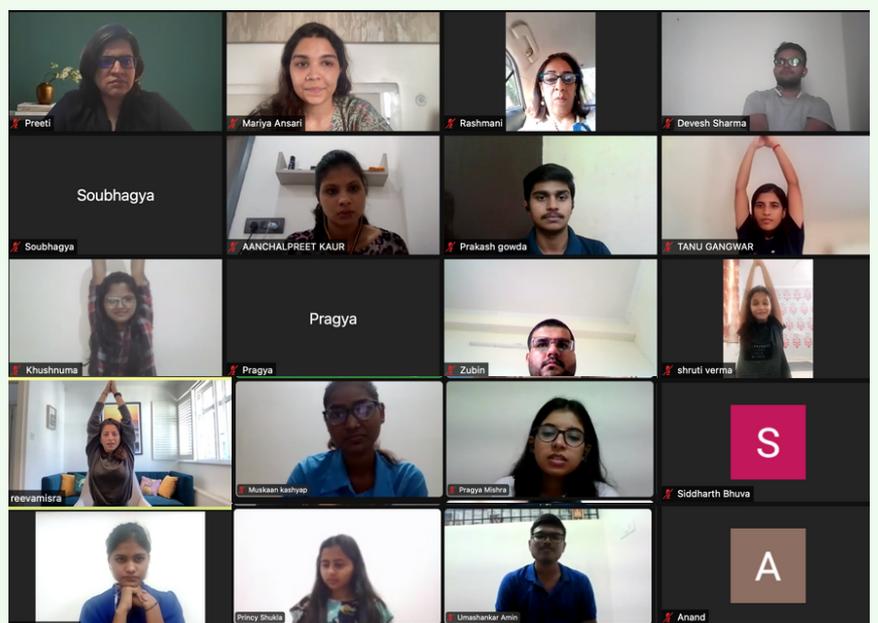
Mental health is an important aspect of our overall well-being, and it is crucial to recognise and address issues that we may be experiencing in order to lead a fulfilled life. Looking at a survey conducted with the Scholars, a conclusion was reached that a majority of them wanted Mental Wellbeing Sessions to be incorporated as a programme conducted by Vahani.

Keeping this in mind, sessions were introduced under the guidance of our Chairperson Reeva Misra and Board Member Dr Bhavna Barmi, the Mental Wellbeing Programme has been added as an official programme. This programme focuses on Stress Management, the Importance of Physical and Mental Well-being, Meditation with Breathwork, Sleep and Anxiety, and Suicide and Distress issues.

In 2020, our Founder and Chairperson, Reeva Misra, launched "Walking on Earth," a wellness company promoting holistic well-being. This year, she has opened the platform to Vahani Scholars, providing them opportunities for personal growth and self-care. Scholars can enrol and access the Walking on Earth App free of cost, the programme comprises 15 live sessions a week on various forms of yoga, meditation, and nutrition to name a few with 100+ recordings on subscription.

Through this we hope to break the myth that to be successful at work one has to be stressed, in reality, this couldn't be further from the truth. Thus Walking on Earth is building a successful new model of health for the workplace. Walking on Earth integrates mental fitness, physical activity and nutritional health to build team resilience to stress.

Mentor Neyamat Singh who is a mental health professional with extensive experience in mental health and well-being recently held a session on Suicide and Stress Navigation.



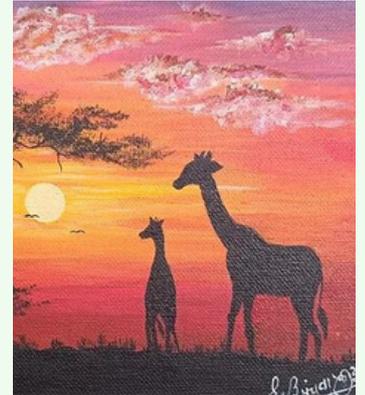
THE ARTIST CORNER ON THE WEBSITE

This page came into being on the Scholars' imaginative suggestion at the Annual Workshop, we have curated a space on the Vahani Website that would help showcase creativity and art. Diverse forms of art will be incorporated to showcase the different talents with photography displays, dancing prowess, works by artists, and videos of musicians.

We were amazed to see hidden talents come to the fore through work shared by every Scholar, from paintings to dance forms, poetry to photography, we are quite sure there is nothing they can't do!!

We would like to extend our heartfelt gratitude to Roshni Misra for her brilliant idea and unwavering support in bringing this concept to life.

Check out their work on the website and you can learn more about the artist and what inspired them.



MEET THE NEW ASSISTANT PROGRAMME MANAGER

We are excited to welcome Vahani Alumna Khushnuma Perveen as the new Assistant Programme Manager. We are excited to see the team grow and look forward to her creative insights and perspectives on how to improve and grow the organisation to benefit the scholars.

"Being an alumna of Vahani, it gives me immense pleasure to work with the organisation and the Scholar inside me will always stimulate me to make the most of this opportunity and create a vibrant community of Scholars dedicated to making a difference."

-Khushnuma Perveen, Assistant Programme Manager

AN ALUMNI ASSOCIATION CARRIES THE SPIRIT AND ETHOS OF THE ALMA MATER

Vahani Scholarship Alumni Association offers our alumni Scholars the same sense of community and belonging. Vahani as a life-changing launching pad has created strong connectivity among Scholars. This transfers to a sense of loyalty amongst the Alumni as they want to continue to stay connected with each other and to the Vahani family after they graduate and move into the next chapter of their lives.

The Vahani Alumni Association is a ready network and extended family for the Alumni as they build their careers. In addition, the Alumni start thinking of ways to give back. The Alumni Association offers a wonderful opportunity to stay connected with former Scholars, a network to lean on and learn from and a family from which to draw strength as well as give back. Setting up a strong Alumni Association takes time and effort. However, once the foundations have been laid and a strong sense of connectivity is established, the association takes on a life of its own. As its members grow, the force and enthusiasm of the group take on self-fulfilling momentum. The mission and vision are simple - to stay connected with each other and current Scholars; use the connections to develop one's own and each other's careers and interests.



Examples of staying connected are: the Alumni Association lends a helping hand to the Vahani leadership team by spreading the outreach, conducting interviews, helping secure internships, being a source of information and acting as Peer Mentors to the current Scholars. The Alumni are essential ambassadors of any institution and the Vahani Alumni are no different. The organisation is here to support the Alumni and revel in their success. The early office bearers of the association shoulder the responsibility of strengthening the Association in its initial years and building a foundation that will outlast them and create a body that continues to feed and support its members.

My dream for this young Association is an ambitious one and I have no doubt that our current and future Alumni will take it to great heights. I imagine the Vahani Alumni Association to one day be as strong and vibrant as those of the Doon School, Welham Girls' School, St Stephens College, and ELSA (Lady Shri Ram College Alumni Association). The Vahani team is cheering for its success.

-Rashmani Singh
Managing Director, Vahani Scholarship Trust

CONTRIBUTE TO OUR VISION & MISSION

- Volunteer/Nominate a potential mentor to guide and shape a Vahani Scholar.
- Join us as an English Tutor for the English Communications Programme.
- Identify opportunities for scholars: Internships and Trainings.

Don't Be a Stranger, follow us:

