

# SYLPHI FOUNDATION

सिल्फी फाउंडेशन



## ANNUAL REPORT

In Partnership

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<https://sylphifoundation.org>



2020



MARUWAS - MAVLI - UDAIPUR - 313202 - RAJASTHAN - INDIA

“ABHAIGADH” NEAR JUNA KOT - TINWARI - 342306 - RAJASTHAN - INDIA



# SYLPHI FOUNDATION

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ChidFund



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We are a close-knit team, full of educational and social projects and, by our ambition, we will all implement and set up, concretizing together our objectives by sharing our past, present and future experiences.

Receive an education is vital for the economy, social and cultural development. Children must acquire basic knowledge, then learn through primary education et also the supervision of parents. It will allow them to develop their personality and identity as well as physical and intellectual abilities.

Education today will pass the common principles for futures generations and thus preserve the values of an entire society. It improves the quality of life and provides adults and disadvantaged children a chance to escape poverty. It is an essential tool for all populations, solid foundation for lifelong learning.

The educational aspect and playful arouse the interest of children and we focused all our efforts education because it is a passion for sharing knowledge that drives us.

**URVASHI**

**ANANDA**

**JETU**

**JAWAN**

# . MISSION OF THE FOUNDATION .

**SYLPHI FOUNDATION** is the non-profit, non-government, voluntary Foundation working, in tribal, rural and rurban villages. Since seven years we worked as international teachers and social workers for two NGO with the communities, the families and the children.

## STRATEGY:

As envisaged in its mission statement, SYLPHI FOUNDATION adopts the role of a catalyst. Its goal is to assist people in their development process and become capable enough to manage their life and environment independently.

**SYLPHI FOUNDATION** tried to create the real solution of problems by challenging old problems and in search of new perspectives. This is a challenge. But it is the challenge that SYLPHI FOUNDATION has taken up to address with firm dedication, discipline and determination.

The people are dependant on nature and often have to face really hard times when monsoon fails. The issues addressed by the Foundation are:

- The well-being of poor's and tribes
- Environmental conservation
- Women and Child development
- Work for Aged, Orphan's, Blind's and Handicapped
- Development rural
- Community health
- Local self-governance
- Sustainable agriculture through organic farming practices
- Use new techniques and new tools



In its courses of functioning, the Foundation is associated with and undertaking a need-based project with:

- Takshal International School
- Childfund
- Unicef
- Swachh Bharat
- Vidyanjali
- Bedi Bachao Beti Padhao
- Sanitation for all
- Wins program
- Rurban
- United for compassion animal
- And many such agencies





teaching them respect, politeness, confidence, pride, grow and success in the face and with the other, hold its place in the organisation of the village.

### **The SYLPHI FOUNDATION will contribute to:**

- To give them the opportunities to speak of their own experience and to discover their possibilities.
- To develop them to the manual dexterities in creating objects and understand the account commerce lessons.
- To awake them mind towards their future vocation.
- To grow up them and become a responsible adult.
- To give them responsibilities by creating their internal organisation and reward them for their assiduities.
- To give them the opportunities to become a substitute for a teacher through the play and encourage their works seriously.
- To teach them to manage themselves and build a project educative between them.
- To teach them to keep accounts and to invest explain them their trade.
- To teach them to read, write and count and English and French with other activities.
- To teach them to use the computer.

Receive an education is vital for economic social and cultural development. Children must acquire basic knowledge, then learn through primary education and also the supervision of parents.

It will allow into developing his personality and identity as well as the physical and intellectual abilities. Education today will pass the common principles for futures generations and thus preserve the values of an entire society. It improves the quality of life and provides adults and disadvantaged children a chance to escape poverty.

It is an essential tool for all population, a solid foundation for lifelong learning.

All children should be able to go to school, education must have good quality and objectives must be achieved.

The educational aspect and playful arouse the interest of children and we focus all his efforts on education because it is the passion of sharing the knowledge that drives us.

### **E. Social Work:** Worship of all masses living in slams is the worship of almighty.

- Work and visit blind and handicapped people.
- Distribution of clothes for poor's.
- Distribution of food.
- Distribution of hygienic products.
- Sanitation.



## F. Art and Culture:

- Discover our activities: woodcarving, carpentry, cabinetmaker, modelling, history of art, computer, first safety gestural.
- French, English, calligraphy, manual activities, songs and music, painting and all sort of drawing, tarology.
- Literature.
- Publish books.
- Concept notes.
- Study material, Library.
- Exhibitions to promote our creations with media.



## G. Environment:

- Creation of a botanic garden.
- Aquaponics cultures.
- Plantations.
- Organic farming.
- Vermicomposting.



Horticulture class at our Foundation: the children will perform research and experimentation. Production of plants, flowers and vegetables, they will be responsible for putting them in the pots in first and after in the botanic garden.

They will answer the development of the plants, they will deal with, it will be for them to monitor their growth, to give them water, weed, treat, prune or transplant. We will do together a nursery of European plants with different varieties of flowers and vegetables with the cutting of flowers at our farm school “**Le Jardin des Saveurs**”.

Mushroom land.

Vegetable land.

Flowers land.

Trees land.

How to cook French jam.

On the plot chosen with this project, we can create some ways with benches shading where students can seat to revisit, study and learn in a pleasant setting created by themselves. In front of each variety of flowers and plants, they could put the name on panels while varying the colours.

In class, we would make a herbarium (drying plants) and descriptive of it on large sheets explaining the specificity of different varieties as natural, medicinal or edible and how to exploit.

- Garden style
  - a. Mixed colours.
  - b. Garden of plants with medicinal virtues.
  - c. Dry garden, rustic or garden balcony.

## H. Livestock development:

A farmer's life depended on agriculture and livestock and both are dependent on each other. A farmer having agriculture without livestock or vice-versa can't survive.

Always livestock plays a pivotal role in solving the problem of poverty and lack of food.

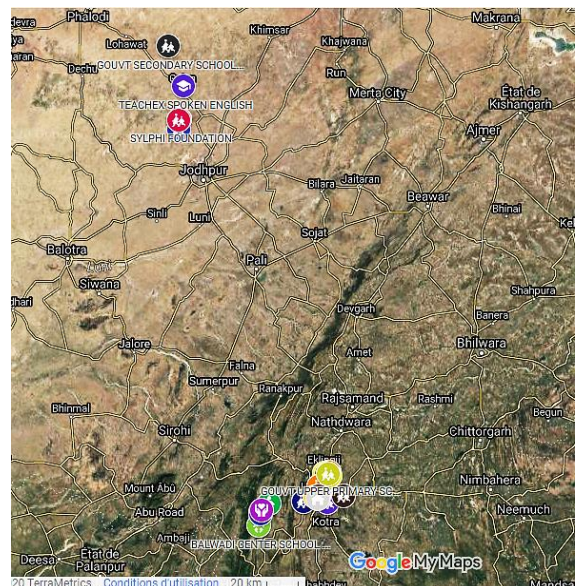
It is very important to improve the status of livestock, treatment and medicine camp for lives.

## **Our areas of actions in India, in Rajasthan, in the districts of Udaipur and Jodhpur.**

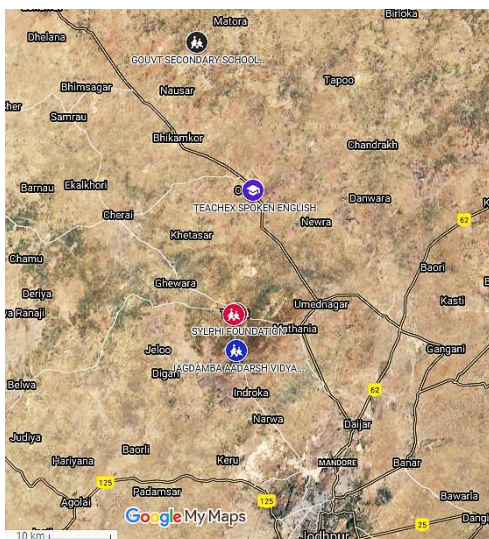


★ Our Foundation

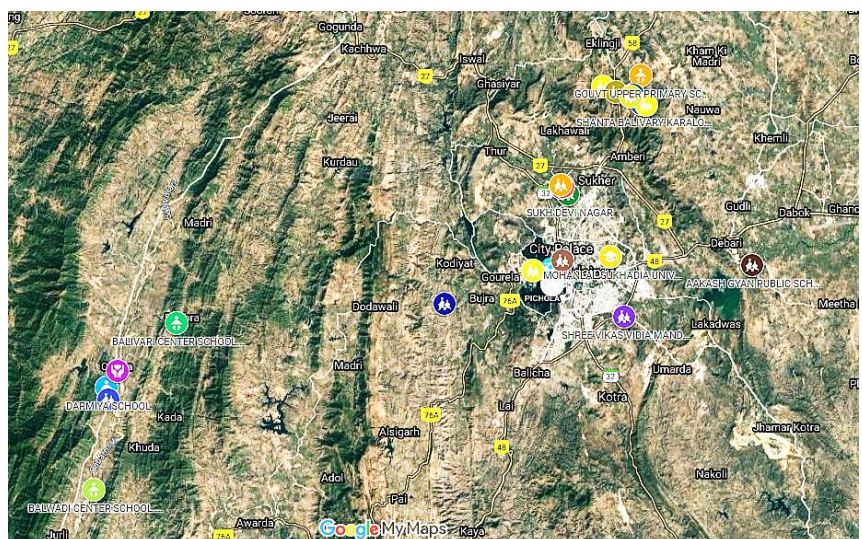
**General situation map.**



<https://drive.google.com/open?id=15C64Kp2VhjfETEpQrsdFHcZCxOG3XwrJ&usp=sharing>



**District of Jodhpur  
and Tehsil Osian**



**District of Udaipur and Tehsil Jhadol**



## . OPENING THE TINWARI ANNEXE .

Since January 11, 2019, installation in the new annexe 360 km away, in Tinwari near Jodhpur, also in Rajasthan. This annexe complements the foundation's headquarters in Maruwas near Udaipur and will allow us to expand our business.



The NGO VOICE OF UNIVERSAL EDUCATION SOCIETY also continued her activities for the rest of our visas for this NGO until April 2020. Thanks to Mr Narendra Kumar Joshi.



# SYLPHIFOUNDATION.ORG



# . JAGDAMBA VIDYA MANDIR IN BALARWA .



From January 2020 to March 2020, we had 44 students each day in two groups. One in English, one in IT. Children are very interested because in English they learn new methods (how to speak English easily), play in groups, work on their memory. They are also interested in the computer class by seeing and touching all the hardware on the computer.

We are very happy to continue these additional classes at the Jagdamba school in the village of Balarwa. Due to our success, some parents have asked us for permission to admit their children from other schools to join us in these extra-classes.





TINWARI-JODHPUR

# TAKSHAL INTERNATIONAL SCHOOL – TINWARI.



# COVID 19



Ministry of Health & Family Welfare  
Government of India

Help us to help you

## NOVEL CORONAVIRUS (COVID-19)

Protective measures against Coronavirus

A distance of at least 1 meter is necessary to ensure safety for all

- Wash your hands with soap and water regularly
- If soap and water is not available, use hand sanitizer with at least 60% alcohol
- Wash hands before touching eyes, nose and mouth
- Throw used tissues into closed bins immediately after use
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing
- Avoid mass gathering and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number or 24x7 helpline numbers of Ministry of Health and Family Welfare, Government of India and follow the instructions.

**1075 (Toll Free) | 011-23978046**  
Email to: [ncov2019@gov.in](mailto:ncov2019@gov.in), [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

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राजस्थान सरकार  
#राजस्थान\_सतर्क\_है

अशोक गहलोत  
मुख्यमंत्री, राजस्थान

## कोरोना से डरें नहीं, बचाव के उपाय अपनायें

- 1 साबुन से बार बार हाथ धोयें
- 2 दो गज की दूरी बनाये रखें
- 3 बिना मास्क बाहर न जायें
- 4 सार्वजनिक स्थानों पर नहीं शूटें

राष्ट्रीय स्वास्थ्य मिशन  
विदेशाचार, चिकित्सा स्वास्थ्य एवं परिवार कल्याण (आईएचडी) सेवाएं, जयपुर

मंडिकल हेल्पलाइन 104/108 | कोरोना वॉर रूम: 181



**\* V \_ R \_ S \***

Only "I" And "U"  
Can Break The Chain



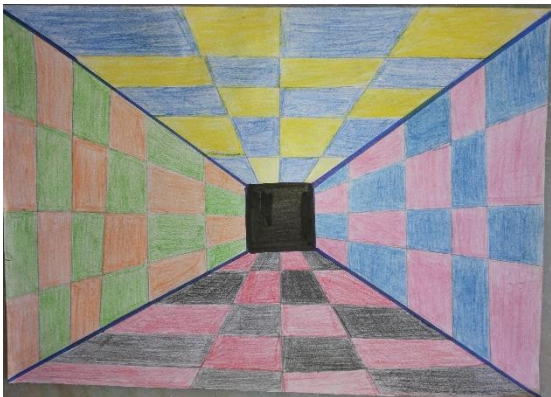
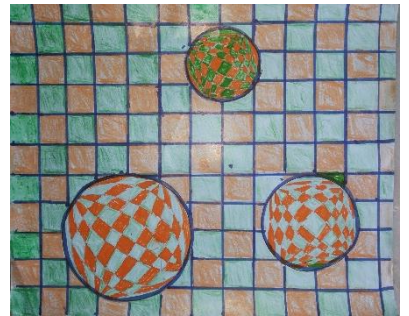
#StayAlertStaySafe

Govt launches 'AAROGYA SETU APP'  
a Bluetooth-based COVID-19 Tracker

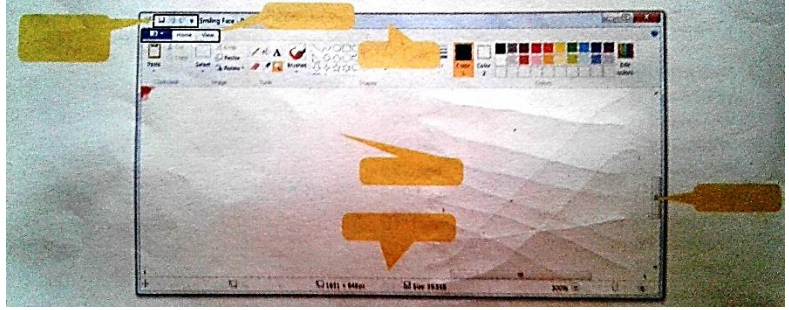
DOWNLOAD THE APP

Google play | Download on the App Store

# . GRAPHICS ARTS CLASS BY URVASHI IN TAKSHAL INTERNATIONAL SCHOOL .



# . COMPUTER CLASS BY ANANDA IN TAKSHAL INTERNATIONAL SCHOOL .



# . COMPUTER LESSONS .



My classes involve introducing students to the basics of major office and design programs such as Word, Excel, Publisher, PowerPoint, Paint and TUX Paint. While following the progression in parallel with school computer books, children must take seriously the lessons given, because it is their future that they prepare by mastering computer science, both

software and hardware, the language of the future with English. I teach them the components of a computer, by presenting them all the parts composing the central unit, and who does what inside, from the motherboard to the hard disk ... The purpose of my computer lessons is of theirs raise awareness of the importance of computers and computers in today's life. From a simple cash dispenser to the supercomputer of meteorology, everything goes through computer science and its various languages.



In all the schools where I intervene, a balance of the existing material is made and according to the results of the software in place (old version or obsolete material), I bring my material (laptops) to make available a minimum of 4 computers or increase the number of computers available per lesson.



## Word program

After the opening of the program, students are guided to open a new document in which they begin by writing a few words in English (name, surname, school, class, address, family, ...). Then the pagination with fonts of different colours and sizes.

The next step is the insertion of a Word art or images (clipart or photo), taken from the image gallery that I provide also.



## Excel program

The first exercise is to put the schedule of the school week in a table (days, materials and schedules) then comes formatting, with a change of font, background colour, frame with colours. The next step is to set up a table with numbers like notes or sports scores (cricket), to be able to then create graphs in various forms.





## Publisher Program

The free choice is left to the student for a personal grip. This program allows him to create all kinds of documents, so he can see the various possibilities available to him. The advice is adapted to each case.



## PowerPoint Program

For the more experienced, the PowerPoint program allows students to make more elaborate presentations and can be used to prepare more complex presentations for a possible explanation to the class.



## Paint program

This program is offered to students with no computer background. It allows them through the drawing to make a first approach to the computer environment, to master the use of the mouse, the various menus, and create a first personal document.



## Tux Paint program

This program is offered to students with some basic computer skills. It allows them through the program to make a good approach to the computer environment, to master the use of the mouse, different menus, and create a first personal document.



Each student is personally guided and guided according to each case according to the software used in the lesson. At the end of each session, all student files are saved for future use on removable media and kept by the NGO teacher.



All software mentioned and used for the race are the exclusive property of Microsoft® Office 2007 © 2006 Microsoft Corporation. All right reserved.





# . SONG AND POESY CLASS 1 TO 7 BY URVASHI IN TAKSHAL INTERNATIONAL SCHOOL .

In class :

First, we read the poesy, we mime it on the whiteboard. We write on the copy and draw the moral with decoration.

The children are proud and they sing and learn with joy. It's very different following the classes. There is 5 sort of poesy's class.



## 1) Alphabet and Counting



It is a well-known fact that the techniques of learning build the strongest foundations in a child's formative year.

Dancing, singing the alphabet, jumping fruits and talking animals, cavorting numbers, days of the week, the month of the year, zoo... makes learning an unforgettable experience for the child.



## 2) Moral Stories



Moral stories highlight various situations wherein relationships and issues dealing with moral conduct are brought to the fore.

Moral principal governs our existence in society and seeks to bring about peaceful existence between people and nature.

The central characters are to include man and animals.



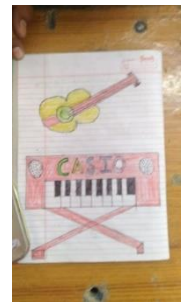
## 3) Pre School

Curiosity, enjoyment, intrigue and discovery are my child's biggest assets.



## 4) Action Rhymes

All the rhymes can be learned easily.

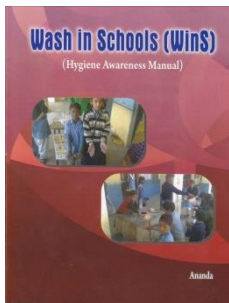


## 5) Good Manners

They can make our child a darling of everyone's eyes and what else would be the easiest way to teach these manners to our children then.



# . PROGRAM WinS (Wash in Schools) BY ANANDA IN TAKSHAL INTERNATIONAL SCHOOL .



Learn how to strengthen the visual medium, paper and other accessories, by targeted examples specific to India and specifically in Rajasthan. Integrate the maximum pieces of information that can be used to supplement the subjects (ex: signals of danger on the packaging).

Refine the choice of videos of various media, synchronize them with the lessons of the program. Add interactivity between program WinS, drawings, videos and educational support brought to each lesson.

Each month during the weekly visits in schools program will be treated as follows:

Week 1: The lesson during which the topic will be presented and developed in full.

Week 2: A drawing session based on the subject matter.

Week 3: A general discussion with practical examples, using educational materials, the a replay of videos, passages to the blackboard, or by small groups of work by dividing the class around the subject.

An overview of the topic will be made at the end of the meeting for review.

Week 4: Exam on the topic of the month, in two parts:

1 - Oral question for each changing the questions every time.

2 - In blackboard passage to explain by the individual drawing what was taught.



The presence of the teacher is essential in the class where students don't understand English.

Implement sustainable program WinS in the current schools and those to come on the school year.

Teaching good manners and hygienic basics to the new generation make him aware of the real dangers to the poor conditions of hygiene or bad behaviour sometimes endangering the lives of others.

Pass the message to younger allow to disseminate within families and little by little throughout a community, settlement or village.

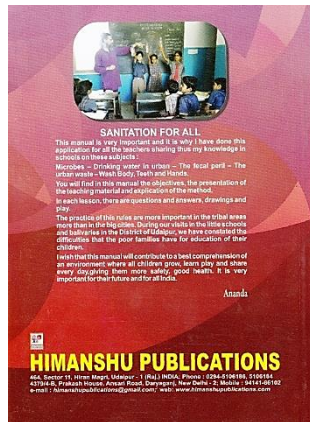
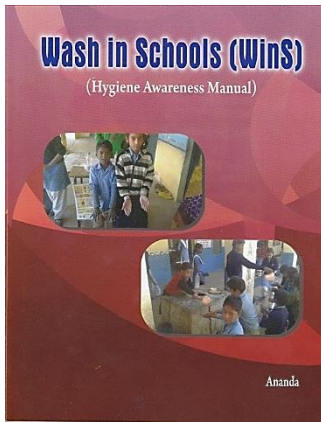
The year 2020, schools that we visited have all been favourable to the continuity of the current programmer. In some classes, the school wished that the program is finished with the major classes before the holidays.

The pedagogical work, the tricks to wake students in the interventions, is a challenge facing at each change of class. All react in the same way to approach more or less difficult to treat subjects.

Visual and educational materials are necessary for the proper performance of the lessons. Too many reading without animation becomes boring and you quickly lose the attention of students.

The costs for this program are minimal because the support is the same every time. Educational tools, some are everyday objects often thrown in the trash at the normal time (example: toothbrush used, old water bottles or other jars in the earth, plugs, earth, chalk).

# . SANITATION FOR ALL .



**Contents**

- INTRODUCTION ..... 1-3
- 1. WHY THE THIS PROGRAM ..... 1
- 2. OBJECTIVES ..... 1
- 3. PRESENTATION OF THE TEACHING MATERIAL ..... 2
- 4. USERS ..... 2
- 5. DESCRIPTION OF THE METHOD ..... 2
- 6. ALLOCATION OF TIME TO THE COURSE ..... 3
- CHAPTER 1. WHY ARE MICROBES DANGEROUS? ..... 4-11
- 1. LEARNING OBJECTIVES ..... 4
- Objective 1: Differentiate a person in good health of a sick person ..... 5
- Objective 2: Know the dimensions of the microbes ..... 5
- Objective 3: Understand how microbes cause disease ..... 7
- Objective 4: Describe the mode of propagation of microbes ..... 10
- 2. CONDUCT OF LESSON ..... 11
- 3. EVALUATION ..... 11
- CHAPTER 2. DRINKING WATER IN URBAN ..... 12-28
- 1. LEARNING OBJECTIVES ..... 12
- Objective 1: Define the term: drinking water and identify its sources ..... 13
- Objective 2: Determine modes of water pollution and how to protect against the dirt ..... 20
- Objective 3: Know dirty water and their symptoms related diseases ..... 27
- 2. CONDUCT OF LESSON ..... 28
- 3. EVALUATION ..... 28

- CHAPTER 3. THE FAECAL PERIL ..... 29-43
- 1. LEARNING OBJECTIVES ..... 29
- Objective 1: Awareness of the concept of contagion by offering an example: diarrhoeal disease ..... 30
- Objective 2: Identify the causative agents and vectors of transmission of diarrhea ..... 35
- Objective 3: Identifying behaviors, which lead to the regression of the cases of endemic diarrhea ..... 37
- Objective 4: Promote the use of toilets to improve hygiene, environment and health in the districts ..... 42
- 2. CONDUCT OF LESSON ..... 43
- 3. EVALUATION ..... 43
- CHAPTER 4. URBAN WASTE ..... 44-58
- 1. LEARNING OBJECTIVES ..... 44
- Objective 1: Know the different types of waste and identify their origins ..... 45
- Objective 2: Evolve nuisances and miscellaneous risks associated with their presence ..... 49
- Objective 3: Understand the system of disposal of waste in urban areas ..... 51
- Objective 4: Quote good behaviour facilitating the collection of garbage management ..... 53
- 2. CONDUCT OF LESSON ..... 54
- 3. EVALUATION ..... 54
- ANSWERS TO THE QUESTIONS OF ASSESSMENTS ..... 55-58
- CHAPTER 5. WASHING THE HANDS ..... 59-67
- CHAPTER 6. BRUSHING THE TEETH ..... 68-79
- CHAPTER 7. THE CLEANING OF THE BODY ..... 80-116

This manual is very important and it is why I have done this application for all the teachers sharing thus my knowledge in schools on these subjects:

Microbes – Drinking water in urban – The faecal peril – The urban waste – Wash hands, Teeth and Body.

You will find in this manual the objectives, the presentation of teaching material and explication of the method.

In each lesson, there are questions and answers, drawings and play.

The practice of these rules is more important in the tribal areas more than the big cities. During our visits to the little schools and balivaries in the district of Udaipur and Jodhpur, we have constated the difficulties that the poor families have for the education of their children.

I wish that this manual will contribute to the best comprehension of an environment where all children grow, learn, play and share every day, giving them more safety, good health. It is very important for their future and all of India.

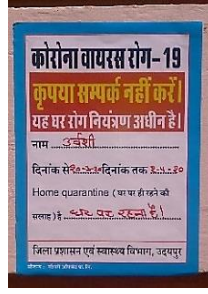
**Ananda**



You can purchase this book and give an order by E-mail to:

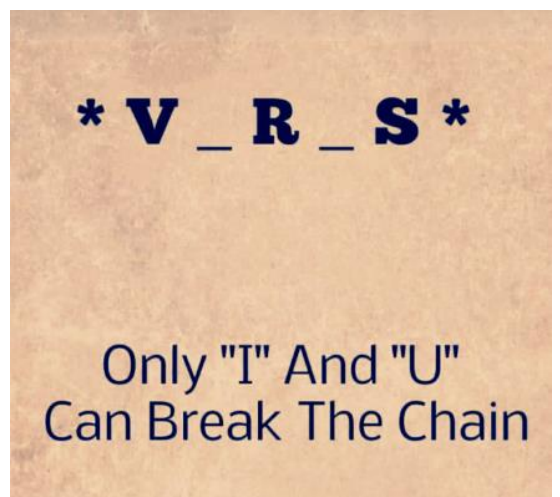
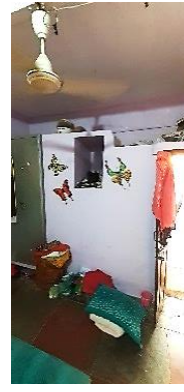
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**E-mail: himanshupublications@gmail.com**

# . LOCK DOWN IN UDAIPUR .

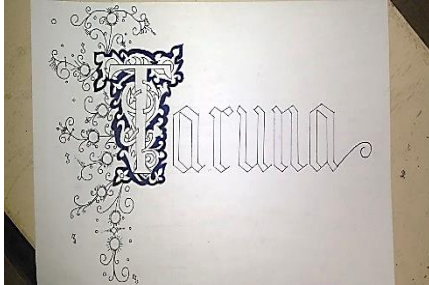
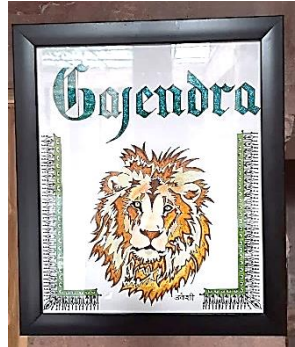


Following the appointment with the Udaipur FRRO in March 2020, the lockdown for Covid-19 was decreed on Rajasthan. We were stuck with friends, the Sukhwal Family in ChandPole, for 4 months, before we could join Tinwari. To thank them for their hospitality, as an artist we decorated part of the temple (Durga) and parts of the house for them.

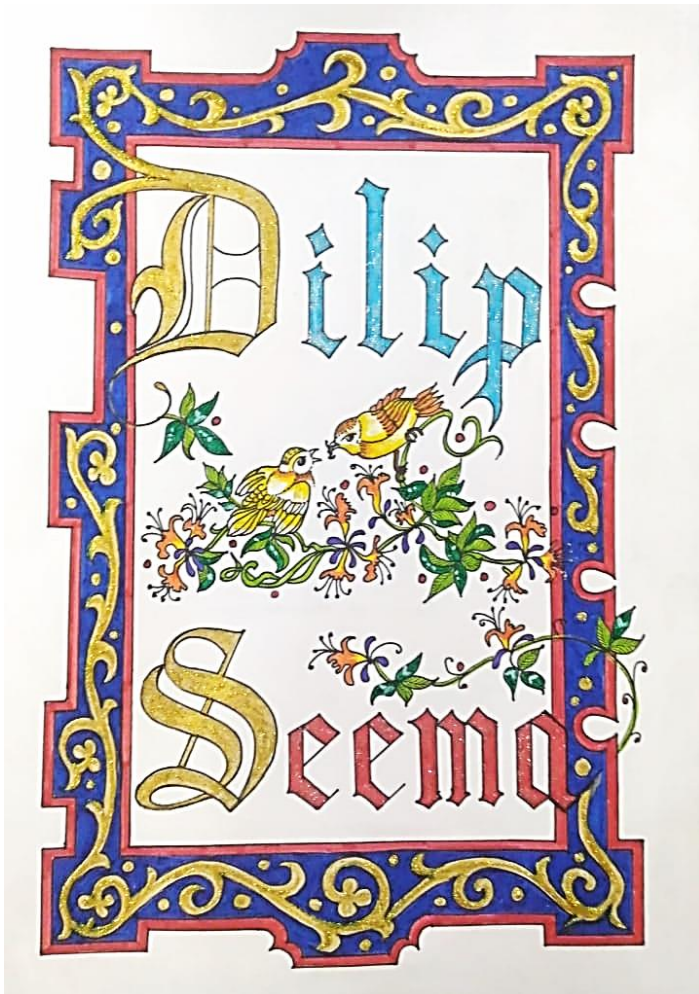




# . CALLIGRAPHY CLASS .



Children learn how to decorate letters from the Middle Ages 12 ° to 14 ° century, Gothic writing, capital letters, and write their first names while decorating them.



# . DRAWING CLASS .

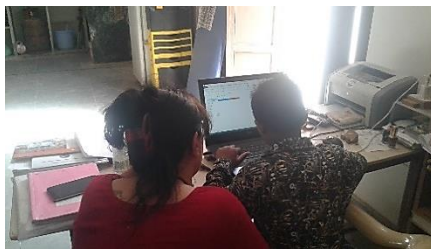


Children learn different techniques, mirroring, graphics, groups, marrying colours according to themes: modern, 3D, different styles: psychedelic, modern, old and mandalas. Learn to draw without models.



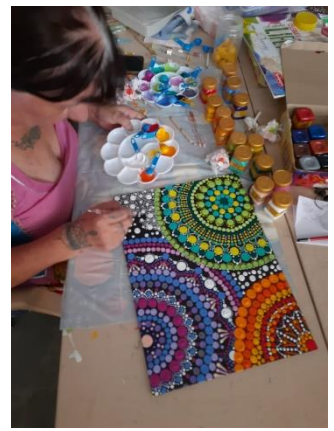
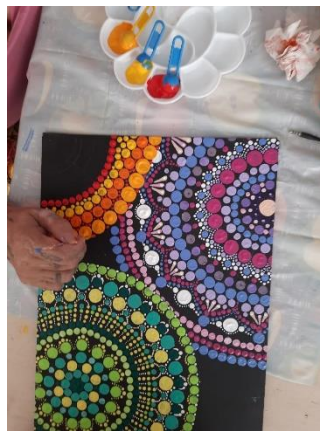
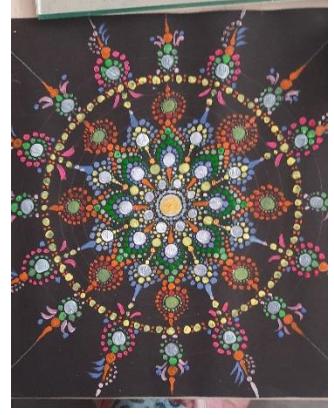
# . ENGLISH CLASS .

Learning English allows my students to open their minds and be more active in life. Useful to communicate; children will have better jobs; English is a strength and I teach them in steps, they help each other, work and speak, practice without being afraid of the judgment of others. They work in groups. The levels are progressive with general knowledge tests.





# . MANDALAS BY URVASHI .

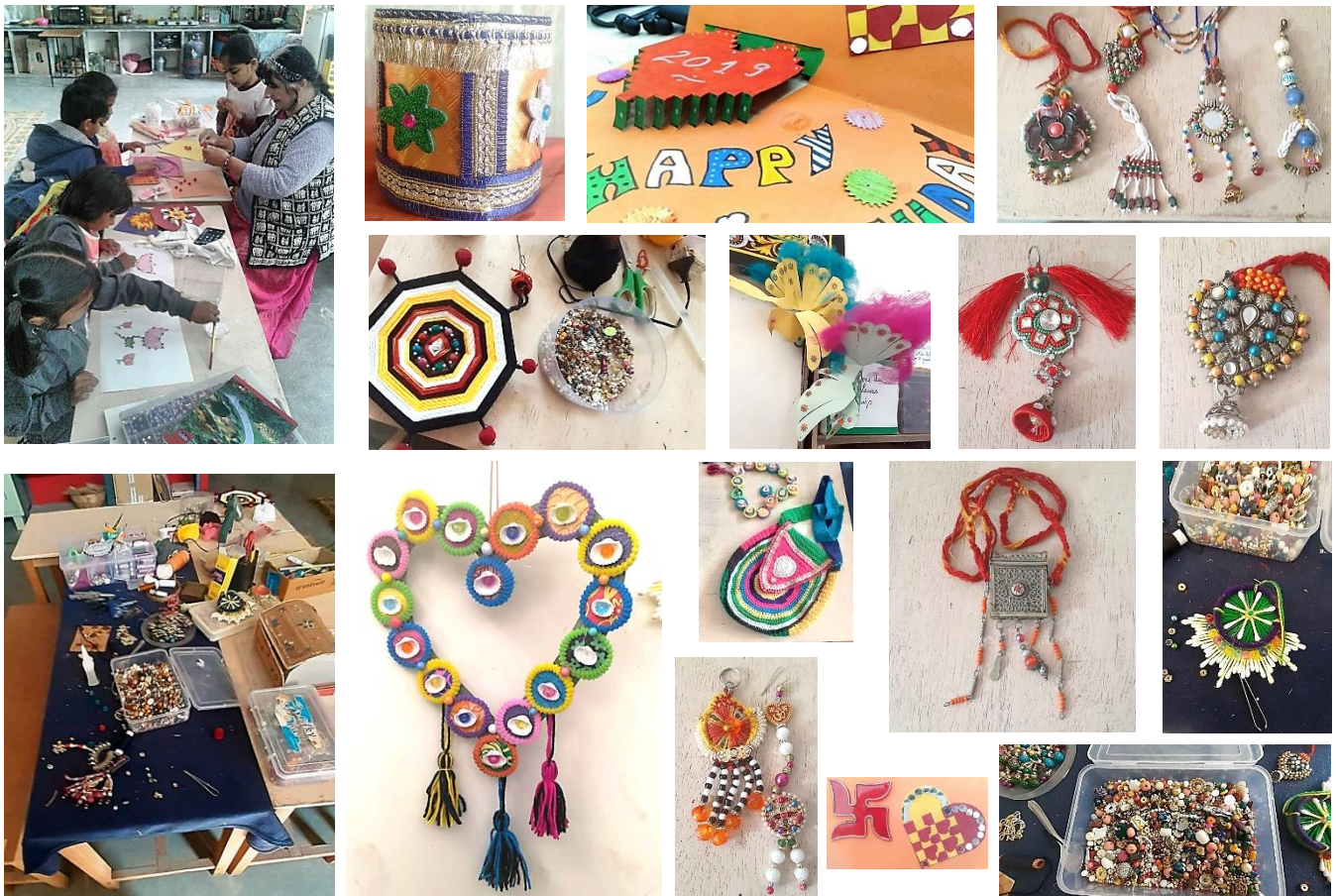


# . MANUALS ACTIVITIES .

**Quilling:** Make coloured pictures using strips of coloured paper rolled up on a hook and arranged according to the pattern.



**Decoration:** paper or wood support use of pearls, seeds, glitters, shells, various materials and folding.





# . CARPENTER CLASS AND WORK .



The carpentry class or workshop teaches the basics and techniques of carpentry work.

The Carpenter can have permanent work inside and outside the buildings. Whether to put a door, a window, a partition, shelves, benches, tables, beds, or any other furniture.

The craft can be learned on the job in 3 years or more if one adds the sculpture or woodturning, as I would teach in the future Wood Crafts Centre in Tinwari.



# . WOODWORK IN FOUNDATION .



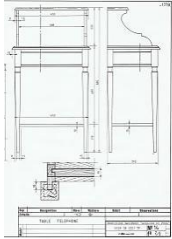


# . CARPENTRY CLASS .



Here are the different stages of the manufacture of furniture, example table or bench which are offered to the student in a class of learning with all the necessary tools.

## 1. Rule plan:

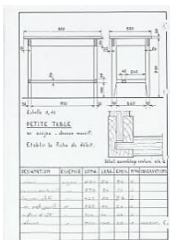


This operation is to draw to scale 1 (actual size) the furniture to achieve a class table. The map should appear all the sides of the furniture: front view, side view, seen from above to see all of the pieces composing the book with the assemblies and finished size parts.

Once the plan is completed, it allows meeting all sides of the pieces to make the flow map, with the marks of the school.



## 2. Flowsheet:



This document brings together all the parts of a book with the flow ratings (cut before machining size), the sides finished (after processing), and information specific to each part of assemblies (mortise, tenon, groove, hardware...).

This spreadsheet allows to calculate the cubage of the individual parts, the material used (wood, plywood, chipboard, hardboard, laminate, glass, ...), and to estimate the cost according to the use that they must do or the final price desired.

## 3. Tracing of wood:



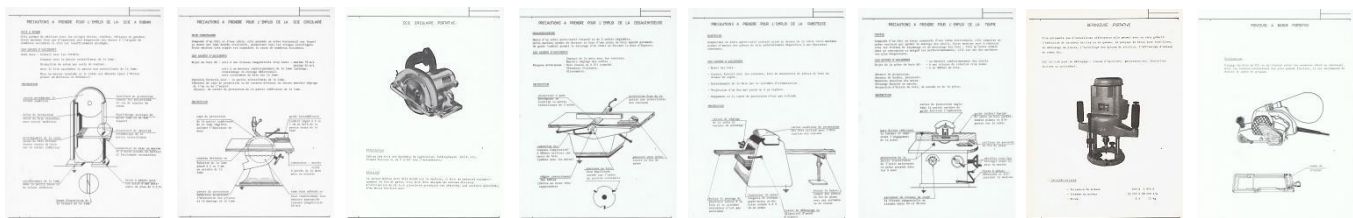
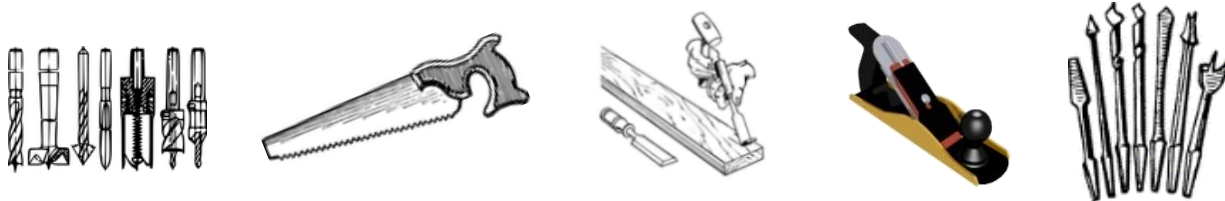
Using the flowsheet, all parts are drawn on planks of wood of different thicknesses depending on the sides. The sizes are increased by 1 Cm wide and 5-10 Cm in length. This allows getting rid of some defects like cracks or knots in the final cut.



## 4. Machining of wood:

First step cutting long pieces, then the widths. The next step is the establishment of the parts. This is to choose the most beautiful face of the part that will be visible on the finished piece of furniture outside.

This established face bears the name of siding and is identified by a particular symbol on the plane on a rule.



# OUR THREE PROJECTS FOR 2021 – 2026

## 1. CREATION OF A VEGETABLE GARDEN, EXOTICS FRUITS GARDEN FOUNDATION:

Planting of different varieties of European vegetables with the learning of transplanting and cutting. We will mix shapes and colours in the nursery and teach students to "**LE JARDIN DES SAVEURS**" to discover and manage the world's vegetable garden.

Their work will be productive and everyone can taste the flavours from elsewhere. All these vegetables can be produced also in the AQUAPONIQUE farm of the foundation.

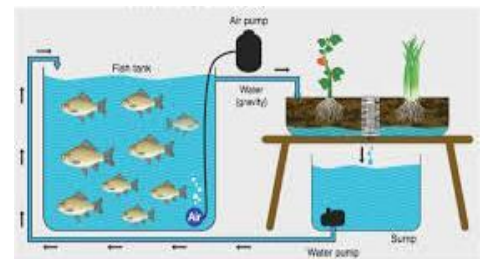
Plantation of a fruit garden including European berries and shrubs: currant, blackcurrant, raspberry, strawberry, blackberry, grape, colocynt.



## 2. CREATION OF AQUAPONICS FARM AT THE FOUNDATION:

### What is aquaponics?

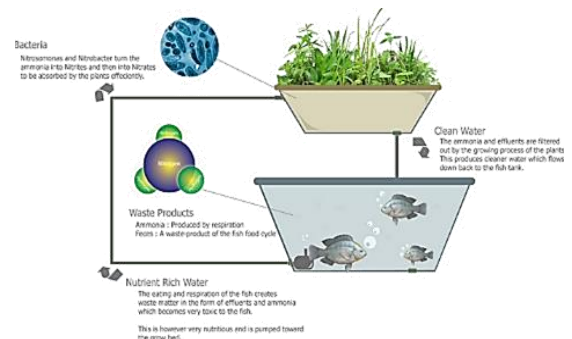
Aquaponics is a form of integrated aquaculture that combines a plant culture in "symbiosis" with fish farming. It is the droppings of the fish that serve as fertilizer for the cultivated plant. The word "aquaponics", a translation of the English word aquaponics, is a portmanteau formed by the fusion of the words aquaculture (raising fish or other aquatic organisms) and hydroponics (growing plants with water enriched with minerals).



### Aquaculture + Hydroponics = Aquaponics

### Diagram of the cycle of aquaponics:

Hydroponics and combined aquaculture aim to create an ecosystem between fish and plants. The fish create droppings that are then transformed by bacteria into nitrates. The plants filter the water of the fish by feeding on the nitrates, the water returns thus cleaned up towards the tank of the fish and the fish feed indirectly the plants by the means of their droppings.



## **Advantages and challenges of aquaponics:**

Aquaponics offers many advantages. Although it is impossible to establish an exhaustive list of all the benefits of aquaponics, I tried to list the most important points for me.

First, the latest studies on aquaponics have shown that vegetables grow 2 to 3 times faster than in a conventional vegetable garden. The plants and fish produced in aquaponics are of exceptional nutritional quality. It is useless to describe the pleasure of rediscovering the taste and virtues of food. Their nutritional qualities are the same as in organic farming in the soil, unlike the hydroponics that produces food deficiency and bland taste.

Because plant roots are in constant contact with oxygen and nutrients, plants grow faster than in the soil. On the other hand, the permitted crop densities are also higher than in conventional culture because the roots with all they need are not grown as much as in the land and do not compete with one another. You can easily plant the vegetable side by side, just a few inches apart.

In aquaponics, the only input is fish food. There is no need to add fertilizers or chemicals and there are no polluting discharges. In addition to this, aquaponics can save between 90 and 95% of the water that would be needed in conventional culture. It should also be noted that the cultivated plants are at the height of man, you do not have to make an effort to access and garden. No weeds, no digging necessary, the maintenance is reduced in the case of the vegetable garden in aquaponics.



Every 6 to 8 months, you can also eat your fish raised in conditions of hygiene and comfort perfect. You will rediscover the real taste of fresh and healthy fish and you will enjoy all its contributions in Omega 3, proteins and vitamins that are excellent for health.

Yields are high and your efforts are reduced. You can practice aquaponics indoor or outdoor, even in your apartment or on your balcony with indoor kits.

### **Start the aquaponics culture:**

Having your aquaponics system at home is starting to slowly get away from supermarkets and mass retail in general.

### **Eat organic:**

With aquaponics, you can grow your vegetables and raise your fish organically at home. You can start aquaponics even if you live in the city with indoor aquaponics kits. In addition to the pleasure of healthy cultivation, you get better health by eating better.





### **Save water:**

In Aquaponics, you save 95% water compared to the earth culture. The power consumption of an aquaponics system is about 90₹ per month, but producing your food can save you a few hundred rupees of food purchases each month.



### **An eco-citizen gesture:**

Do your share of the hummingbird with this first step towards family self-production at home in urban and rural areas. By producing your food, you improve your resilience and your food security.

### **Organic farming:**

Even if the organic label does not exist yet for aboveground cultivation, you know that by feeding your fish with organic food, your vegetable and fish production will be organic.

### **Fun and educational:**

There is no more playful than aquaponics. Adults will become children again, to the delight of their loved ones, who will marvel at this living ecosystem that they will enjoy feeding and maintaining daily.



### **Less muscle fatigue when gardening:**

Unlike traditional gardening, you do not need to bend over backwards and abuse your back as your plants grow to your height and you no longer have to plough or work there. Simply plant and wait for harvest without muscle fatigue for tasks such as weeding or tillage. Aquaponics is thus accessible to people with reduced mobility or disabilities.

### **Offers a source of income:**

When using an aquaponics system at home, you are tempted to increase your food production significantly because you can plant more vegetables using very little space. As a result, you can sell excess vegetable and fish production to generate additional income. Many are also embarking on commercial aquaponics and setting up aquaponics farms or greenhouses.



### **No weeding:**

The other benefit of aquaponics is that you do not need to weed your system and if there was a weed that popped in, you could remove it in a snap of your fingers. Compared to earth culture. Aquaponics systems do not promote weed growth because they are not on the ground and the wind does not generally carry the seeds to the system substrate.

### **No soil parasites:**

The indoor aquaponics systems are also interesting because they are high and are not accessible by rodents, pests or other "pests". Who has not already feared slugs? As you can see, aquaponics protects you from the damage that could be caused by the animals and insects mentioned above.



### **Durability:**

You will have peace of mind knowing that you can maintain a certain level of production without depleting natural resources and hampering the ecological balance because the aquaponics culture is based on a natural process of correlation between fish and plants. If you feed your fish in a healthy and balanced way, your ecosystem will be healthy and balanced. By self-producing your vegetables, you also save the fuel that would have been needed to provide you with food. Practising aquaponics is a small eco-citizen gesture.

### **Local and urban agriculture of the future:**

Aquaponics is developing rapidly in France and India; so many professions are likely to emerge. This is the moment not to take a train late and start considering your new life of an urban farmer!

### **Saves space / urban culture:**

An aquaponics system allows you to place plants closer to each other than a conventional system. This is called the density of the culture. With aquaponics, we save a lot of space while maintaining good production.



This very high density of plants is possible because the roots of the plants are almost constantly immersed in the water, which is rich in nutrients and oxygen. The root systems do not have to develop as in the land to get the nutrients they need because it is tidal water from your system that will bring them to the roots. It is also possible to cultivate vertically what is not possible or more constraining if you do it in the ground. You save more space with your aquaponics system than with any other type of crop for your home gardening.

### **No watering and water savings:**

The fact that your aquaponics system constantly recycles system water means that you will never have to water your plants again. In addition to this, aquaponics allows water savings of about 95% compared to conventional cultivation. This is a huge advantage because many crops fail because of a weak watering or gardener's laziness (or simply lack thereof)



### **The plants grow faster and more densely:**

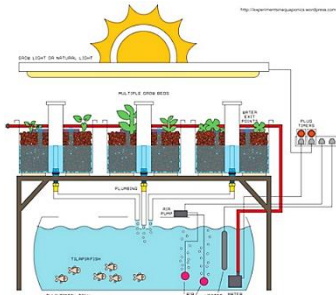
The fact that plants have permanent access to nutrients allows them to grow faster as if they were on a drip with a boosting cocktail all day long. For example, lettuce, which takes about two months to ripen normally when planted in the soil, matures after a month when grown in an aquaponics system.

### **Less energy used:**

Aquaponics systems also require less energy. Because there is no weeding, pest control and other things like that make, you use less energy. It is estimated that about 70% less energy is used compared to traditional gardening.

## Why is aquaponics part of the agriculture of the future?

The aquaponics culture is the ideal mode of cultivation in urban and peri-urban areas because it can be practised on the roofs of buildings, on old wastelands, and especially in areas where access to land is limited and expensive. The high productivity of aquaponics makes it the culture par excellence in the city. Proximity to the production site also reduces the adverse environmental effects of transportation from food production sites to distribution points. Eating healthy and locally is not just a fad, it is a necessity first.



Exemple de culture MFG à petite échelle de type « Backyards » Source : FAO 2014



Besides, at a time when access to water is more and more coveted and vital in many countries, aquaponics with its 90 to 95% water savings appears as the miracle solution allowing cultivate where intensive irrigation would be needed to grow vegetables. Besides, do not talk about rivers, seas and oceans all polluted, irradiated or emptied of all life. While producing healthy fish, providing organic fruits and vegetables, eliminating fertilizers and reducing the inputs of traditional agriculture, aquaponics is one of the new farming methods that will make organic agriculture of tomorrow and contribute to the sustainability of our societies.

**Sylvie Marie Louise LEGOUTEIL and Philippe Andre NEGRE**



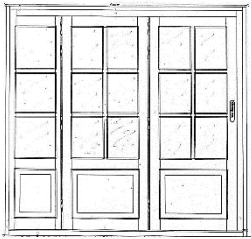
# . 3 THE WOODEN TRADES CENTRE .

The current project with the help of the **SYLPHI FOUNDATION**, of which I am one of the founding members since September 2018, is above all to open a **TRAINING CENTRE FOR WOODWORK** in Tinwari with European techniques adapted to Indian styles.

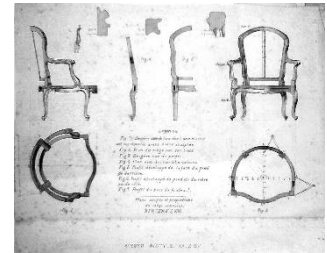


In this centre the following subjects will be taught:

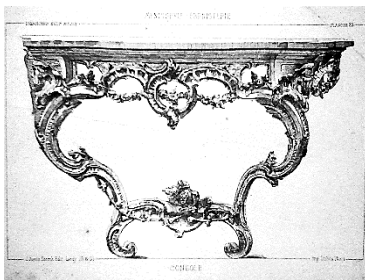
## The Carpenter Building Technician Joiner Agencies



## Carpenter seat



## THE CABINET



## Restorer of antique furniture



## SCULPTURE ON WOOD

### Ornemanist Sculptor



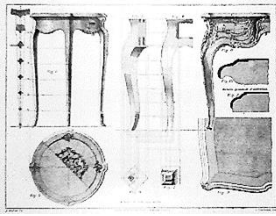
### Round bump



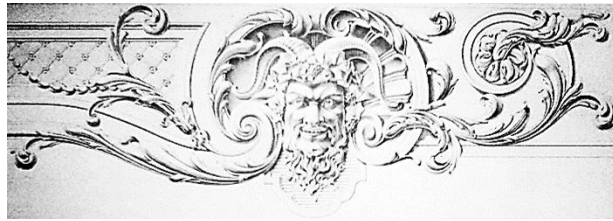
## WOODTURNING



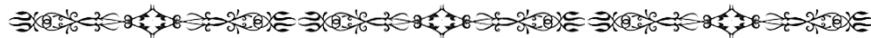
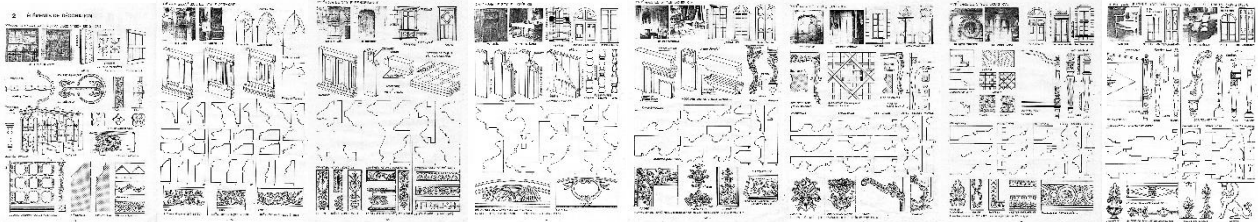
## TECHNICAL DRAWING



## ART DRAWING



## THE HISTORY OF ART



This training centre will allow me as a teacher trainer to share my knowledge with all those who would like to learn one of these trades of wood. Young people who wish to follow these technical studies of creative manual activities, coupled with theoretical courses will in future be able to transmit this know-how and thus remain established in the village.

I bring all my know-how, my pedagogy, the supports of technology to discover their talent, to select their professional orientation best adapted to their taste or personality. Develop their manual dexterity, perfect their appreciation and awareness in the material and the architectural environment in which they live.

Acquire the notion of the time needed to complete a job whatever it is. The workshops give meaning to the training by the actual application of courses in geometry, calculations, drawing, compliance instructions, ribs, the use of machine tools, power tools and hand tools that capture their attention.

The professional and personal follow-up of my apprentices is my priority. According to the number of young people I would receive in training, after the execution of basic exercises to test their capacity and their interest, I would direct them to three distinct activities to diversify their chances of insertion shortly and avoid the number of labourers in a single activity at the local level. Give them responsibilities, teach them to trust them ...



I have also received applications from trainees applying for internships under the patronage of UNESCO.

# . TEACHEX INSTITUTE OSIAN .

**अंग्रेजी बोलना सीखे**  
अब छोड़िये ता है, ती है, ते है, रहा है, रही है  
**अब इंग्लिश को सीखिये**  
English to English



**TEACHEX**

Saddam Kalamkar  
(English Trainer)

यदि आप अंग्रेजी बोलने एवं सीखने के इच्छुक है  
और एक अच्छे संस्थान की तलाश में है तो स्वागत है  
आपका विद्यार्थियों के सर्वांगीण विकास हेतु  
समर्पित संस्थान TEACHEX में जहाँ  
आपको जानने एवं परखने की सुविधा दी जाती है



**FREE DEMO**

पता :- 10 दुकान, माताजी मन्दिर के पीछे, जोधपुर रोड़, ओसिया  
**CONTACT : 8769060999**

Print by : LK PRINTERS & 0561771771



We were invited to the TEACHEX Center in Osian, received by Mr Salamdar to discover the children of the English group in extra-class from 7 to 17 years old. They were attentive to new methods of learning by gesture and body movements. The method that gives them confidence and the role they play in their space and the space of others.

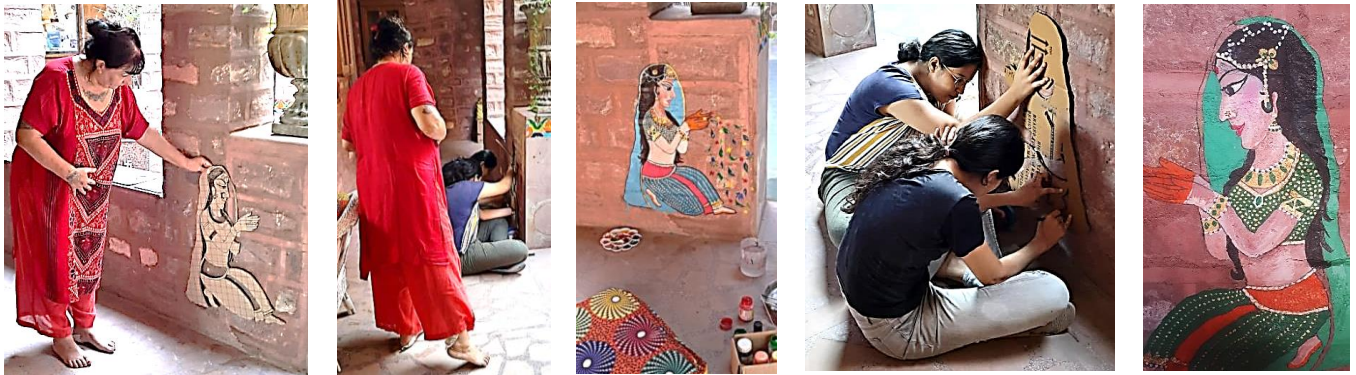
The group work was very fulfilled and we had the pleasure of coming back to this centre several times. To be followed, of course.

They managed to be more grouped in reciting verbs, by being better synchronized together. The conversations with the students became more flexible, we felt that there was a confidence that was building up.

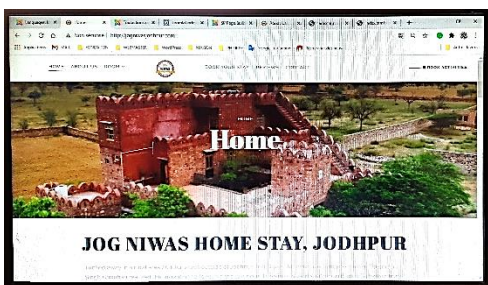
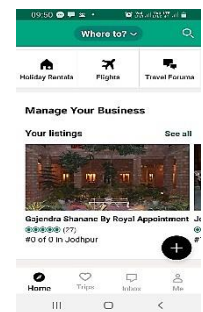




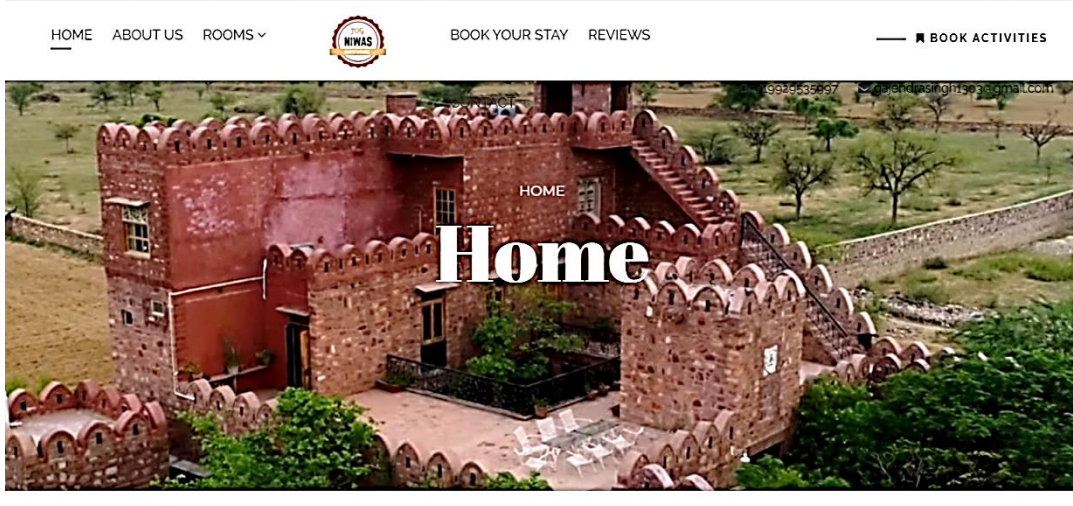
# . JOG NIWAS HOME STAY JODHPUR .





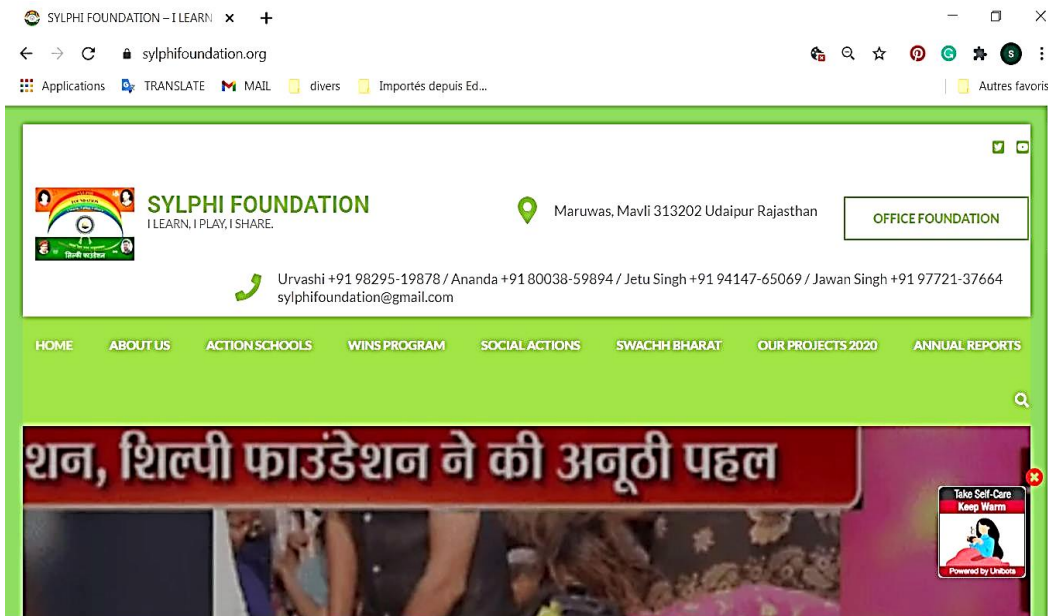
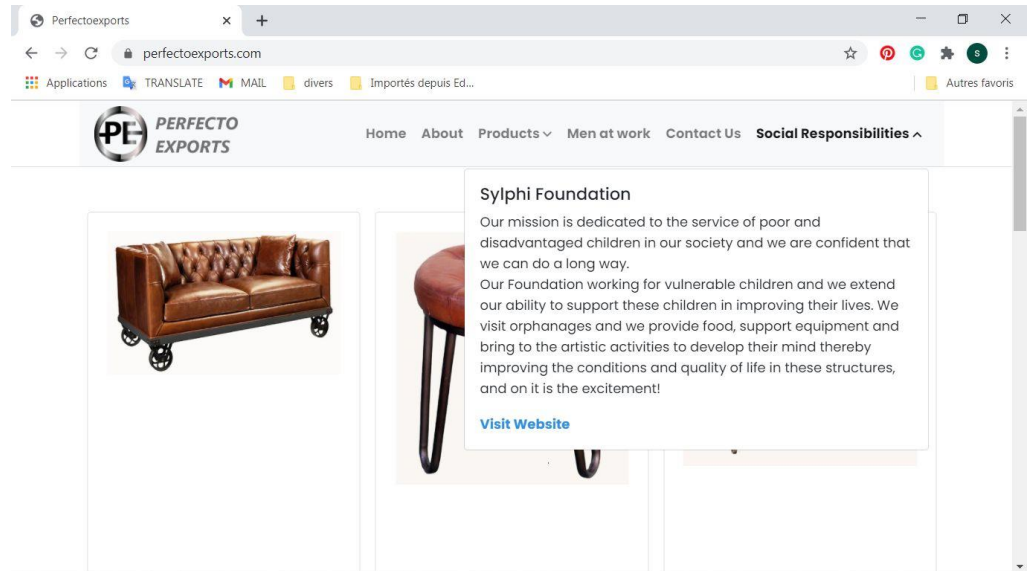


# . MAINTENACE OF WEBSITES BY ANANDA .



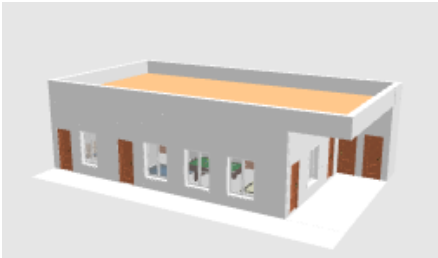
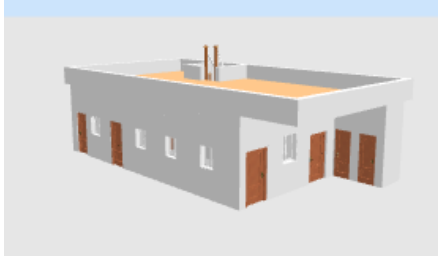
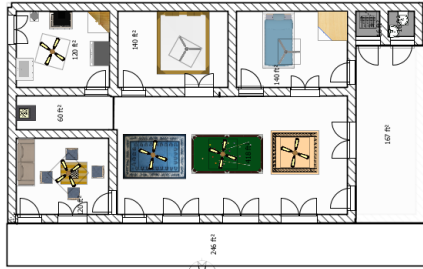
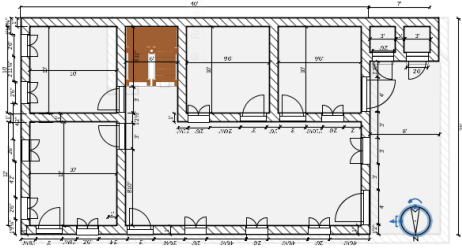
Redesign of the pages, installation of the SSL security certificate on the site, update of the photos of the guest house rooms.

Reorganization, installation of a mobile ribbon of products on the home page, redesign of pages, insertion of videos, installation of the SSL security certificate on the site, update of the links to Sylphi Foundation.

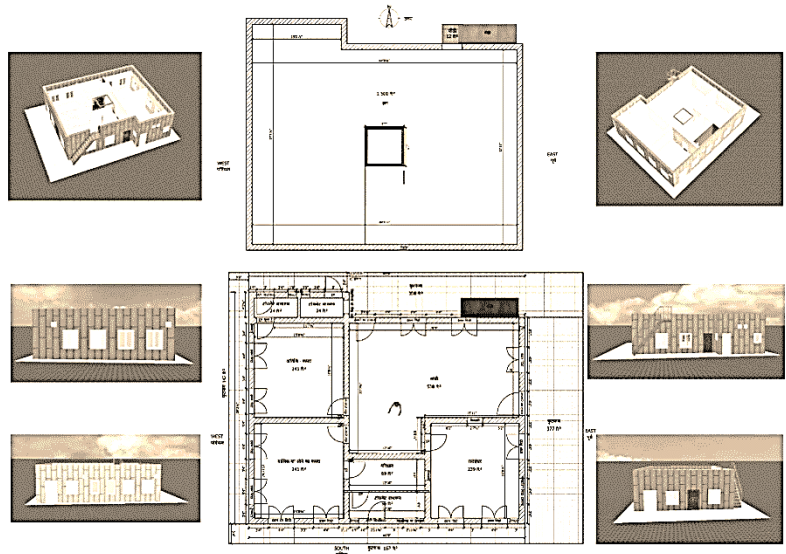


Maintenance of the home page, redesign of pages, insertion of videos, installation of the SSL security certificate on the site, updating of links to our various partners.

# ARCHITECT PROJECTS .



Through computer lessons in CFAO, we were able to set up real estate construction projects for the inhabitants of Tinwari. The plans were made on the recommendations of the applicants, and were then printed and handed out free of charge.



# . EXIT TO NEPAL TO RENEW VISA FOR URVASHI AND ANANDA .







# SYLPFI FOUNDATION

सिल्फी फाउंडेशन

## ANNUAL REPORT

Social Workers

Urvashi , Ananda,

Jetu Singh Padiyar,

Jawan Singh Sisodia



<https://sylphifoundation.org>



2020



#StayAlertStaySafe

Govt launches 'AAROGYA SETU APP'  
a Bluetooth-based COVID-19 Tracker



DOWNLOAD  
THE APP



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