

In the month of March, a nationwide lockdown was announced by our honourable Prime Minister, “Mr. Narendra Modi”. A challenging period, indeed, for all our athletic children. Our entire focus shifted towards helping them and their families cope with this tough situation and channelize their time in the best way possible.



### Important Updates

- Coping with the tough times - The Art therapy.
- Financial assistance to over 500 Hi 5 families.
- Continuous learning and upskilling at Hi 5.

### Coping with the tough times - The Healing Power of Art

The Covid-19 pandemic has an intensified impact on the life of the children in the Hi 5 program. Most of them live in slums or reside in remote tribal villages. Due to the physical, structural and social aspects of these places’ prevention efforts, such as self-isolation and physical distancing are not feasible. Still, our coaches connected with them virtually and guided them on the importance of washing their hands regularly and following proper social distancing norms. They even gave them a physical fitness regime and many of the children followed it very diligently. Moreover, this period was such that it could’ve had a profound toll on one’s mental health. However, our children found a silver lining in the form of art. Art is a therapeutic remedy. Studies suggest that art therapy can be very valuable in treating issues such as depression, anxiety, post-traumatic stress disorder and even some phobias. We are really glad that are children chose to express themselves, their feelings and coped with this desolation through drawing and painting. This further strengthened our belief in the “Healing Power of Art”



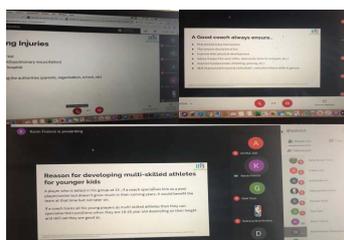
## Covid-19 Financial Assistance to Hi 5 families

The extension of the lock down period added to the distress of our children’s families. They were struggling to feed their children. We found many of them wandering on streets in search of food. We at Hi 5 Youth Foundation decided that we would try to help them, in whichever way we can. With the help of our senior management team, we found a solution to help these families. A 4-step process was adopted (Link to COVIDpage). Financial assistance was given to over 500 families. The funds were directly disbursed into the parent’s bank accounts to keep them afloat in procuring groceries and essentials. We are happy to announce that we will continue with the COVID-19 financial relief for these families through December 2020.



## The Upskilling Imperative

June has been a productive month for all the coaches and social workers at the Hi 5 Youth Foundation. They embraced the “Upskilling Imperative” and did courses on ‘Beginner and Advanced level English, ‘Google Sheets’. These courses were identified particularly to train them in data validation and pivot tables so that they can track the overall progress of the children, right from the academic grades to basketball progress to tournament analysis. Also, we encouraged them to take up the course on “Sports Coaching and Psychology”. We feel such courses are the need of the hour as they would help them guide the children about Life through the way of sports.



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