

About DOSTI

Under the programme, ILMPOSSIBLE: Take a Child to School, British Council with its wide network of implementing partners was successful in the enrollment of 225,000 out of school children back in school. This was possible after focused effort of more than 11,000 volunteers spread across the country, who displayed commitment towards the goal of changing the future of the children in their communities possibly the future of their community.

However, the efforts of thousands of people working together across the country had high potential of eventually fizzling out if the process ended with enrollment. The second and equally important task was to ensure the freshly enrolled students were retained. The primary reason for the general disinterest amongst students was the monotonous school day and a student-teacher bond that required significant improvement. Among other factors, these two aspects of the learning experience at school contributed to high drop out rates across the country.

Hence, School of Leadership Foundation developed DOSTI – an interactive and engaging life skill education and sports based programme in consultation with British Council as a tool to ensure the retention of freshly enrolled students. The primary objective of introducing this initiative was to encourage children to stay in school by enhancing their learning experience through sports activities, improving their engagement through interactive story telling-session and cultivating a better student-teacher bond.

DOSTI Content

DOSTI is a highly interactive programme that focuses on the key aspects of the learning environment in school, and incorporates activities both inside and outside the classroom to promote a higher level of engagement. Keeping in view the current environment and typical day of learning in public schools, it was decided to develop content around activities that would enhance student's interest in school, the lack of which has led to increase in drop out rates. In addition to sports activities that aim to promote a healthier lifestyle along with providing students with a fun activity, DOSTI also focuses on building basic life skills through relatable stories. To understand the content, we can broadly divide the DOSTI School sessions in two categories:

1. DOSTI Stories
2. DOSTI Physical Activities

DOSTI Stories

The target audience of DOSTI was students enrolled in grade 1 and 3, keeping the age group in view it was decided the best avenue to instill life-skills education was through something that they could relate to and retain. Children of the target age group, respond well to stories instead of stand alone lectures or activities, to ensure they retained their learning 5 character were created and stories were developed around their daily adventures to learn new things.

The characters were developed carefully to represent the various character traits of students in a typical classroom. The idea behind each story was to equip students with basic life-skills lessons that would encourage them to think about the relevant theme and act accordingly by changing their attitude and behavior towards certain things that they would not have thought about before. The stories were developed around the following themes:

1. Hygiene and Cleanliness
2. Feelings and Emotions
3. Environment and Positive Action
4. Diversity
5. Habits and Hobbies
6. Rights and Responsibilities
7. Curiosity and Learning

DOSTI Physical Activities

Another aspect of a healthy school day that is completely missing from public schools is extra curricular activities including sports. The second and equally important part of DOSTI is Physical Education.

The second and equally important part of DOSTI component is Physical Education. The main objective of

including sports was to provide the students with an interesting and fun activity in an otherwise monotonous school day whilst promoting healthy activity. SoLF in consultation with British Council developed 20 games and 10 warm ups.

DOSTI Implementation Methodology

DOSTI follows the same cascade model as the enrolment workshops under ILMPOSSIBLE: Take a Child to school. To break it down further for clear understanding, DOSTI trainings can be divided further into three levels:

- Level 1: Training of Facilitators
- Level 2: District Level DOSTI Training of Teachers/Orientation Model
- Level 3: DOSTI Sessions

Level 1: Training of Facilitators

During this phase, 29 facilitators have been trained through one workshop so far. The workshop includes a healthy mix of facilitators from partner organisations, British Council and School of Leadership Foundation. This integration is important, as facilitators from partner organisations understand the culture, issues related to schools and are fluent in the local language. This workshop was a 4-day event with the following objectives:

- Introduce DOSTI and develop a clear understanding of the programme structure
- Develop an in-depth understanding of the content and its objectives
- Equip participants with the skills to expertly facilitate district-level training of teachers for maximum impact.
-

Level 2: District Level DOSTI Training of Teachers and Orientation Model

DOSTI will be implemented in 33 districts in this phase, the selected districts have rolled out DOSTI in at least 8 schools during the previous phase. Level 2 in each of these districts has been designed based on the selection of new schools. The old schools within each district will follow the orientation model, wherein the coordinator from each district will be responsible for conducting a school-level refresher with teachers from school who have already implemented DOSTI successfully in the previous phase.

Training of Teachers will be conducted with teachers from new DOSTI Schools.

Level 3: DOSTI School Session

Each school under the DOSTI Programme dedicated one day in a week to the DOSTI session with two sessions in a day, one for grade 1 and grade 3 each. DOSTI school session can be divided into three main components:

1. Warm up (10 minutes)
2. Story (20 minutes)
3. Sports (30 minutes)

The programme stretches over 10 weeks, with 7 weeks of DOSTI thematic session, 2 weeks of revision (week 4 and 9), and the final week for DOSTI activities, which includes school level sports days and Talent days.

DOSTI District Plan

As mentioned earlier, during this phase 33 districts have been selected to implement DOSTI. These districts can further be divided into 3 categories:

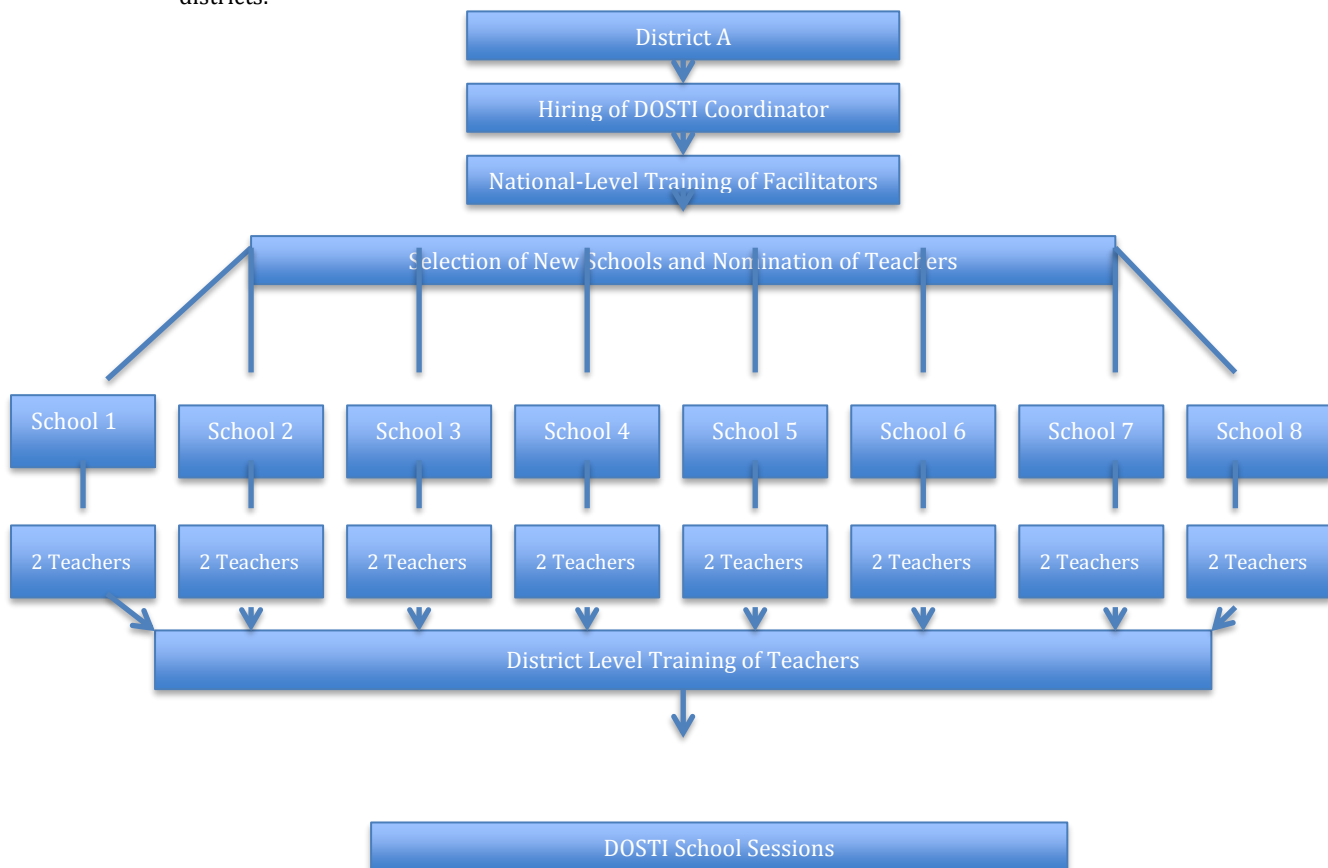
1. DOSTI District – New Schools
2. DOSTI District – New and Old Schools
3. DOSTI District – Old Schools

DOSTI District: New Schools

6 new districts have been selected for DOSTI during this phase, each district will further select 8 schools based on the following criteria to implement DOSTI:

1. The School must have sufficient space for sports activities; a decent sized courtyard or playing ground would be ideal.
2. The School must have at least 3 teachers. It is important to train at least 2 teachers for DOSTI and by setting this as a criterion for selection we aim to eliminate any problem in relation with their absence from school due to the workshop.
3. Most importantly, the selected schools must have significant number of enrolment through TACS.

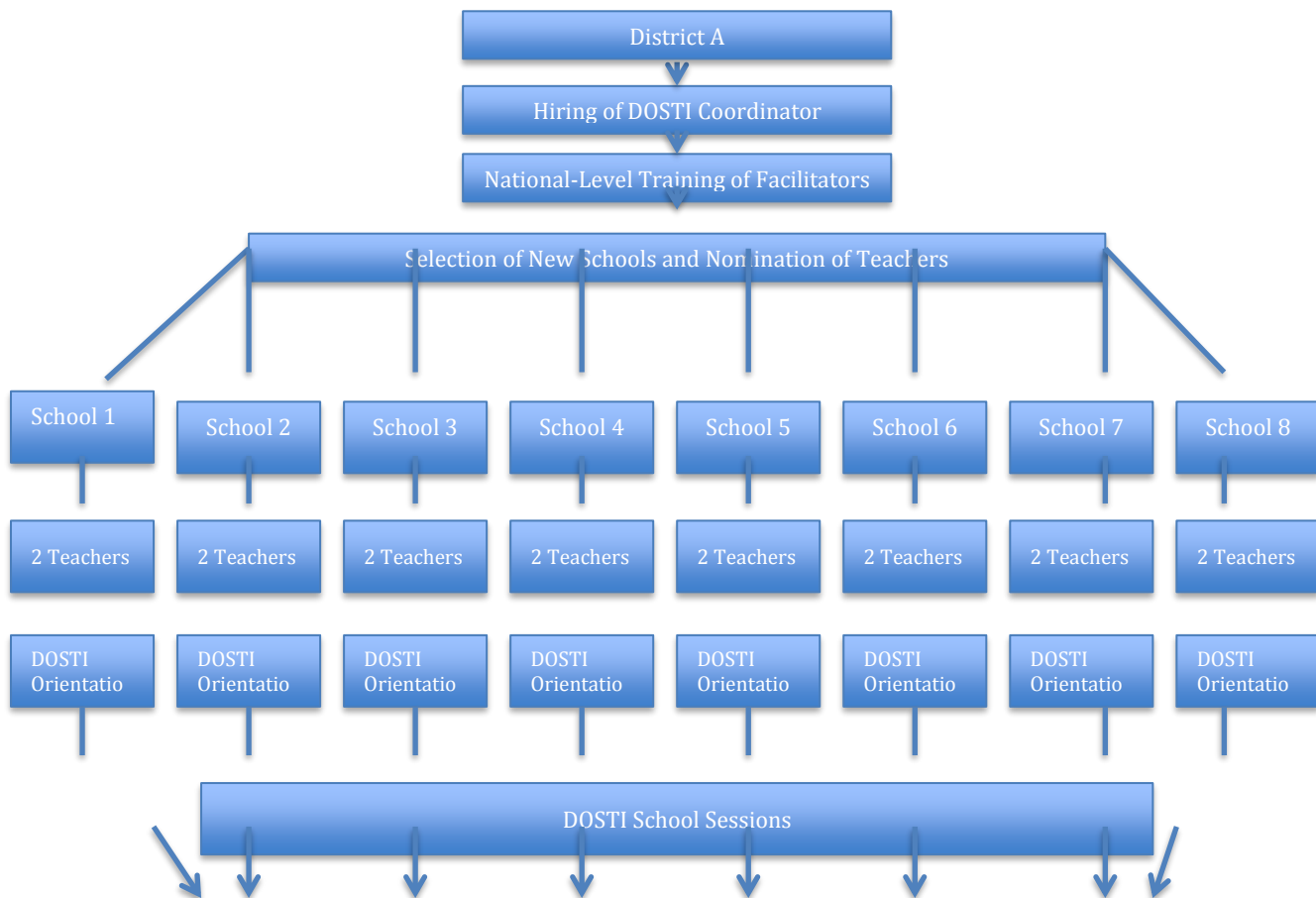
The details mentioned in the previous sections will assist in understand the flow of activities in these districts:



DOSTI District: New Schools and Old Schools

DOSTI will be rolled out in 8 districts with a combination of old schools and new schools. The mentioned above mentioned above will be implemented in new schools, whereas orientation model will be implemented in old schools.

Instead of Training of Teacher workshops, DOSTI Coordinators will hold school-level orientation sessions with DOSTI teachers, most of whom have implemented DOSTI in their schools during the previous phase.



DOSTI District: Old Schools

DOSTI will be rolled out in 13 districts in old schools only, the orientation model above will be implemented in these districts.