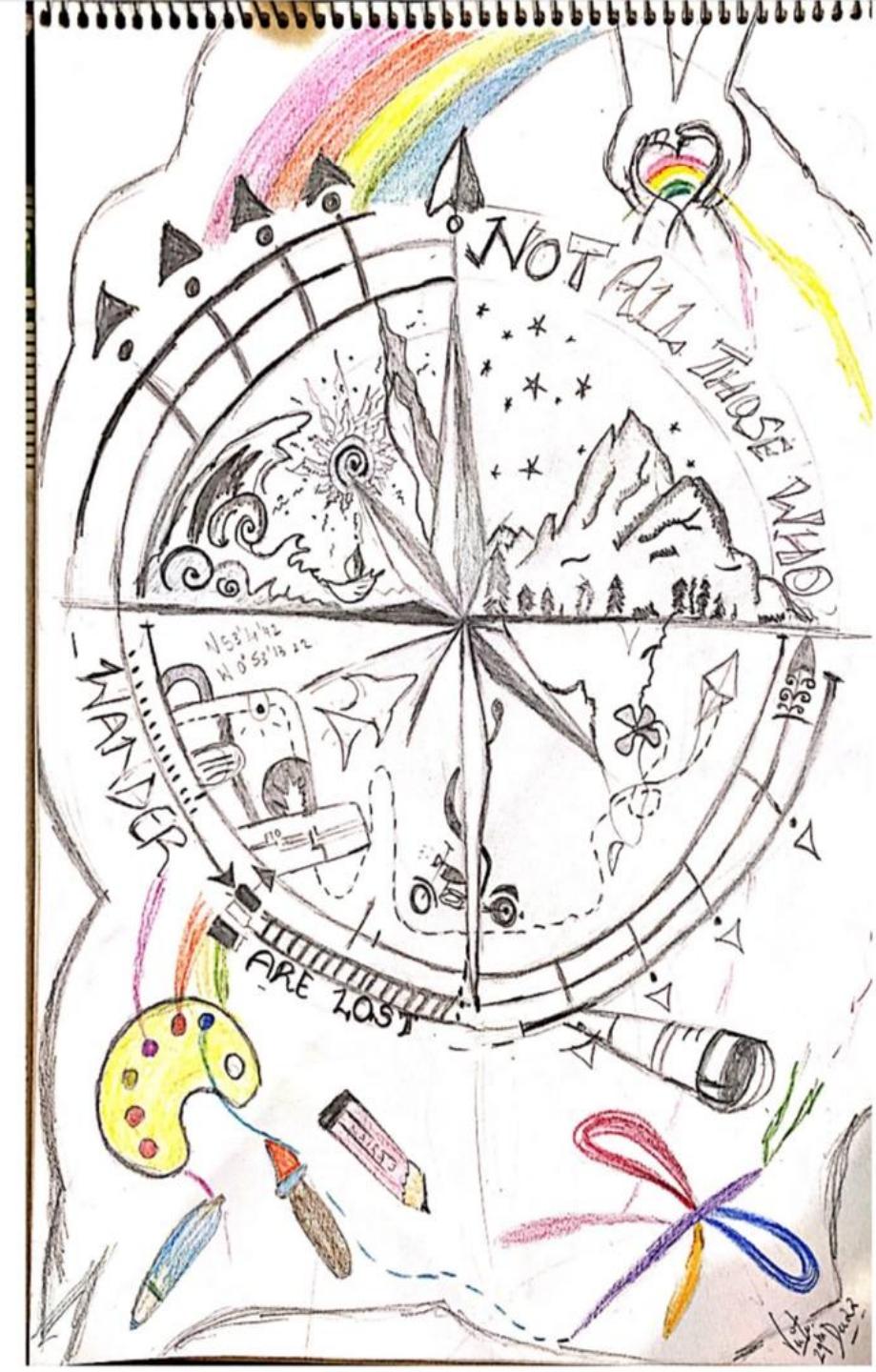


# GURTI FOUNDATION

WHERE DREAMS COME TRUE



*Gurti Foundation* is an NGO registered as a not-for-profit company under section 8 with 12A and 80G certification with Comp ID: U85300HR2022NPL107639



# VISION AND MISSION

**Creating a world where everyone is a leader where they are able to express creatively and freely!**

Our organization builds conducive learning safe spaces for young people where they can express themselves through creative expression media like art, dance, songs etc.

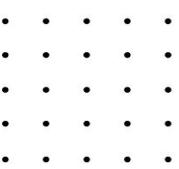
We empower vulnerable young people from marginalized backgrounds and build their capacity to become accomplished members of society.

Our customized interventions are based on the guidelines of the united nations convention on the rights of child (UNCRC) and POCSO (protection of children from sexual offences) and provide specialized services to schools, corporates, NGOs and caregivers.



## OUR VISION

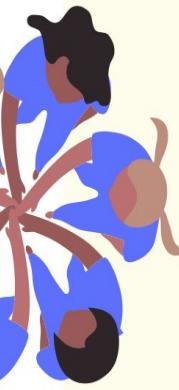
**"A world where everyone is a leader and is able to express creatively and freely! "**



## OUR COMMUNITY



# OUR VALUES



## CLEAR COMMUNICATION

process of creating and sharing ideas

## LEADERSHIP

believing in self and possess a clear vision

## TRUST THE PROCESS

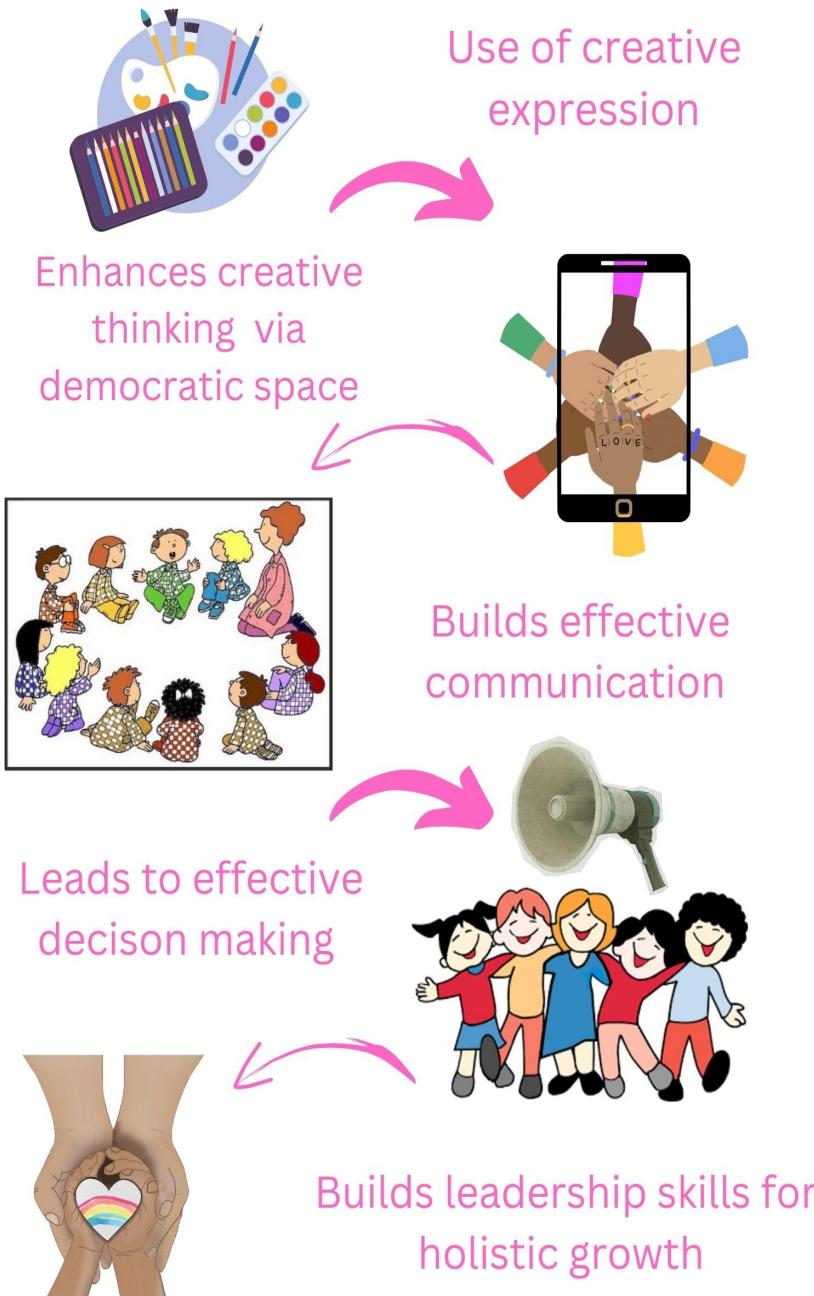
you will get where you intend to go without pressuring yourself

## CONSISTENCY

a positive sense of empowerment

## INTEGRITY

balance of heart, mind and soul



# VALUES

We emphasize the understanding of one self to create a purpose oriented social impact.

We create leaders of tomorrow who believe in themselves, have a clear vision and can enable others to grow as well.

One of our main aims are to empower young people building communication skills so they can effectively make decisions.

We inculcate patience and consistency as core values in all our young adults since it enables them to have a positive sense of self empowerment

# CUSTOMIZED ART BASED PROGRAMS TO EXPRESS AND DEVELOP



COLLABORATE



UNDERSTAND SELF & OTHERS



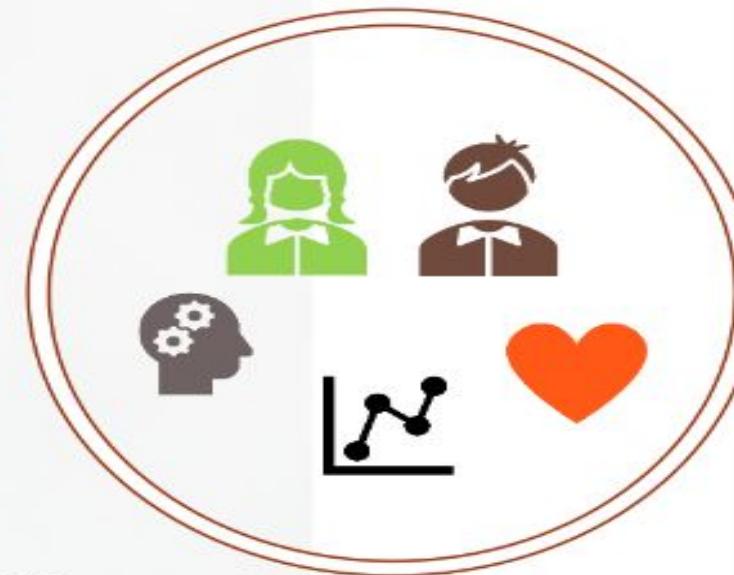
GROW IN LIFE & CAREER



CHILDREN  
UNDERSTAND & EXPRESS EMOTIONS  
THROUGH THE CHILD RIGHTS FRAMEWORK



MANAGE SELF & OTHERS  
THROUGH PERSONAL & PROFESSIONAL RELATIONSHIPS  
SIMPLY COMMUNICATED THROUGH STORIES & INTERACTIVE ART  
BASED ACTIVITIES WITH AS PER NEP 2020  
BASED ON THE RIGHTS FRAMEWORK



YOUTH  
BUILD LIFE & CAREER TRAJECTORY  
THROUGH LIFE & LEADERSHIP SKILLS



UNCOVER MAGIC FROM WITHIN



SCHOOLS & COLLEGES



CAREGIVERS



NGOS



CORPORATES



@ Heart2ArtVriti

1 ON 1 & GROUP SESSIONS FOR ALL AGES AVAILABLE

# PROGRAMMES

## CUSTOMIZED INTERVENTIONS TO HELP YOUNG EXPLORE THEMSELVES THROUGH CREATIVE EXPRESSION, BUILDING LEADERSHIP AND EXPRESSION SKILLS OF YOUNG PEOPLE TO MAKE EFFECTIVE DECISIONS



### EMOTIONS THROUGH ART

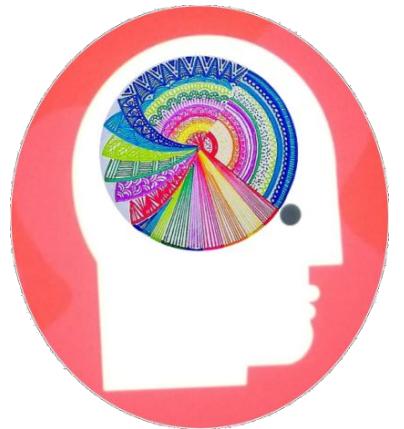
Helping young people to understand their emotions, rights and self awareness. Creating an atmosphere where we discuss the importance of understanding and expressing emotions. Building communication skills in english and enhancing computer skills based on child rights as per UNCRC and POCSO.

For passionate 2 to 14 year olds.

### EXPRESSION AMBASSADOR

Enabling young people to understand career avenues in the social sector and society at large. By training them to be responsible members of society. Building skills to work with marginalized children and learning techniques to improve mental and emotional well being.

Open for young people 14 years +



### GURTI SCHOLAR PROGRAM

Empowers young girls from vulnerable low income communities. Providing mentorship and sponsorship support. Building their communication and leadership skills towards effective decision making. By using creative expression media they create positive social impact in society.

For young people over 14 years +

### HEART2ART - CREATIVE CENTRE

Builds leadership skills for students above 12 years. Encourages children to express themselves through creative expression to understand themselves and achieve long terms goals in life and career. Builds career decisions and trajectory via mentorship and buddies support enhancing social emotional skills based on child rights frameworks. For young people over 14 years +



# P I L L A R S



## MANIK BAJAJ

Manik Bajaj, our director has worked as a marketing professional with leading corporates for 27 years. A teacher, by profession, now empowering young girls to effectively communicate and help them reach their dreams.



## VRITI BAJAJ

Vriti, a Research Scholar from University of Delhi Creatively empowers young people, building safe spaces for over 10 years ! Creating leaders who propagate such spaces with thousands across the government and private sector

## RUPASHI PURI

Rupashi, our director has a degree in human resource management and services from Ryerson University and has worked as a senior manager in CStech for over 6 years.



## SANJAY KUMAR

Sanjay, a hotel management graduate, is a technical consultant at our organization. Supports in curriculum development , staff development , teaching and training. An entrepreneurial leader building teams



# MENTORS



**Shivangi Khattar**

Shivangi Khattar is a Psychologist with an M.A. in Psychology from Teachers College, Columbia University. She is currently pursuing her PhD in Psychology at Ashoka University.



**Alisha Kandal**

Experienced social media manager with a history of working in the luxury goods and jewellery sector



**Ishan Gupta**

Stanford university business graduate who has worked with linkedin for 2 years and is now working with Bytedance



**Kavi Nanda**

MBA graduate from the National University of Singapore with a specialization in business strategy.



**Vineet Bhalla**

A lawyer and policy researcher. He secured a B.A., LL.B. (Hons.) degree from the WB National University of Juridical Sciences, Kolkata, and is a member of the Bar Council of Delhi.



**Arshia Dar**

Arshia has worked with several big corporations like amazon and is currently working with Titan as a Product Marketing Strategist.

# ACCOMPLISHMENTS

We are proud to talk about our achievements and the milestones we have traveled, transitioning from heart2art to Gurti Foundation being the biggest one!

## HEART2ART CENTRE, GURGAON.

Building leadership skills of young girls across Gurgaon Chakkarpur and the Sikanderpur community using creative expression and technology interventions



YOUNG ARTISTS  
AT THE  
HEART2ART  
CENTRE

## HEART2ART YOUTH FOR JAPAN

Creatively empowered 13 young women from North East India through the Youth4Japan initiative to be caregivers in Japan.



## HEART2ART GLOWING LEADERS

Empowered corporate employees on the power of creative expression and POSH policy  
Conducted a leadership session with 50+ NSS Volunteers in Delhi University



## HEART2ART EXPRESSION AMBASSADORS

Empowered 20+ young people to lead and create social impact across virtual and physical world with 1000+ beneficiaries.



# TOGETHER BUILDING LEADERS TO MAKE DREAMS COME TRUE!

## HEART2ART 4 TECHNOLOGY

Empowering young people to build computer skills using virtual platforms in Gurgaon

## HEART2ART 4 ASPIRE WITH KPMG

Empowered 20 + young girls in grade 10 to understand themselves and choose appropriate subjects towards building career trajectory in Vidya School Gurgaon

## HEART2ART 4 PRAVAH SMILE IN-TURNS

Empowered 4 young people to bridge barriers with 500 + young ones across low income communities in Gurgaon in 5 low income education institutes

## HEART2ART 4 JANMAN FOUNDATION

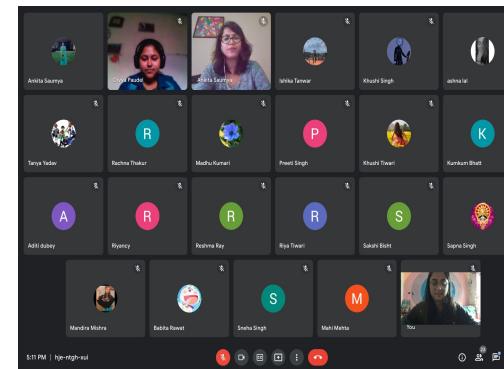
Creatively empowered 5 young people to bridge barriers and empower 100 + young ones across vulnerable low income communities in noida



### TECH EVENT

Technology is best when it brings people together.

### LEARN BASICS OF MS. EXCEL ON MOBILE



**EXPRESS YOURSELF!**  
**GURTI FOUNDATION**

**fundraising photography**

**THEME: What does the holiday season mean to me?**

Scan for more



# UPCOMING EYECATCHERS

CHAMPION TO CREATIVELY EMPOWER YOUNG GIRLS TODAY !

The CoVid-19 global pandemic has distressed all, but specially harsh on families from marginalized communities.

We at Gurti foundation, aim to raise funds for the young girls who are enrolled with heart2art, by becoming a Gurti champion, you can support a girl's dream to complete her education.

Our community outreach is based in Sikanderpur and Chakkarpur gurugram, where we support vulnerable families both emotionally and financially.

BECOME A GURTI CHAMPION  
FOR YOUNG GIRLS

GURTI CHAMPION (21 years+)  
Bridges the gap to support young girls



GURTI SCHOLAR (14 years+)  
Mentorship programs that help  
young girls navigate challenges  
to achieve their dreams !



## RESHMA'S EXPERIENTIAL LEARNING ON HER JOURNEY TO SUCCESS

Reshma joined our organisation wen she was a young girl of 8 to 10 years, she used to do art and dance with us.

In 2020, she reconnected with us when she was in class 11th and wanted support with way ahead in her life academically.

Her favorite part is doing our art based exercises that help her express herself creatively. Reshma is currently 19 years old and is pursuing her Bsc. in Hotel Management.

In Reshma's words, coming here has taught her acceptance and acknowledging her emotions.

Working with us has encouraged Reshma to meet different people and build her confidence gradually, she has also learnt how to carry herself with grace and learning to build consistency in her habits and life.

Our Motto that resonates with Reshma the most is

*“ no matter what your background is , poor or rich , no matter where you live or what your condition in life is, if you have a dream , you can be capable enough to achieve it , never give up.”*



2013



2023

# P U B L I C A T I O N S

Publication of an article in [Children First Journal by DCPCR](#) about the impact of the COVID-19 pandemic on the social and emotional development of adolescent children , written by Vriti Bajaj and mentor Vineet Bhalla.

Book review published in [Children First Journal by DCPCR](#) on the book : “ The 5 Love Languages of children.” to understand a young person’s perspective in a post covid world.

Published anthology [High school heals](#) captures stories of Reshma, Vidushi and Vriti’s journey

Abstract accepted in the International Conference on Arts and Humanities 2022 towards publication in the Conference Abstract Book with an associated ISBN 978-624-5746-24-8.

## Impact of the COVID-19 Pandemic on the Social and Emotional Development of Adolescent Children and Way out

Vriti Bajaj, Vineet Bhalla



PC: Department of Education, GNCTD

## Book Review: The Five Love Languages of Children

Author: Gary Chapman | Ross Campbell

Reviewed by: Vriti Bajaj | Diya Sood

During the COVID-19 pandemic, the abrupt shutdown of schools left parents dealing with their young children at home with curtailed access to the outside world. Many households experienced increased screen time for children while caretakers fulfilled other obligations.<sup>1</sup> These upheavals posed various challenges to their well-being, including increased family stress, disrupted routines, and reduced socialisation opportunities. Many parents reported increased rebellion, regressive behaviours, sleep disturbances, and tantrums, and 84% reported lonely episodes due to such pressures.<sup>2</sup> Notably, young children are strongly driven by their parents' attention and alter their behaviour to obtain it. Children prefer praise, affection, and other positive attention<sup>3</sup>.

How children communicate may initially be

mental health and depression rates across all ages, as highlighted by The World Happiness Report 2021<sup>4</sup>. From a young person's perspective, we must cultivate positive mindsets to understand the needs of children and nurture attitudes that will continue into adulthood.

*The 5 Love Languages of Children* by Chapman and Campbell describes the variety of ways in which children receive and express love. The book has the potential to broaden the understanding of children's unique love languages. A child's love language may be nonverbal and experiential; it involves intention and consistency; and this book comprehensively conveys that to parents. According to the authors, love is the cornerstone of every successful bond with your child. Every child's emotional "love tank" should be maintained

## The 10th INTERNATIONAL CONFERENCE ON ARTS AND HUMANITIES ICOAH 2023

Theme: "Collaborative Process, Cooperation, and Multiplicity"

7th – 8th September 2023  
Bangkok, Thailand

CALL FOR PAPERS | JOIN VIRTUALLY | JOIN PHYSICALLY



# B L O G S...

Pre-Incubated at NSRCEL IIMB



vedica karnik ★ • Aug 27, 2021 • 4 min read

:

## Communication plays a major role in our lives. Here's why.....

Communication is such a common part of our everyday life that we forget about its meaning and value. We forget that good communication is 'the thing' that builds our relationships with people around us and instils connections. It helps us get our thoughts and ideas across to the other person. It is all about being able to express oneself and get the other person to understand our point of view.

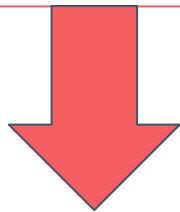
When we think about communication, the first thing that comes to our mind is talking or messaging someone. But communication is not limited to only these two methods.



Any way through which you are able to express yourself and communicate your thoughts and ideas to others is also a form of communication. For artists, the paint and the canvas show their thoughts. For dancers and actors, their movements are able to communicate to the audience what they are feeling. For singers, their voice is just enough to express their emotions.  
The way we communicate has a

# CONTACT TO UNCOVER YOUR MAGIC!

BECOME A CHAMPION  
SUPPORT A DREAM, SPONSOR A LIFE



Email: [heart2artbygurti.org@gmail.com](mailto:heart2artbygurti.org@gmail.com)

Website: [gurtifoundation.org](http://gurtifoundation.org)

Phone Number: +91 85275 58772



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