

2014-15



A Tribute to Rai Bahadur Gujarmal Modi

# **ANNUAL REPORT**

# INTRODUCTION

Modicare Foundation was set up in 1996. In our initial years we worked relentlessly in the field of HIV/AIDS as very few organizations were willing to take on the challenges of an issue surrounded by stigma and myth. We worked intensively with infected and affected families. Success and appreciation gave us confidence to take on newer challenges and thus we embarked on working with women and children. Our focus has been to work with people living in difficult circumstances, homeless children, out of school adolescent children vulnerable to sexual and drug abuse, unemployed and unskilled youth and marginalized women.

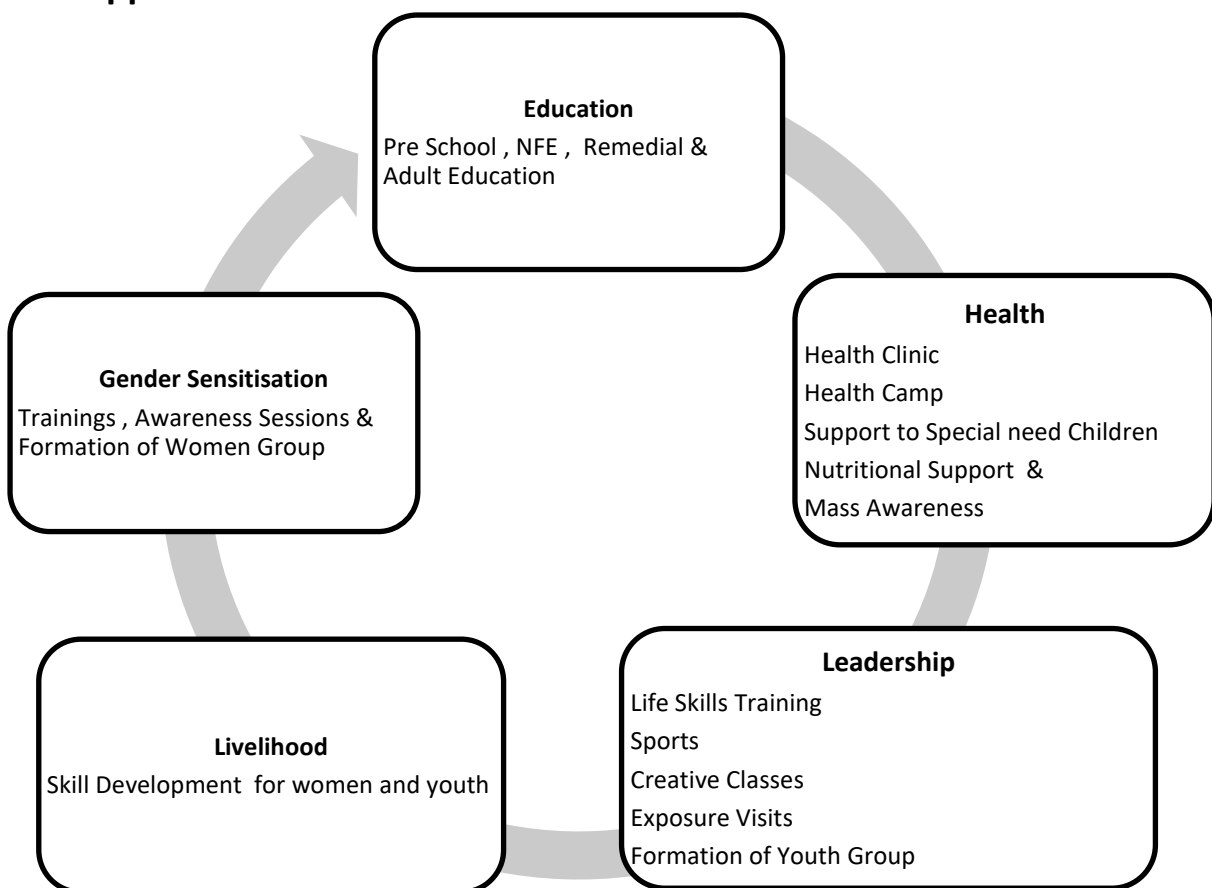
## Our Vision

Modicare Foundation strongly believes that every individual has the potential to transform their lives to grow and develop as an active and responsible citizen.

## Our Goal

To facilitate positive changes in the lives of children, adolescent and their families through education, health, life-skill and livelihood support

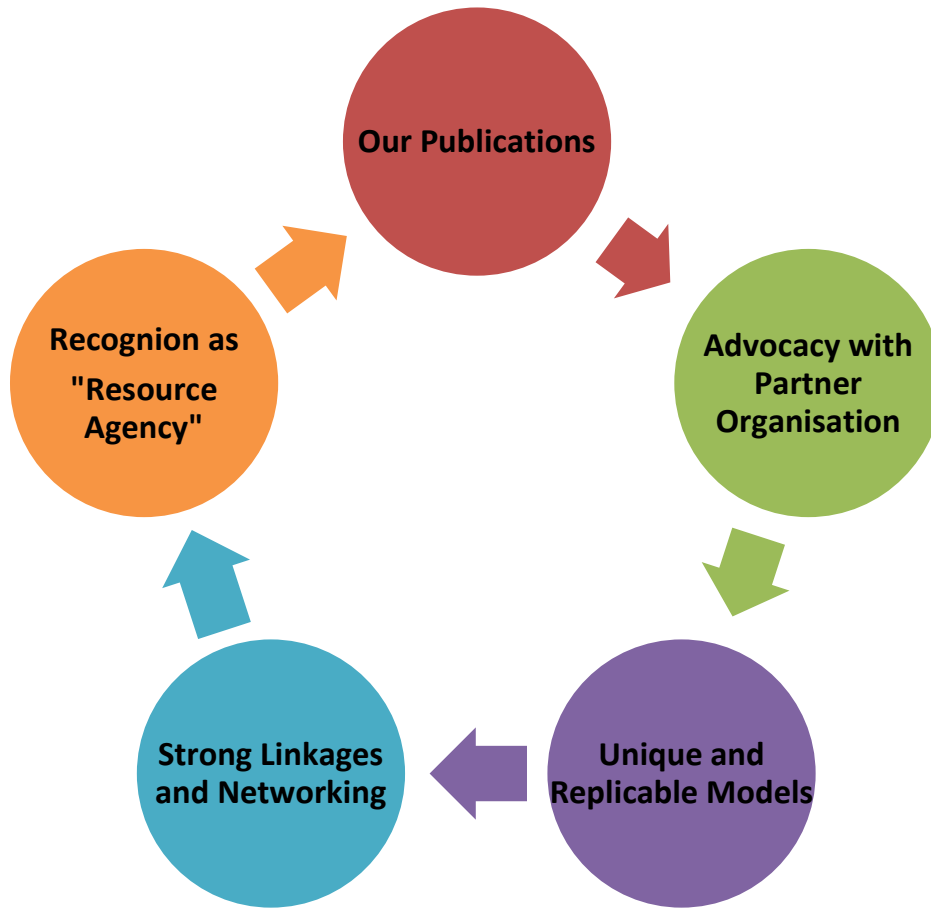
## Our Approach



## Our Projects

<p><b>Khwabgah (centres located at Taimur Nagar and Khijrabad)</b></p>	<p>Khwabgah is a learning centre for children, where they learn how to give wings to their dreams.</p> <p>The initiative includes educational and recreational activities to help these children be mainstreamed in regular schools. The Foundation also provides remedial support to overcome the barriers and enhance their learning. Nutritional interventions and regular health clinics promote awareness on healthy living. Organising health camps at regular intervals has helped in early detection of problems and in taking corrective action through linkages to government and private hospitals.</p> <p>Life skills sessions are integrated through creative activities like theatre, art, crafts and sports to help children explore their talent, interest and passion.</p> <p>Through these activities we have touched lives of around 6000 people in both the communities</p>
<p><b>Ehsaas</b></p>	<p>Realising the limited opportunities available for the care of HIV positive children, the Foundation has taken an initiative to provide holistic care and empowerment towards infected and affected children in and around Delhi.</p> <p>The project provides intensive mentoring and counselling for the children and their family to ensure regularity in their treatment and testing regime. Children are provided with nutritional supplements to help them overcome frequent opportunistic infections. To encourage children to continue with their studies, the Foundation offers remedial support to select students.</p> <p>Through these activities, 500 infected and affected children and families have been reached</p>
<p><b>Ambassadors of Change</b></p>	<p>A flagship program since 2000, it is a life skills education for adolescent boys and girls in schools and communities to facilitate their smooth transition from childhood to adulthood. The program supports a well documented training module to help teachers and caregivers to integrate life skills techniques in their day to day activities with children and adolescents. The programme has covered 5000 adolescents during 2104-15.</p>

## OUR STRENGTHS



## Our Partners in Change:

The foundation works with wide range of stakeholders both at the community and at the institutional level so as to leverage resource base and create impact

Children and Youth in difficult Circumstances	<ul style="list-style-type: none"> <li>• <b><i>Street children, children in substance abuse, out of school children in the slum, children infected and affected by HIV/AIDs, children with special needs, orphans etc</i></b></li> <li>• <b>Adolescents and young adults in schools and community</b></li> </ul>
Marginalized women	<ul style="list-style-type: none"> <li>• Vulnerable and at risk women, such as migrant population, sex workers, widows, women in abuse</li> </ul>
Institutions	<ul style="list-style-type: none"> <li>• All government and non government agencies, local organizations and community based Organizations, academic institutions to promote best practices</li> <li>• Corporate and individual volunteers</li> </ul>

## PROGRAMME HIGHLIGHTS

### Khwabgah

#### Education

Education support for underprivileged children is our prime activity and it is also used as a platform for growth and development for the children and young adults in the community. We provide for a holistic development – healthy mind and body. The children are engaged in three categories of learning: Preschool, Non Formal Education and Remedial classes.



1	Total No of Children enrolled in Pre- school classes	90
2	Total No of out of school Children enrolled in Non Formal Classes	122
3	Total No of Children enrolled in remedial classes for improved performance (primary)	140
4	Total No of Children enrolled in remedial classes for improved performance (Secondary)	130
5	No of Adult Education Learners	25

Non-formal Education (NFE): our aim is to prepare school drop outs for mainstreaming by proactively tracking them down, motivating them to go back to school, helping them with studies and getting them admission in schools.

Pre-school (Baalwadi): we provide a safe environment for children where they also have opportunities to learn through the play way method. These children are the first generation learners and so our aim is to lay the early foundational skills - social, emotional, motor and cognitive skills.

Remedial Primary and secondary: remedial teaching acts as a safety valve for students who are behind the expected level of achievement.

#### **Outcomes**

- *All the NFE children were mainstreamed into government schools*
- *Improvement in school attendance was observed.*
- *Ability to retain information increased among children.*
- *Children were able to communicate better and also participate more actively in classes*
- *Parents were found to be more involved and engaged in their children's education-contribution regularized. Rs 30,000 has so far been mobilised as contribution*
- *Parents' Teachers Association (PTA) has been formed which meets every month*
- *Regular meeting with MCD school: a major achievement was the offer of school premise to the Foundation for remedial classes*

### **. Rizaul's journey: success story**



Name: Rizaul

Age: 12

Parents: Mother and two fathers

Siblings: 05

Address: IG Camp 1, Taimoor Nagar

With Khwabgah: from 2011 till Now

Rizaul got associated with Khwabgah in 2011. His innocent smile caught the attention of our community worker and we started interacting with him. His father was jailed a few years ago. He lived in Taimoor Nagar slum with his mother and 5 other siblings, working as a ragpicker. While we were trying to build a relationship with him, Rizaul was sent out of Delhi by his family. After almost one year he came back and got in touch with us. He wanted to study but his family was not supportive. However his mother finally relented after a series of counselling sessions and the boy started coming to Khwabgah to study. Since that day there has been no turning back for Rizaul. After a year with us, he was mainstreamed into a government school. Today, he is in class Vth and secured 1<sup>st</sup> position in the final exam.. His journey can inspire many children and particularly those who live in difficult circumstances. His will power and determination to study changed his life completely.

## Health



Education for children would remain an unfulfilled dream if it is not accompanied by health interventions. The child can go to school only when s/he is healthy and the mother is empowered. We at Modicare

foundation focus on two aspects: raising health awareness in the community through training/workshops/mass events and bringing need based health services at the doorstep of the community.

**Health Clinic:** Monthly Health Clinics are organised to encourage mental and physical growth of children. Apart from the regular height and weight measurement, the children are screened for general ailments. Worm infestation was found to be a major reason for poor health among children, so linkage with government dispensary and anaganwadi for deworming was initiated and all the children have subsequently been treated.

**Nutrition:** Realizing the essential need for a healthy diet among children of growing age, the project supports a well planned nutritional plan to address their physiological need for Iron, Vitamin, Calcium and minerals. A weekly nutritional plan consists of the following:

Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Eggs	Milk	Eggs
Fruit	Fruit	Fruit	Fruit	Fruit
Multigrain snack	Multigrain snack	Multigrain snack	Multigrain snack	Multigrain snack

**Health Camps:** 4 Health camps were organised for children and community member in partnership with renowned hospitals. A free heart check up was organised by FORTIS in October and November 2014 where in 396 adults had undergone health check up including blood pressure, blood sugar, ECG and ECHO. Dental check up camp was organised by Maulana Azad Institute of Dental Sciences (MAIDS) where 109 children were screened. Eye check up camp was organised with the help of “Center for Sight”, in which 72 children were covered. The foundation also diligently follows up the referral cases.

**Mass Awareness Activities:** Awareness drives are held with Children, women and community members to encourage not only safe and healthy hygiene practices for self but also to encourage community involvement in keeping their areas clean for a healthy living. Community screening of a movie on WASH organised by the Kids Powered Media Group had an encouraging impact in terms of promoting positive behavioural change.





### Outcomes

- *Parents' sensitivity towards children's health has increased.*
- *There has been a perceptible change in their health seeking behavior. The family has become more aware of the health issues, seeks timely support.*
- *Children appear to be generally more healthy, energetic and happy.*
- *There has been a significant improvement in personal hygiene among children, particularly washing hands the right way.*
- *Health camps have helped in identifying critical cases for referral support. The case study below demonstrates the timely support that was provided to a child before it could turn fatal*

*A Child migrated to Delhi after having heart surgery. He was in a critical state with a suspected post surgery infection. He was screened at the health camp and was referred to FORTIS – ESCORTS hospital for immediate treatment. With close follow up with family and hospital, the boy recovered in due course of time.*

### Co-curricular Activities

**Creative Learning:** Children were engaged in Art & Painting classes which helped in fostering their talent and confidence and also in capturing the imagination of young minds. Children made candle and diyas during Diwali which were sold to the corporates through an exhibition cum sale. Rs 7000 (approx) was generated through the sale.

**Sports:** 25 member soccer team was built to mobilise out of school adolescents and to channelise their energy in productive direction. The discipline and focussed sports session had helped bring order and discipline in the lives of the children. Project support included nutrition consisting milk and fruit, professional coaching assistance and opportunities to play with groups/clubs. The team had played friendly matches with the other community groups organised by the Indian Youth Soccer Association. Weekly practice sessions were also held in the JASOLA sports stadium.



**Formation of Youth Group:** A youth club has recently been formed. The purpose of the club is to work as change agents for themselves and their community. Over 80 children/youth are part of the youth group. Frequent meetings are conducted by the Foundation to mentor this group. To institutionalise youth engagement, election was conducted and Youth group office bearers were selected in a democratic manner. In its initial phase, the youth group has initiated a cleanliness and school enrolment drive in the communities. These members are now taking lead in organising events at the community and also holding awareness rallies in the area.

**Formation of Womens Group:** Several rounds of meetings were held in Taimmor nagar Slum and Khijrabad to organise women on a common platform. Initial meetings were organized to build up rapport with them. Based on their needs, we designed special sessions on reproductive health. Likewise, 25 women had expressed their need to learn reading and writing, so a group of adult literacy has been formed at Khizrabad Center. It was encouraging to observe that a few of them were now able to write their name.

### **Vocational Courses:**



**Spoken English:** A trial package for 5 learners initiated by BURLINGTON ENGLISH- an E-learning package for spoken English. The pilot had given encouraging results, we found that the learners had become more confident of themselves and disciplined. Having had the exposure to work on the computer and the confidence to converse in English had motivated the students to take their studies more seriously. As a future plan 100 learners from the community are expected to be enrolled in spoken English which would help them to study further specially related to hospitality and service industries.

**Employable skills training for youth:** Linkage of community youths and young adults with RISE India for skills development courses in hospitality and sales was initiated. 10 boys were identified for skill development course.

### Outcomes

- *Priyanka and Pooja (two students of Burlington English) have started to demonstrate drastic changes in their confidence specially while communicating. Before joining Burlington classes it was difficult for them to even barely maintain the eye contact and speak but now they can express their thoughts freely in front of people.*
- *An education enrolment drive was organised by the youth group in the community which increased the enrolment at our centre.*
- *An awareness rally was organised and executed by youth group on the Hand Wash day. Rally's main objective was to sensitise community on importance of Hand wash as part of daily routine. A street play on this issue was prepared by the youth group member and performed at hot spots of the community along with rally.*
- *Sports and other recreational activities have contributed to overall development and growth of children. Each child is made aware of their uniqueness and creative potential, thus they are able to express themselves better.*
- *Budhani was a non literate before she joined the women's group. She was motivated by social worker to join the literacy class. Within a month she was able to write her name in Hindi in attendance sheet with a smile and pride. She has also motivated many women in the group to join the adult literacy classes.*

## AOC: Life Skills and Leadership

Life skills help adolescents to transit successfully from childhood to adulthood by healthy development of social and emotional skills. World Health Organization defined life skills as “the abilities for adaptive and positive behaviour that enable individuals to deal effectively with demands and challenges of everyday life”.



## Fact Sheet

S.No	Particulars	Total
<b>Phase I – Life skills training for Adolescents</b>		
1	No. of (NGOs) covered	23
2	No. of training conducted	34
3	No. of participants covered	1736
	Girls	967
	Boys	769
4	No. of Out of School Adolescents covered	98
5	No. of MT( Master Trainers) identified	359
<b>Phase II – Training of Master Trainers</b>		
1	No. of groups (NGOs) covered in the month	14
2	No. of training conducted	15
3	No. of participants covered	284
3a	No. of girls covered	167
3b	No. of boys covered	117

**Life Skills Education:** The life skills program for community children and young adults rolled out covering 1736 young adults and children in the NCR region and 300 Master Trainers were trained as community Peer Educators. Our training focused on 10 core life skills which included topics such as peer pressure, our body, hygiene, nutrition and most importantly substance abuse. The conviction with which this program started was to reach out to those children who did not have access to this information either from the school or from their parents. They were specially vulnerable given their immediate environment and also due to lack of access to information.

Issues of assault among children had come up repeatedly during the trainings. Children often expressed their inability to deal with the situation. Legal consultation was required to understand the ways of effectively addressing such cases. We successfully linked them up with the competent authorities, e.g., 181 for cases on sexual assault.

The culmination workshop was organised by the foundation in March 2015 to provide certificate of training to Master Trainers (300 certificates were distributed) and also to seek feedback on the programme from trainees and NGOs. It was apparent that the training had made some impact in terms of children being more confident in dealing with problem situation, they were more aware of institutional mechanisms for grievance redressal.

Many of our NGO partners were keen to integrate life skills in their regular curriculum on adolescents. During feedback session, children had shared experiences like changes in their attitude towards studies, being able to handle pressures, better planning and decision making. We also observed that the training had helped in promoting positive social norms that had a positive influence in their overall physical and emotional well being.

### **Outcomes**

- *The life skill training has given the participants, specially the girls the wherewithal to take necessary steps during any crisis situation. It was quite encouraging to find the girls calling up 181 (women's helpline) to lodge a complaint against sexual harassment in their locality*

### **The story of a change maker**

*This is the story of Divya – a Master trainer and how she had saved her friend from committing suicide. Divya's friend was living with her step mother and family at Molarband, New Delhi. The friend came up to Divya seeking help as she was having huge family problems, she was quite disturbed and was on the verge of taking extreme step. Divya counselled her friend and guided her through decision making tool (POWER Model) to take positive steps. Divya was able to guide her friend to calmly assess her situation, retrace steps from taking such a drastic step, accept the reality and live with her family peacefully. Thus Divya managed to save her friend's life which made her feel good about herself.*

## **Ehsaas - Care and Support**

This special project started as a Care & Support program in 2002 and EHSAAS as a separate Project came into existence in 2007. The main objective is to provide support towards holistic development of the HIV infected and affected children and their families. The strategies include nutritional supplement support, counselling and psychological support, ensure they visit ART and receive regular medical support for the opportunistic infection and linking them with existing government services.

A comprehensive intervention of counselling, mentoring, and nutritional supplement support enabled them to make informed choices and explore new possibilities and opportunities. Remedial support to 10 children showed that there was a visible improvement in learning for low performing students. Likewise nutritional support also suggested better health conditions, less cases of infection occurrence, etc. The foundation is supporting 150 children and adults.

### **Outcome**

*Sanjeeta a girl from an affected family had completed her studies in very difficult circumstances. Her father died of HIV and mother and two siblings are positive. Foundation initially had supported her mother and then her siblings with nutrition and linkage with government schemes. Sanjeeta is pursuing a technical course for which the foundation is contributing towards her tuition fee. Very soon, she will complete her course and be in a position to support her family. She has also trained our Khwabgah children on art work.*

## **Mobilization and Events**

A massive mobilizing drive was carried out with the communities of Taimoor nagar and Khijrabad in April and May. Innovative strategies were adopted to mobilize their participation. The initiatives included:

- Creative learning workshops conducted on art and crafts with more than 40 children during the summer vacations to give a free rein to their talent and creativity. Children made paintings, friendship bands and small artifacts during the workshop. *Diyas* and candles made by them during *DIWALI* were purchased by the corporate team.
- Theatre Workshop: Theatre workshop was organised with the support of Mudra with the participation of over 80 children.
- Music Workshop: Music classes with 40 children were conducted by Zamaan Khan. Children composed a Khwabgah Anthem and medley which was subsequently performed at the Foundation's annual event –Baavre Sur
- Khwabgah Dance Group: Following an intensive workshop, the folk dance of Gujarat was put up by the dance group at the government primary school in New Friends Colony. Children were introduced to the rich culture and heritage of India.

### Showcasing Foundation's children's talent



Baavre Sur, the mega event was organized on 26th July 2014 to showcase the talent and creativity of the Foundation's children. More than 500 children and their families participated in the event. The event included a Theatre –PANCHAYAT (an adaptation of Munshi Premchand's story) and a musical medley by the children. This was also a

fundraising event for the Foundation where the Corporate and individuals came forward in sponsoring the event. The event was sponsored by Coca Cola and Twenty Four Seven and many other corporate and individuals to make the event a success.



## Special initiatives

### Gender and life Skills Training with DTC Staff:- supported by Colobar Aids Foundation

Modicare Foundation had carried out gender sensitization and life skills training for the DTC frontline workers (September 2013- October 2014). The purpose was to equip the DTC staff to become a gender responsive team in ensuring safety and comfort for their female and elderly commuters.

Following have been the highlights of the program.

- Development of protocol for drivers and conductors to ensure safety of female, children and elderly commuters.
- In the span of one year the Foundation had reached out to 10,000 frontline workers – drivers and conductors
- Linkage with enforcement agencies like 181 for referrals

### Childscapes-supported by PVR Nest

**Project “Childscapes”** - a joint initiative by PVR Nest and Modicare foundation was started in 2011 to provide street children around PVR Priya complex with opportunities of overall development through education, health, recreational and vocational interventions. The project closed down in November 2014 because of changes in focus and strategies of the Foundation and the Donor.

### Other Short term Assignments as a key resource agency

The Foundation was engaged in various short term assignments for DSACs and Happy Children Healthy Children with the support of PVR Nest

## Linkages Developed by Modicare Foundation

### Health

Fortis Escorts Delhi for thematic camps in khwabgah on a regular basis.

Dr Shroffs Charity Eye Hospital for eye camps for children and community members.

Maulana Azad Dental College for dental care , awareness and treatment.

Local dispensary for immunisation and administering deworming tablets and referral services

Individual doctors, Lions Kidney Hospital & Urology Research Institute, Anganwadi workers, Volunteers for Health Education, Local NGOs, Kripa Foundation, SAAHAASEE, "Truth Of Universe".

<b>Education</b>	Kid Powered Media for community Education Program
	Free treatment by philanthropic Doctors provided to a child for his heart surgery
	5 staff from Foundation attended a 5 days training program organised by SCERT play way teaching methodologies for children.
	State Resource Center, Jamia approached for Adult Literacy – Teaching Learning Material (TLM) and capacity building
<b>Vocational Skills</b>	Enrolment of out of school young adult in IGNOU's bridge course.
	Linkage with Don Bosco for rehabilitation of children with special needs.
<b>Infrastructure</b>	In partnership with Burlington English, the foundation will start the language programme from April 2015 with 100 learners.
	Discussion ongoing with Rise India (Possit skill organization) on initiating skills development program for youth
	DUSIB- Delhi Urban Shelter Improvement Board has offered the community center at Taimur Nagar to the Foundation
	Discussion ongoing with Education Department, MCD for collaborative programs in Primary School in New Friends Colony.
	Panchayat ghar, temple premise and community center have been provided by the community for our community level events.



## Future Plans



### 1. Consolidation of existing projects/activities with increase in coverage

**Khwabgah:** Touch lives of 15,000 – 20,000 women, men and children in Taimur Nagar and Khijrabad through comprehensive education, health, nutrition, co curricular activities and linkages

**AOC:** 10,000 adolescents to be reached through AOC training and mentoring

**Ehsaas:** In addition to existing activities, SHG will be formed and theme based support group meeting to be organized. 800 people are expected to be reached

### 2. Proposed New Interventions

**Khwabgah:** Setting up a new Khwabgah at Rajasthani camp, Jasola

**Khwabgah Resource Centre (KRC):** To begin with, the following activities would be initiated:

- Burlington English: 100 students, 200 hour course
- Senior remedial
- Creative workshops
- Life skill training
- Library and information centre
-