



Modicare Foundation has a long history of reaching out to the most vulnerable communities. We directly empower children, adolescents, women and the underprivileged using a comprehensive approach of education, health, nutrition, life skills and leadership. A multi disciplinary, highly skilled and trained team ensures effective implementation of our vision. We work in partnership with government, NGOs, institutions and industry.

Vision

Modicare foundation strongly believes that every individual has the potential to transform his/her life to grow and develop as an active citizen

Mission

Empower the marginalised population specially women, adolescents, youth and children with skills and knowledge to work as change agents for themselves and their community

Existing Interventions

- **Khwabgah Taimur Nagar and Khijrabad (K1 & K2):** comprehensive child and community development
- **Khwabgah Resource Centre (KRC):** remedial teaching, English course, recreational activities, youth club
- **Ambassadors of Change (AOC):** life skills programme for adolescents and adults
- **Ehsaas:** care & support for HIV infected and affected children and families

Programme Highlights

KHWABGAH

Khwabgah centres facilitate positive changes in the lives of underprivileged children using a multipronged approach. The main focus of the centres is to work with children living under difficult circumstances (4 years and above) specially rag pickers and out of school children. These centres are located in the slums of south Delhi.

We organize:

Classes with innovative methods of teaching
Remedial teaching
Non formal education
Health and nutrition camps

We nurture creativity through:

Theatre
Art and craft
Music
Sports
Dance
Exposure visits

KHWABGAH 1, MCD SCHOOL, NEW FRIENDS COLONY

Activities

- Bridge course for non school going children
- Regular classes from 1 to 5
- Extra curricular classes

Total number of children: 500

Key Highlights

- K1 shifted from Taimur Nagar to MCD school, New Friends Colony. .
- Remedial support from April-November 2015
- Regular classes since December 2015
- Co-curricular activities: music, dance, art & craft, physical education
- Extra classes for under-performing children
- Significant improvement in learning levels of students
- Health clinic at Taimur Nagar with 70 children
- Session on POCSO with school teachers
- "Good touch and bad touch" with children



Achievements

- ▶ Working in partnership with MCD school, New Friends Colony
- ▶ Improved health and hygiene practices among 90 percent of our children as evidenced from the feedback survey
- ▶ Behavioural changes observed – regular attendance in school and centre. The survey shows that 80% parents taking interest in children's education
- ▶ Allotment of Basti Vikas Kendra, Taimur Nagar to Modicare foundation for community development
- ▶ Gender and rights meeting was organised for community women and men. The event was hosted at the MCD school where more than 50 women had participated.
- ▶ Through our community events and youth group rallies, we have touched lives of around 3000 people

Case study: Mohit's story



A ten year old boy, Mohit, resides in Taimur Nagar slum. He has six siblings (5 sisters and 1 brother). Both his parents are working, out of the house for the whole day. Children are left to fend for themselves. We met Mohit at a time when he was not regular in school, mostly found loitering on the streets, playing with dirt and had no idea about hygiene. We got him to come to our class and we started to work around him. We sensitized him

about cleanliness & hygiene, healthy habits, sports and studies. It was long process of transformation but worth our effort and time. Today, we see the change not only in himself but also in his siblings and parents. He comes to school regularly and studies well. He is now gone to class 4 with good marks. Mohit proudly tells us that he is enjoying studies and his favourite subject is Math.

Khwabgah 2: Khijrabad

Activities

- Pre-school
- Non formal education (NFE)
- Primary Remedial
- Nutrition supplements
- Health clinic and camps

Total no. of students: 291

Total number reached in health and Nutrition: 500



Case Study: Anita's story

Anita is a 11 year old girl who never goes to school identified as child for NFE category. . She is the eldest among her 4 siblings. Anita is always busy with house work like washing clothes, taking care of siblings and other domestic work. Due to household responsibilities she could never go to school. Her father and Mother work as wage labourer where work is not regular. During community visit Anita's parents were motivated to enroll their daughter at Khwabgah centre.



Anita joined our centre in May 2015. At the time of admission she could completely non-literate. She could neither read A, B, C in English or अ, ब, क in Hindi. After a year studying in NFE class, Anita has

been mainstreamed in MCD Primary School Khijrabad. Her parents have also realized that they should provide opportunity of education to their other children. Anita is regular in school and also in Khwabgah.

Achievements

Improved Cognitive skills: alphabet recognition, colour identification, number counting, etc

Enhanced learning outcomes through multi-dimensional approach, i.e.,

- ▶ Differentiating learning levels of individual students
- ▶ Using creative material for teaching
- ▶ Addressing health and nutrition needs
- ▶ Conducting extra curricular activities for holistic development
- ▶ Improved health and nutritional status: weight and height gain
- ▶ Regular Parent Teachers Meetings held.
- ▶ Community contributions: Rs 55,242

KHWABGAH RESOURCE CENTRE (KRC)

Set up in middle of Khijrabad slum, the KRC was set up with the objective of creating a platform for capacity building of children and adolescents and for collaborative interventions at the community level. The Foundation was keen to create a space for children where besides academic grounding, they also can follow their dreams and aspirations through spoken English classes, theatre, football, dance, art and craft. Nutrition support was also provided to the KRC students.

Number of students: 413



Case Study: Avinash's story



Avinash joined remedial classes at KRC (Khwabgah Resource Centre) in April 2015. He was student of Class 6 at the time. Though quick-witted, his knowledge level was below par. His written Hindi used to be full of spelling mistakes. To improve proficiency in written English and Hindi, the teachers of KRC subject students to daily one round of dictation in these subjects.

Avinash made full use of the intensive and well-organised coaching available at KRC and within these months he was able to write Hindi dictation without any errors. He is also a sincere, serious and obedient student by nature. After one year of extra coaching at KRC, he has made all round improvement in studies at school. This has also led to his more of confidence and popularity among friends and class-fellows at his govt. school and also at KRC. Modicare Foundation has high hopes from this intelligent and well-mannered boy.

ACHIEVEMENTS

- ▶ Trained, experienced teachers on board
- ▶ Intensive workshop organised during summer vacation on Math, Hindi and English
- ▶ Emphasis on multifaceted approach, i.e., reasoning, lateral thinking, syntax, sound recognition and mathematical operations.
- ▶ Badges given every month to students who are punctual, helpful, admirable, etc. Such appreciation by teachers boosted students' motivation level
- ▶ Health camp with Fortis Escorts Institute of Heart was organised in November 2015. There were around 100 community members who registered for heart check up and CPR session.
- ▶ Vibrant youth group engaged in community action including enrolment of children in school, street plays, cleanliness drive.
- ▶ Recreational activities (art & craft, dance, theatre) contribute to overall development and confidence building among children
- ▶ Film shows organised for community where around 300 participated

BURLINGTON SUCCESS STORY

Jaskia Arora, a 20 year old, B.Com student joined Burlington English (BE) course in July 2015. At that time, she could hardly speak in English and was also hesitant in expressing herself. But after practicing BE for 8 months, there was a remarkable improvement in her speaking ability, grammatical knowledge and vocabulary.

Recently, Jasika got a job in an event management company. Jesika says she feels proud of herself, that she is able to contribute to the family financially. The spoken English course has helped her in college studies as well. Jasika's cousin, Kamal Prasad, who was also a Burlington student, got a job in a fast food restaurant chain.

We at Modicare Foundation, are proud of Jasika's achievements and wish her the very best in life.

EHSAAS

Ehsaas project is a holistic care and empowerment model for HIV infected and affected children and the family. The Foundation runs this programme through a unique sponsorship method that links children and families with services and entitlements to ensure that the benefits reach them.

Key Highlights

- ▶ Nutritional supplement provided to 58 children to meet their special health requirements
- ▶ Protein powder support given to 60 families
- ▶ Remedial support provided to 24 infected and affected children
- ▶ Life skill training conducted for 32 adolescents

Monthly support group meeting organised where on an average 100 people attend.



Case study: Maya's story

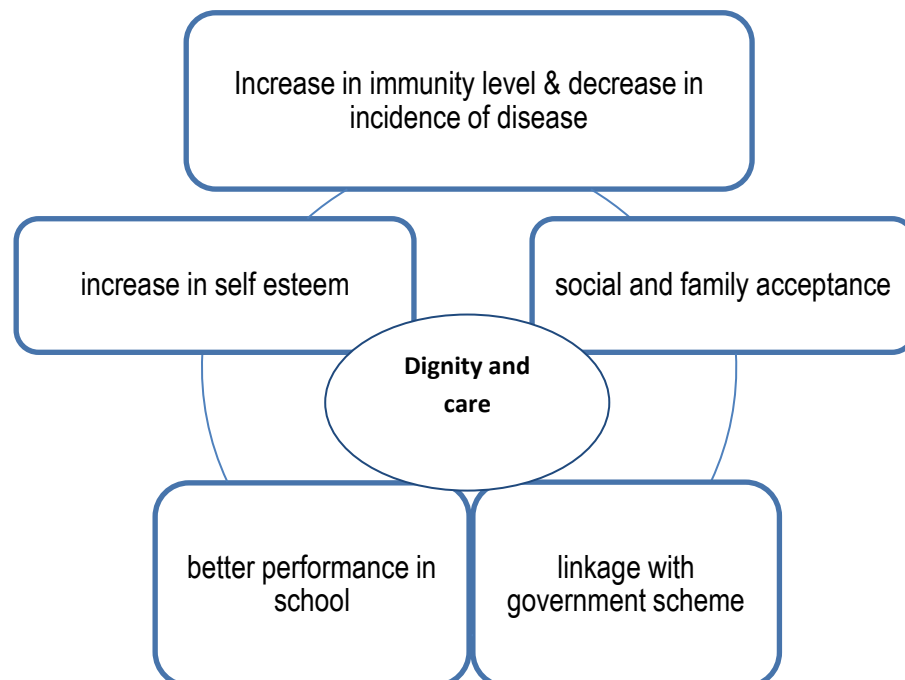
It was February 2003 when I fell ill with fever and diarrhea and my weight started reducing gradually. I went to a doctor but after 15 days, I fell ill again. This time the doctor asked me to get 4-5 tests done, one of them was for HIV.

When the results came out, I was tested positive. At that time, I was only 9 year old. I had an accident in 2001 and was given blood. When doctor explained to us about HIV, my whole world came crashing down and the first thing that came to my mind was how many days did I have to live? I was shocked and could not believe it.

In October 2003, I got in touch with Modicare Foundation. the nutritional, psychological and counselling support the Foundation provided, helped me to change my mind about committing suicide.

Today, I have completed graduation. Currently have a job and support my mother. Ehsaas keeps me updated with new information. I am now able to live a life or dignity in the society and I am waiting for a complete cure to come that can help me get rid of this condition. Today, I am empowered to fight this condition and Ehsaas gives me the courage and spirit to do so.

Achievements



AMBASSADORS OF CHANGE (AOC)

A flagship program since 2000, AOC is a life skills education for adolescent boys and girls in schools and community to facilitate their smooth transition from childhood to adulthood. The main objective of the program is to help this age group to understand and accept physical, emotional & mental changes that occur during adolescence stage.

Focus Areas

- Core life skills
- Growing up issues
- Gender sensitization
- Bullying and peer pressure
- Substance abuse
- Child sexual abuse
- HIV/AIDS
- Cyber bullying

Particulars	Target	Achievement
Adolescents trained as youth facilitators	3500	4345 (Girls 2663 + Boys 1682)
Peer educator through youth facilitators	7000	47795
Training of trainers	1	1



Achievements

- Empowerment of 4200 adolescents every month through AOC
- Till 31st March 2016, the Foundation has reached out to 1,54, 960 adolescents across 130 institutions
- Impact study revealed that
 - 92% children feel that their self confidence has improved
 - 86% of children are able to identify all forms of sexual abuse
 - 85% children are able to say NO to negative pressure
 - 82% report that their understanding on menstrual hygiene has improved

Case study: Satish's story

My school used to have plantation drive every year but I never participated in it. I never bothered about our environment because I thought it was not my concern and duty to plant trees. But this training changed my thinking and perception. It helped me think critically before reaching any conclusion. So, I tried to critically analyze the need for plantation and the reason why our school every year initiates this drive. I understood that it is the duty of each and every person to work for the environment for their own sake. I have recently participated in this drive for the first time in my life,

MODICARE FOUNDATION: RESOURCE ORGANIZATION

- Modicare Foundation has partnered with ACCESS Development Services under the banner of UNHCR to conduct life skill training program with refugees in Delhi. In this new linkage we have trained 127 refugees till date. These refugees were from Myanmar and Afghanistan in the age group of 18-67 year old.
- Global dent aids a private company based in Noida had requested us for a training of their staff on HIV/AIDS awareness. It was a three day training of 250 staff members held in May 2015. In addition, 400 staff members have been trained in Gender. Since the topic was new for most of the participants, our trainers tweaked the programme in such a way that the message could reach all of them in a simple and lucid way and also demystify some of their myths. Impressed by our workplace intervention and outreach, the company has decided to contribute Rs 10,000 every month to the foundation. Currently the Foundation is a member of their Sexual Harassment Internal Complaints Committee.
- We have conducted a special training session with MCD school teaching staff on POCSO Act



Total 12 teachers including principal participated in the session. Feedback from the school was extremely good. They had not attended training on this before.