

ANNUAL REPORT 2016-17



Background

The renowned industrialist and philanthropist, Rai Bhadur Gujaramal Modi was the inspiration behind setting up of Modicare Foundation in 1996 with the core philosophy to engage and empower the lives of people. The longstanding tradition of giving back to people while altering their lives for a better and secure future has been a part of Modi family's glorious legacy. The Foundation has a long history of reaching out to the most vulnerable communities. We have been working with people living in difficult circumstances, viz., homeless children, out of school adolescent children vulnerable to sexual and drug abuse, unemployed and unskilled youth and marginalized women. We directly empower them using a comprehensive approach of education, health, nutrition, life skills and leadership development. A multi disciplinary, highly skilled and trained team ensures effective implementation of our vision. The programmes of the Foundation are mainly supported by the contribution of the Modi Enterprises (KK Modi Group). We also work in partnership with government, NGOs, institutions and industry.

Vision

Modicare foundation strongly believes that every individual has the potential to transform his/her to 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 (Khijrabad, SDMC School Taimur Nagar & Jasola)

Comprehensive child and community development

Khwabgah Resource Centre

Remedial classes from 2nd to 7th grade students

Ambassadors of Change

Life skills programme for adolescents

Partners in change:

Training/capacity building on gender, sexual harassment at workplaces, reproductive health, HIV/AIDS

PROGRAMMA HIGHLIGHTS

Khwabgah

Location	Category	No. of children
Khijrabad	Pre school & NFE	140
Taimur Nagar, SDMC school	1 st to 5 th grade	140
Jasola SDMC school	Nursery to 2 nd grade	627
Khwabgah Resource Centre	Remedial from 2 nd to 7 th grade	123

Ambassadors of Change (AOC)

Life skill training	Total	Note
Training conducted	143	
No. of participants trained	5620	Boys: 2269 Girls: 3351
No. of training conducted	1	
No. of Participants covered	22	

Partners in Change

Name of Organization	Training conducted	No. of participants
Global Dent Aid	Workplace intervention: HIV/AIDS	270
	Gender sensitization & sexual harassment at workplaces	
	Monthly internal committee meetings of sexual harassment at workplaces	15

Achievements

KHWABGAH: overall well being of children

Improvement in health and nutrition condition: better sanitary habits, improved retention, stronger immunity developed

Behavioural change: decrease in aggression, team spirit, punctual & disciplined

Academic improvement: drop out and absenteeism substantially reduced, 70% shown academic improvement, co-curricular activities improved children's creative and motor skills



AOC

- Established linkages with 43 organizations & schools across NCR
- Trained the most vulnerable adolescents, specially the girls, on life skills
- Direct training provided to 5620 adolescents
- Good touch, bad touch, health & hygiene training conducted with 1900 primary grade children
- Many new linkages were developed, the Foundation was the key resource agency for youth leadership and community development in Nehru Yuvak Kendra

Partners in change

- Trained the staff and workers of Global Dent Aid on gender and sexual harassment at workplaces
- The Foundation is the external member in the Internal Complaints Committee (sexual harassment at workplaces)

Project Details

Khwabgah

Khwabgah Taimur Nagar (April – October 2016)

In partnership with South Delhi Municipal Corporation (SDMC), Modicare Foundation started working in the SDMC school near Taimur Nagar from April 2016. While the Foundation began conducting regular classes during school hours and providing remedial support to those who



CLASSES	NUMBERS
BRIDGE COURSE	13
ENROLLED	26
MAINSTREAMED	10
DROP OUT	09
PRIMARY (1 ST – 5 TH)	174

needed it, the enrolment of children remained a challenge and so was the frequent drop out which the school had to grapple with constantly. The Foundation organised bridge course for the out of school children to facilitate easy transition into school system.

Other Activities

Modicare Foundation strongly believes and celebrates diversity as a way of affirming and respecting different cultures. Thus the Foundation encouraged different day celebrations like Raksha bandhan, Id-ul-Fitar, Id-ul-Zuha, Independence Day, Buddha Pournima, etc. These days were marked by making children aware of our rich heritage and the particular significance of such celebration. We also conducted “*Good Touch, Bad Touch*” with children along with sessions on bullying, health and hygiene.



Khwabgah Khijrabad

Preschool: these were the children in the age group of 4 to 6 years. Our aim was to start early to help the children with their emotional and social growth



Non Formal Education: children in the age group of 6-14 years not going to school were encouraged to attend our NFE classes. Our objective was to generate their interest in education, prepare them for mainstreaming in regular schools. 61 children had been mainstreamed in schools

Category	Target planned	No. of children enrolled
Pre School	70	72
NFE (Out of school)	40	40
Total	110	112

Supplementary Nutrition for children:

The diets and nutritional status of these children were far from satisfactory, so daily nutrition was being provided to the children. Nutrition items like Egg, Milk, Banana, Biscuit, and mixture of nuts, chana, were regularly provided to children.

	April	May	June
No. of children provided with supplementary nutrition	168 (includes 61 children in NFE who were subsequently mainstreamed)	110	Summer vacation
No. of days	23	22 days for NFE and 7 days for pre school	

Khwabgah Resource Centre (KRC)

KRC was a place which offered a platform and range of support and opportunities for children, youth and their families to become active and engaged citizens. For children, our effort was to make learning inquisitive, curious and enjoyable. It was imperative to make the connection between learning and real world exciting hence community events were a regular feature in Khijrabad and Taimur Nagar.



Remedial Classes: Enrolment

<i>Category (Remedial)</i>	<i>No. of children enrolled</i>
2 nd	29
3 rd	27
4 th	32
5 th	35
6 th	23
7 th	31
Total	177

Burlington English (BE)

The online spoken English language classes ran its course for 15 months. Unfortunately, BE lost its steam mid way as students found it difficult to cope with the pressure of school and BE. At the end, 13 students could successfully complete their course. The programme officially closed on 30th June 2016.

Supplementary nutrition for children

School going children were still growing and growth requirements combined with their socio-economic profile played a role in determining the nutritional requirements. Supplementary nutrition for children has always been an important pillar of child development for Modicare Foundation



Youth Group

A new youth group was elected in May 2016 with some old and new members. The Foundation's mission was to develop and engage diverse young people to positively impact the community. our objective was to provide a space for youth to come together, multi cultural bridge building, promote gender equity and leadership development.

Out of the total strength of 35, around 25 members were active. The group had been further divided into sub groups, viz., sports groups, education groups, etc. The group had weekly meetings. They played an active role in the summer camps held at Khwabgah centres and MCD school. An energetic sports group was being nurtured and they were playing tournaments with other youth clubs.



Other Activities

Environment day celebration

Children, teachers, youth group and the Foundation staff took a walk in the Ashoka park to appreciate environment day. The caretaker of the park talked about the trees, different species, their names, etc. this was perhaps the best way to understand the significance of environment and the need to protect and conserve it



Painting Exhibition

An exhibition was organised in the community to showcase the talent of our art and craft children. The intent was also to motivate the others to expand their canvas of creativity besides getting the parents and larger community together to appreciate the

Safety and security

A self defence class was organised by Delhi police in which 45 children had participated



Life Skills training

35 children were trained in life skills by the Foundation team.



Khwabgah Jasola

At the behest of the South Delhi Municipal Corporation (SDMC), Modicare Foundation is taking on a bigger challenge by providing educational and co-curricular support to the Government school in Jasola (Pratibha Vidyalaya). It is a primary school with an enrolment of over 2300 children from a catchment area of more than 1 lakh population. In view of this development, we have shifted our K1 (Primary) and K2 (Pre-school) programme to Jasola school. KRC remedial will be set up after we identify children who need additional support. Thus with the existing resources we are now able to reach out to a larger community of children and women.

Modicare Foundation has started the partnership with SDMC primary school in Jasola from October 2016. The Foundation's Academic Counsellors are supporting Government teachers in nursery, class I and II. The objective is to keep adding classes every year. The total coverage of children is around 2000. In addition to using innovative methods of teaching and learning, the Foundation has also invested in improving the school infrastructure. Our aim is to support the government schools in providing quality education to every child. Working in partnership with school, local administration and community helps us create a conducive environment for children.



Streamlining academics:

Right at the beginning, the Foundation conducted a base line of children studying in class I and II to compare the learning improvement overtime. It was observed that more than 50% of children were weak in academics, 30% were average and 20% were good in both comprehension and reading. Subsequently, the sections were divided based on the learning abilities of children. In this

way, while the weak students were getting further reinforcement, the average and good students were able to move on with their studies. There has been a marked improvement in attendance since the Foundation's intervention.

Increase in attendance post Modicare Foundation's Intervention:

Girls- SDMC Primary School, Jasola

CLASS	SECTION	TOTAL CHILDREN ENROLED	ATTENDANCE (APPROX)	
			Pre-October	Post October
Nursery		83	40-45	60-65
1 st	B	49	30	38-39
1 st	C	49	28-30	36
1 st	D	48	20-25	30-35
2 nd	B	54	35-36	45-46
2 nd	C	52	40	44
2 nd	D	46	30	35
	Total	381		

Extracurricular activities

In our experience, extra curricular activities play a pivotal role by channelizing energy of children positively. Activities like art, craft, music & sports help children with their artistic expressions. The



children were found to be more energetic, cheerful, focused and disciplined.

New furniture for students

Modicare Foundation believes that good furniture has a positive impact on children's health and their classroom development. We observed that having appropriate seating arrangements have

helped children's performance including increasing their self esteem and participation and sporting activities. As a minimum, good furniture has also safeguarded the physical well being of students

through appropriate ergonomics and the ability to adjust to individual student's needs. It has also been useful for the teachers as it created a positive impact on classroom management as well as environment which increased productive learning time.

School Sanitation and Hygiene Education

Children have a right to basic facilities in schools, such as clean toilets, safe drinking water, clean and hygienic surrounding. If these conditions are created, children come to school and enjoy learning. However, when the Foundation started working in the school, we found that the situation on the ground was far from satisfactory.

Jasola school had a serious water issue; there was scarce water supply in the school. As a result the toilets were dirty and children had no option but to use those unclean facilities. This issue was our top priority and the Foundation relentlessly pursued the matter with the concerned officials and managed to fix the problem. We believed that provision of basic clean sanitation facilities is a first step towards a healthy learning environment. Alongside, we also introduced other personal hygienic practices including handwash, oral hygiene and general cleanliness.

Cleanliness of the area where mid day meal was received and distributed was very important for children's health and well being. The infrastructure facilities in school for receiving mid day meal and distribution system lacked basic hygiene standard. The food was kept in an unclean place; there were no shelves or platforms to keep the utensils. It was also observed that children did not wash their hands before having meals; had their meals in the most disorganised way as there was no designated area for having meals and most often the left-over food used to be thrown in the corridors. First and foremost, the Foundation ensured that the waste bins were placed all over the school; the receiving place was kept clean and also worked on the distribution system so that there was no spillage/wastage of food. Due to our intervention, meals were being served in the classrooms. The Foundation provided table mats for the desks in the classrooms where children could have their meals with dignity.

Capacity building of Academic Counsellors

Regular capacity building activities of Foundation's Academic Counsellors were being carried out in order to help them incorporate new innovative teaching methodologies and also strengthen cohesion within the team for effective deliverables. A comprehensive training programme was organised in January 2017. The following aspects were covered in the training:

- Class room management: basic classroom management skills were polished.
 - It is important to research the content and try innovative approaches for effective learning of the students
 - Enter the class well prepared with clear learning outcomes
 - Engage the students while delivering lesson to make learning more effective.
 - Display students' work in the classroom to make them feel special
 - Discipline does not involve punishment, positive reinforcement to be encouraged. A big NO for negative reinforcement (threatening/insulting)
 - The academic counselor must give attention to every group for atleast 2-3 minutes and address their queries

- Differential learning: activities should be planned keeping in mind the levels of students; plan different activities for different levels
 - Provide work to the students as per their interest
 - Jodogyaan: using teaching aids for subjects like Math is really important for material to understand the concept better
 - Make learning interesting by adding more participatory exercises
 - Learning by doing
 - Mock lesson plan (worksheet, art & craft) –micro teaching session followed by a group discussion which helped in better planning



Community Intervention

The Foundation strongly believes that a good school has to develop a strong linkage with the community. As a part of the community engagement plan, the Modicare team makes regular field visits to connect with parents. Contrary to popular perception, we believe that the parents are not indifferent – it is a myth that people do not want education for their children. It has been observed that main cause for low attendance is the poor opinion the parents have about government school system. Slow progress of the child is also one of the causes of parental lack of interest, conversely the teachers blame parents for low achievement This is precisely the notion that our team is trying to dispel and reinforce the value of good education by providing appropriate teaching learning aids and conducting extra-curricular activities, besides infrastructure upgradation.

Health Camp

Free heart and dental check up camps were organized in the community in association with Escorts Fortis hospital and Hasnaa dental. The two health camps were organized also with the help of local councillor. The team of specialists included cardiologists, orthopaedic and dentist, who covered around 300 patients. Modicare Foundation made sure that those who had visited the camps received their proper check up done.

We also provided services of RBC, BP and ECG during the camp.



Ambassadors of Change (AOC)

AOC, a flagship programme started in 2000, is based on life skills education for in and out of school adolescents. The objective is to enable adolescents to recognize and accept their physical, mental and emotional changes associated with this phase of life. The programme is supported by a well designed training module and highly skilled trainers to help teachers, care givers & NGO staff in integrating life skills in their day to day activities.

Objectives

- To enable adolescents to understand and accept their physical, emotional & mental changes associated with this phase of life.
- To equip adolescents with the skills that enables them to make informed choices for responsible behavior.
- To build capacities of NGO staff to help them integrate life skills in their day to day activities with adolescents and young adults.



The programme is supported by a well designed training module and highly skilled trainers to help teachers, caregivers and NGO staff to integrate life skill techniques in their day to day activities with children and adolescents. The Foundation addresses day to day challenges faced by adolescents like bullying/peer pressure, body image and changes,

responsible behavior with peers, gender discrimination, child/substance abuse, HIV/AIDS

Total Coverage

LIFE SKILLS TRAINING	TOTAL
No. of NGOs/Schools covered	59
Number of Youth Facilitators trained	5620
Girls	3351
Boys	2269
Number of new linkages	55
No. of TOT conducted	01
No. of Participants covered in TOT	22

Child protection and safety (Good touch, Bad touch)

No. of sessions conducted	56
No. of NGO/Schools covered	11
Number of female children	968
No. of Children Covered	1900

KEY HIGHLIGHTS

- 5620 adolescents were trained in 43 NGO/School partners including Nehru Yuva Kendra (NYK) groups across Delhi.
- 1900 Children were covered under Good touch and Bad touch sessions.

- Many new linkages were developed which included organizations like Joining Hands, Nai Disha educational and cultural society and Shine Foundation.
- Modicare Foundation was the key resource agency for youth leadership and community development, Nehru Yuva Kendra, South Delhi.
- Posters and wrist-bands on bullying were greatly appreciated by children, adolescents and partner organizations.
- Previous partners like United Way, are seeking long time engagement with Modicare Foundation, based on the positive feedback received from the children and adolescents.

Impact Assessment

- 95% participants shared that they are able to say “no” to negative pressure and bullying
- 83% feel confident in managing relationship with their family and friends as well
- 83% feel that abstinence was the best way to keep the body healthy and free from STIs
- 92% were able to recall and identify all forms of sexual abuse
- 91% have a clear understanding on menstrual hygiene



Case Studies

CASE STUDY 1:

Geeta (name changed), a 13 year old adolescent from Bhijwasan, New Delhi.

My best friend studies in the same class as me and we share everything that happens in our lives. One day she told me that a boy from other class is trying to talk to her and get close to her which is making her feel uncomfortable. She was seeking my help in the matter. I told her about the Life Skill 'Decision making' and how she could put an end to her discomfort by either asking the boy to stop harassing her or put a complaint to the school authority.

CASE STUDY 2:

Rahul (name changed), a 14 year old adolescent from Sangam Vihar, New Delhi.

In our class, there are both Hindu and Muslims students. However, Hindu students discriminate on the basis of religion which makes the students from Muslim religion feel uncomfortable and left out. I feel awful as they are just like us and religion teaches us to treat everyone equal, then why would we use it and in such a manner? As I was taught the Life Skill 'Empathy', I understood that the skill is difficult to practice but in this situation I empathized with the students as I would be disheartened if somebody behaved in such a way with me only because I was from a different religion. I began sitting at the same desk as them and we began sharing lunch. Gradually, the class understood that this divide is baseless and we should be friends with each other. Now nobody faces such discrimination and we all play together and share lunch. It feels great.

Participants' voices

(i) मुझे पहले बहुत गुस्सा आता था
 (ii) पर मुझे सामाजिक और की उल्टी चिन्ता शुरू करने
 (iii) से गुस्सा कम हो जाता है।

This is so good, because I alot know about myself and my periods thing, and I enjoy a alot because I never know about this much, so thank you so much for the info. and life skills mayhe nhi pata tha and today I know about life skills so thank you.
 and am verry interested to know more so please in a month give us more information.
 Thank you.

मुझे इस सेशन में काफी कुछ सीखने को मिला जैसे अपने दोस्तों के साथ अच्छा व्यवहार करना उनको धैर्य देना और वो जिस रास्ते पर चल रहे हैं वो सही हैं या गलत। और किसी भी मुसीबत में न घबराना दूसरों की राय भी लेना और हमेशा पॉसिटिव सोचना। और अपने शरीरों के काफी अंगों के बारे में सीखा। और अगर हमारा साथी मुश्किल में पड़ा हुआ है उस के साथ खड़े रहना, अगर हम किसी पर अत्याचार होता देख रहे हैं तो हम भी उतने ही गुनहेगार हैं जो गुनहा कर रहा है। हमें अपनी भावनाओं को दूसरों के साथ बाँटनी चाहिए। और दवाइयों का सही उपयोग भी जाना।

(Feed back form Modicare Foundation)

Everything was interesting. I learn too many things. Today's session was awesome and also interesting. Thanks for teaching us different things. Muskan

मैं अपनी अपने जीवन को कैसे सफल बना सकती हूँ मैंने जीवन कुरालतों से सीखा। जी मैं गुस्सा नहीं करती। मैंने इन कुरालतों से जीवन की हर समस्याओं का समाधान करना सीखा।

Life Skill
 इस प्रोजेक्ट से जुड़ कर मुझे अपने जीवन को सभ्य पहरणों के अंतर्गत उताने वाले कामकाज को सही और सही ढंग से करना मिली और सिखा की जीवन को सही ढंग से चलाने का समाधान है।

I won't just change my approach of dealing with people & life but more of self. I am happy with new changes in me & happy life ahead.

WHAT PARTICIPANTS HAVE TO SAY

Biggest success of the AOC team over the years has been, to make adolescents think as well as move out of their closed confines of myth and ignorance. This year AOC team with their continuous and rigorous efforts were able to reach out to more than 60 thousand adolescents indirectly. Each adolescent we trained was able to reach out to 11 of his/her peers, which has made our indirect outreach quite higher than the cumulative figures we had aspired for. Bullying and gender sessions were huge hits among the students. Impact of our programme speaks for our achievements in year 2016-17.



Partners in change

Workplace intervention to help companies and agencies in the public and private sectors develop a comprehensive programme in HIV/AIDS within their business and working agenda. This includes activities such as awareness generation through peer education, testing, counselling and training of the Management to integrate it in their human resource development.

The Foundation had conducted HIV/AIDS sensitization programme for Global Dent Aids, a private sector company in Noida. It was a two day programme, covering 270 participants. The training covered range of issues including route of transmission, prevention from HIV/AIDS, counselling and testing services, STI management and care and support.



FOUNDATION

OUR PARTNERS INCLUDE:

