



ANNUAL REPORT
2020-21





LENDING A HELPING HAND

Background

Modicare Foundation (MCF) was set up in 1996. The 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 building. A multi-disciplinary, highly skilled and trained team ensures effective implementation of our vision. We work in partnership with government, NGOs and industry.

Vision

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

Mission

Empowerment of the vulnerable population especially women, adolescents/youth, and children to be the change agents for themselves and their community. Foundation provides support to develop their skills and knowledge while facilitating access to opportunities for education, livelihood and health services.

Our Journey

Modicare Foundation will complete 25 years this year. It is a milestone year for the Foundation which has continuously followed

Mahatma Gandhi's adage that, *"The best way to find yourself is to lose yourself in the service of others."*

The Foundation started as an initiative to spread awareness on HIV/AIDS and work on surrounding issues. Today, apart from continuing to work on HIV/AIDS, the Foundation has expanded its horizon to cover education, health, empowerment etc.

The past year has seen the world facing several challenges due to the global pandemic and the subsequent lockdown which led us to rise to the challenges to the best of our abilities, innovate and adopt new technologies to continue our work. We present the work done in the year 2020-2021.

Modicare Foundation would like to express gratitude to its Donors, Supporters and Partners



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INTRODUCTION



Modicare Foundation is currently running three programs:

1) Ambassadors of Change (AOC)

- life skills training is provided to adolescents and primary children.

2) Khwabgah - Modicare Foundation has adopted Municipal Corporation of Delhi (MCD) schools to provide a safe and appropriate environment for the overall development of children.

3) Partners in Change - training and awareness building is provided to organizations on critical social issues.

The Annual Plan for 2020-21 which included providing life skills training to around 6000 adolescents and 5500 primary children as well as adopting more MCD schools for the overall development of the students, starting a new health initiative etc. was upended by the global coronavirus pandemic. The lockdowns made it impossible for the Foundation to carry out its regular work through regular mediums.

Physical life skills training under Ambassadors of Change were out of the question as schools were shut down in

March 2020 and primary schools are yet to reopen. The underprivileged adolescents and primary children who are the primary beneficiaries of the life skills training had limited access to both smart devices and internet facilities which made online trainings a challenge. The team innovated and developed PowerPoint Presentations in Hindi, which encapsulated the key messages of the training to reach the adolescents and primary children. Linkages were established with NGOs working with adolescents and primary children, who in turn set up projectors, following the social distancing guidelines, so that online life skills training could be provided to the target groups.

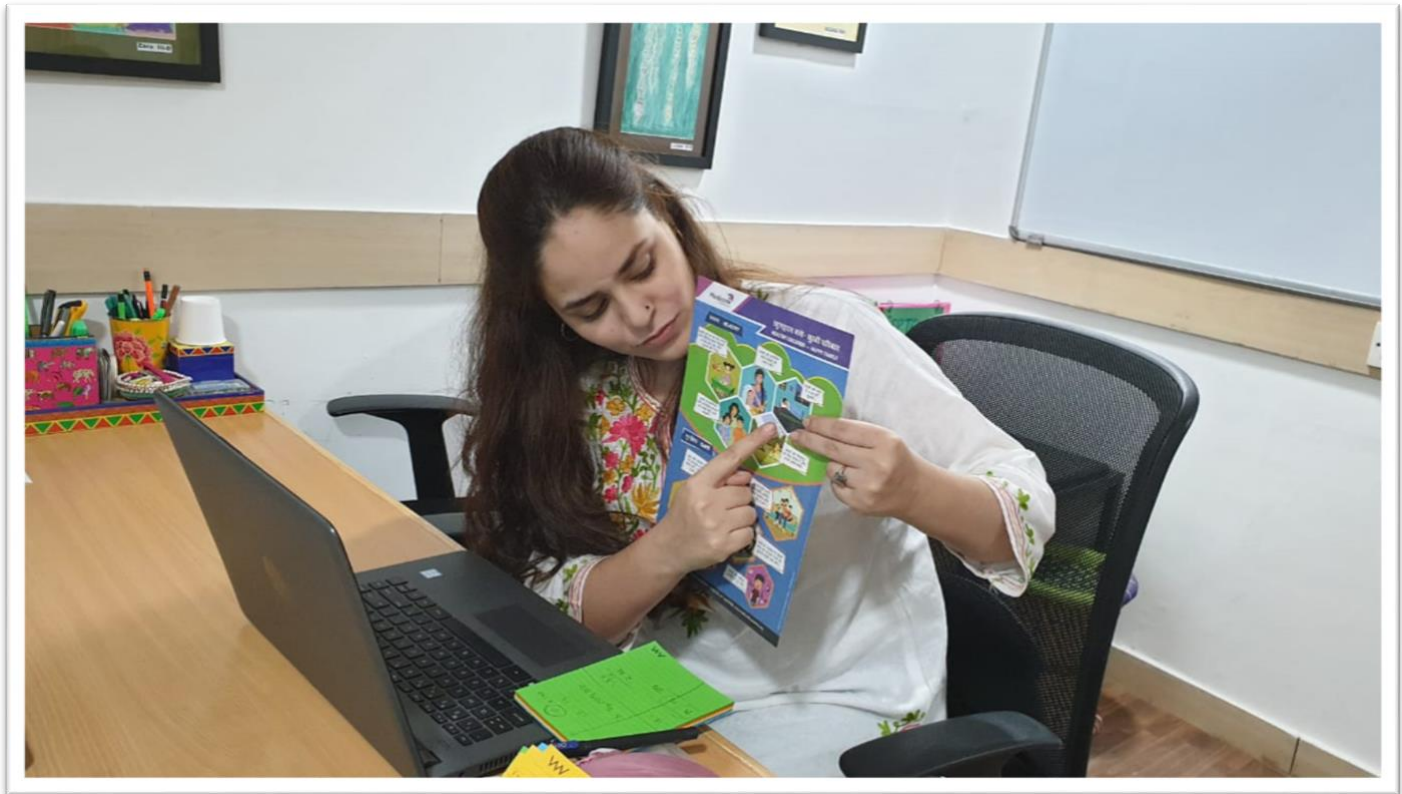
Since classroom teaching was not an option anymore, the Khwabgah teachers made phone calls to all the students, enrolled in the schools adopted by the Foundation, and formed WhatsApp groups. The lack of dedicated smart devices and uninterrupted internet services among the students made online classes unfeasible. The teachers overcame this challenge by making educational videos and worksheets aligned to the videos and sending them to the students so

that their learning process could continue.

Similarly for Partners in Change, a PowerPoint Presentation was developed which contained all the key provisions of The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, the reasons behind workplace harassment, and the redressal mechanisms available to lodge a complaint; and online trainings were conducted.

The Foundation has always come forward in the time of natural calamities and disaster. It holds the belief that in the time of crisis it must stand steadfast behind the affected people and to this end, the Foundation along with Modicare, Colorbar and 24Seven distributed 35,000 bags of dry ration across the country to provide relief to migrants and daily wage workers.

The ability of the Foundation to adapt to the new normal helped the Foundation in achieving its objectives of helping the most vulnerable and disadvantaged communities in spite of the restrictions in place because of the global pandemic.



AMBASSADORS OF CHANGE (AOC)

AIMS

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

1. CHALLENGES FACED BY AOC

a) Planning and Implementation

- The changing government norms about the lockdown and the subsequent re-openings made planning difficult
- The plans had to be changed daily to reflect the new realities

- Difficulty in implementation of plans
- Lack of mobility as travel was not allowed
- Limited interaction within the team
- Technological limitations within the team and among the adolescents AOC works with

b) Training

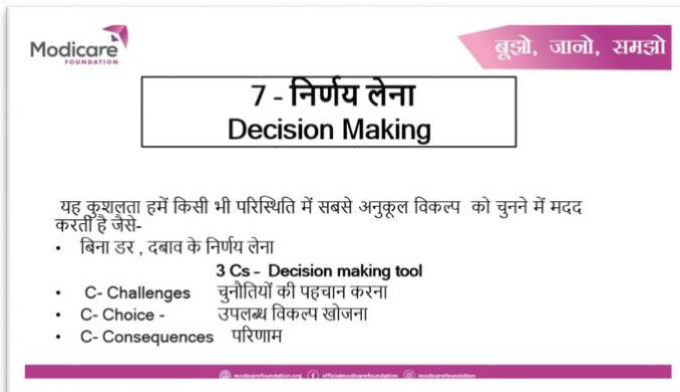
- Institutions were closed and physical training was not possible
- Gatherings were not allowed
- Difficulty in connecting with children as they had limited access to technology in terms of both smart devices and internet connectivity

2. ACTIVITIES UNDERTAKEN

i. Content Development and Information Education Communication (IEC) Material Development

- Hindi module of Life Skills Program for adolescents was revised
- A session on puberty was added in the life skills training for children studying in grades 4 and 5
- Teachers' flyers were developed to help them better understand the transition faced by adolescents
- Worksheets were prepared on topics covered in the Life Skills training to gauge the learning of the adolescents and to reiterate the key messages of the training
- Content related to the Foundation, its programs and the key messages from the life skills training were for parents was developed for standees to be displayed during Parent-Teacher Meetings (PTMs)
- Data consolidation of previous projects
- Development of scripts and recording of videos for topics covered under Life Skills training so that it could reach a wider audience through the Foundation's YouTube channel

- ❑ PowerPoint Presentations which encapsulated the key messages of the Life Skills training were created in Hindi for online training of adolescents



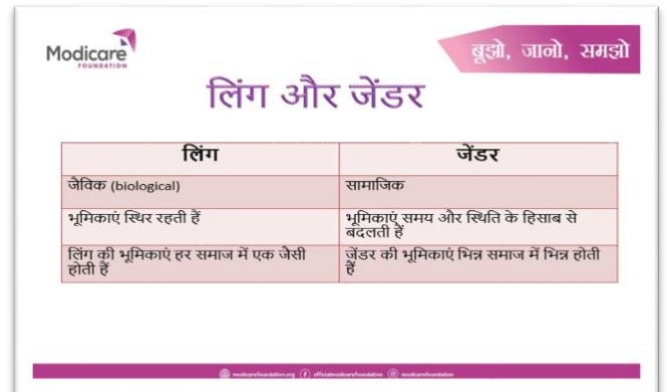
7 - निर्णय लेना
Decision Making

यह कुशलता हमें किसी भी परिस्थिति में सबसे अनुकूल विकल्प को चुनने में मदद करती है जैसे-

- बिना डर, दबाव के निर्णय लेना

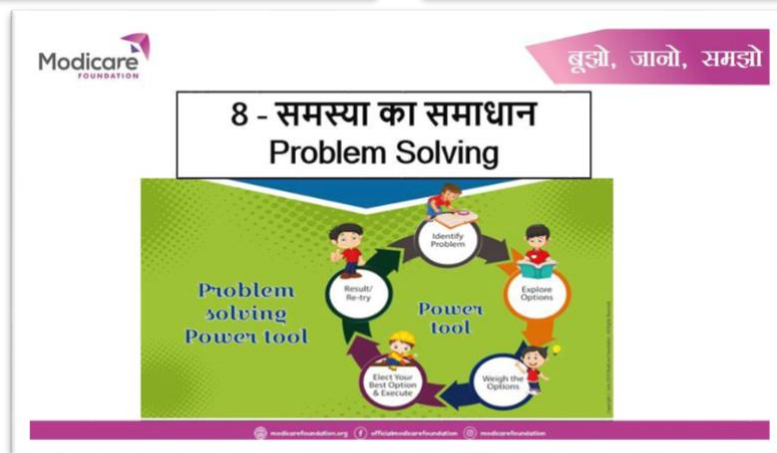
3 Cs - Decision making tool

- C- Challenges चुनौतियों की पहचान करना
- C- Choice - उपलब्ध विकल्प खोजना
- C- Consequences परिणाम



लिंग और जेंडर

लिंग	जेंडर
जैविक (biological)	सामाजिक
भूमिकाएं स्थिर रहती हैं	भूमिकाएं समय और स्थिति के हिसाब से बदलती हैं
लिंग की भूमिकाएं हर समाज में एक जैसी होती हैं	जेंडर की भूमिकाएं भिन्न समाज में भिन्न होती हैं



8 - समस्या का समाधान
Problem Solving

Problem solving Power tool

The diagram illustrates a circular process for problem solving:

- Identify Problem
- Explore Options
- Weigh the Options
- Select Your Best Option & Execute
- Result/ Re-try

- ❑ Translation of the Hindi PowerPoint Presentations of the life skills training into English
- ❑ Recording of a series of videos for adolescents and primary children. The videos for primary children used puppets to engage the young audience and covers topics like bullying; health, hygiene and nutrition; and safe and unsafe touch



ii. Training

- Sessions on hygiene and Covid-19 prevention were conducted with 7 SDMC schools. Around 250 people from the neighbouring communities attended these sessions
- Connections with adolescents was established through WhatsApp groups and phone calls
- Information and support was provided to adolescents through a letter
- The trainers conducted mock sessions physically and online for feedback and to hone their online training skills
- Online trainings were conducted with adolescents associated with NGOs

iii. Reporting and Documentation

- Consolidated Impact Analysis of the Life Skills Training Program was updated
- Development of new format for work updates and submission of daily and weekly reports

iv. Developing a Movie on AOC

- Coordination with the Principals, Coordinators and students of organisations and schools for interviews, training set-ups
- Visits to different organisations to facilitate the shoot of AOC video to commemorate 25 years of Modicare Foundation

v. Capacity Building

- AOC team members learnt technical skills - how to use various online platforms and their tools
- Development of video shooting and editing skills to reach a wider audience by uploading videos on Life Skills Training on social media platforms
- The PowerPoint Presentations as well as the video shoots helped develop strong key message, time management, body language, voice modulation and scripting skills among the team

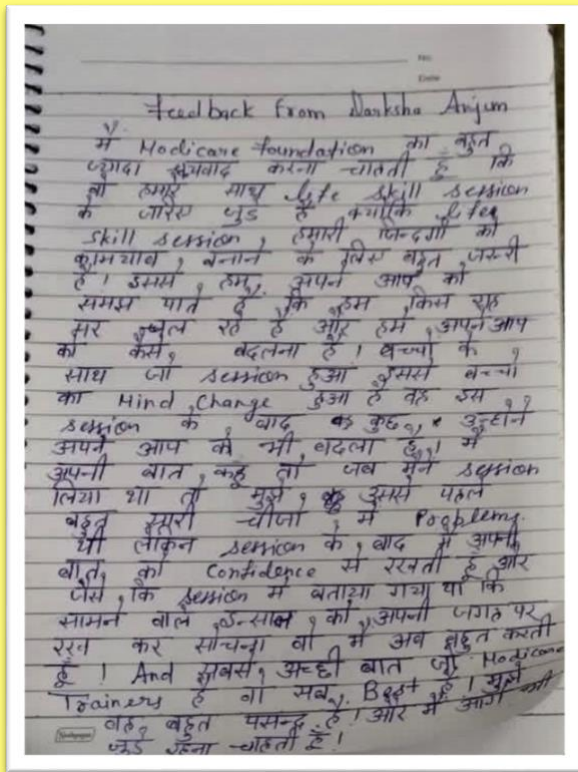
3. ACHIEVEMENTS

Despite a year of great uncertainty and hurdles like limited technological capacities, limited mobility and travel the Ambassadors of Change team overcame the challenges caused by the covid pandemic and achieved the following:

- ⇒ **Established connections with 850 adolescents** through phone calls and WhatsApp groups to address their queries and motivate them during the pandemic
- ⇒ **Establishment of linkages with 29 NGOs**
- ⇒ Online Life Skills training was conducted for **692 adolescents (285 girls, 407 boys)**
- ⇒ Conducted **13 online trainings** successfully
- ⇒ **Development of 33 videos** for online dissemination. The life skills training includes an introduction, life skills, growing up, peer pressure and bullying, responsible behaviour, substance abuse, HIV/AIDS and child sexual abuse.
- ⇒ **Development of 4 puppet videos** for primary children. The topics covered are bullying, health hygiene, nutrition and safe and unsafe touch were developed
- ⇒ Developed the AOC Program Analysis which traces the evolution of the program since its inception in 2000 and its impact
- ⇒ Developed the Hindi module of Life Skills training
- ⇒ Developed the Primary Module in English
- ⇒ Preparation of IEC on the following:
 - Puberty which was added as a new session for adolescents
 - Child Rights
 - PowerPoint Presentations on Life Skills in Hindi and English for online trainings
 - Frequently Asked Questions (FAQs) on life skills
 - Teachers flyers to help them better understand the challenges faced by the adolescents
 - Post training worksheets for adolescents

4. FEEDBACK AND CASE STUDY

Darksha Anjum



I want to thank Modicare Foundation who have gotten associated with us for life skills training. Life skills are essential in making our lives successful. It helps us in understanding ourselves, the paths we have taken in our lives and the changes we need to make. The session with the children changed their minds and they are trying to change themselves. If I talk about myself then, before I took the session, I had a lot of problems. But after I took the sessions, I place my views with confidence and also try and place myself in the other person's shoes to be able to empathise with them. The Modicare trainers were the best and I really liked them and would like to continue the association in the future.

Case Study - Rahul

Rahul is 25 years old. We met him through our 5-day life skills training in Badarpur area. He helped us connect with 40 other kids. He has helped and organised many events in that area, like he has opened a tuition centre in which he provides free education, sports, and awareness sessions through cultural events. Rahul is a well-known person now in his area. He has also registered an organisation and works for people in his area. He works on issues related to gender, substance abuse, health and hygiene, women's safety, sports, and trains people for that. And he does all this work part time. He also supplies sanitary pads to other NGOs. Rahul shared that life skills training encouraged him to think differently and helped in changing his behaviour due to which he is very successful today. He thanks Modicare Foundation a lot. He said if he hadn't taken the training, his approach towards life would have been very different and less productive. He also helped the Foundation to distribute IEC related to hand wash in Jaitpur and Mithapur in Delhi.



KHWABGAH

Our Belief

Modicare Foundation believes that every child should receive a high-quality education.

Our Objective

- ❖ We work with MCD schools in promoting quality education as well as develop and upgrade the school infrastructure to create friendly and safe spaces for children to provide conducive environment for learning
- ❖ To improve the learning level of children in SDMC Pratibha Vidyalaya Jasola I and II
- ❖ To increase connection and participation of the students
- ❖ To enhance children's mental, physical, creative, and social skills
- ❖ Increased involvement of the parents in the development of the children
- ❖ To increase the outreach of our learning resources to a larger group of children
- ❖ Upgradation of infrastructure and resources

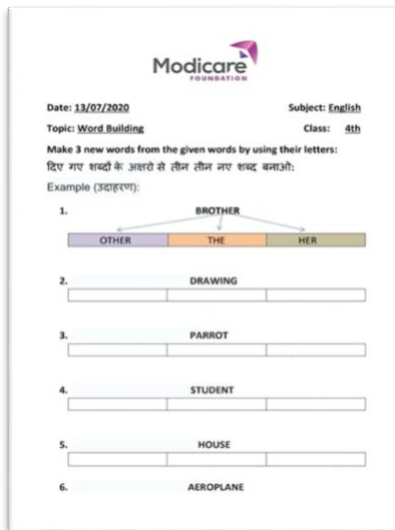
1. CHALLENGES FACED BY KHWABGAH

- The complete lockdown because of the global pandemic interrupted classroom teaching
- The school was converted into a quarantine center by the government, and it severely limited the space available to the teachers as well as increased the risk of exposure to Covid-19
- Mobility issue due to unavailability of public transport
- Contacting the students as several of them had migrated to their villages and had changed their mobile numbers
- Livelihood became a priority for the parents during lockdown
- Limited computer skills amongst the teachers pertaining to making worksheets and editing videos. Also, network connectivity issues made working from home difficult
- Lack of equipment to shoot educational videos from home during the lockdown
- Untimely calls/messages/audio messages of the students to sort out their queries
- Maintaining team bonding and energy levels during the lockdown
- Counselling of parents regarding issues related to Covid-19
- Convincing parents to make their children's education their priority

2. ACTIVITIES UNDERTAKEN

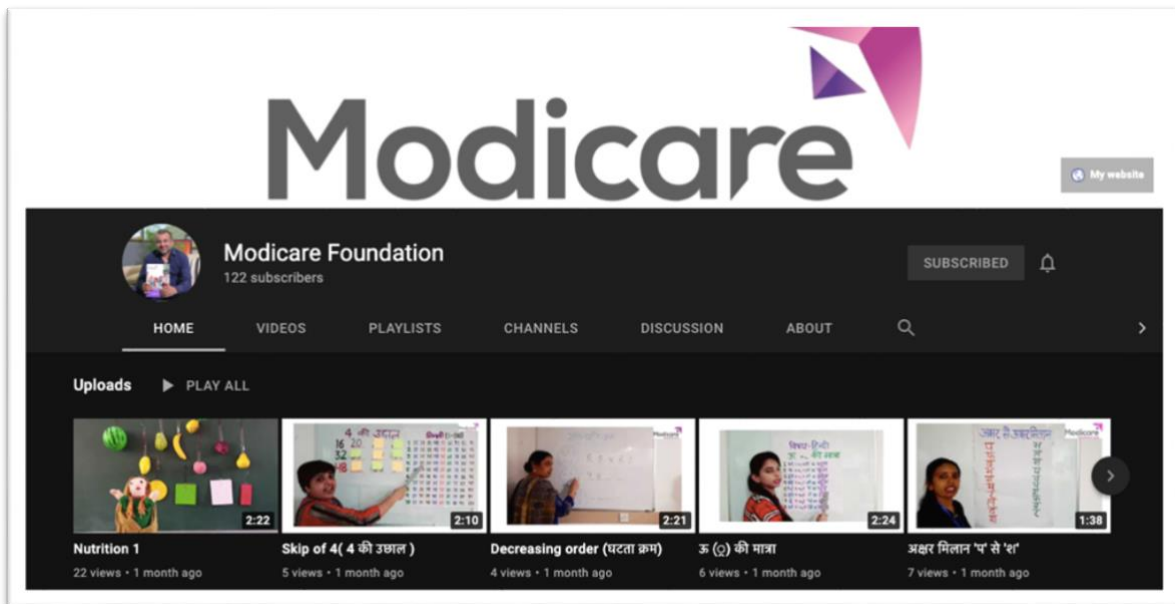
- ⇒ Contacting the students and formation of class-wise and section-wise WhatsApp groups to continue the learning process
- ⇒ Khwabgah teachers connected with 1215 students with smart and non-smart phones and the schools WhatsApp groups have 942 students
- ⇒ Facilitation of financial support for some of the Khwabgah families in need and also distribution of ration to the families
- ⇒ Development of G.K question booklets, and basic science practical manuals for the students
- ⇒ Development of MCQ booklets for the primary students based on three main subjects – Hindi, Math and English

- ⇒ Development of educational videos and disseminating it to the students through the WhatsApp groups
- ⇒ Development and dissemination of worksheets and workbooks aligned with the educational videos. Initially the teachers used to create hand-drawn worksheets for English, Hindi and Maths but soon progressed to making computerised worksheets for the students



- ⇒ Providing counselling and emotional support - Teachers remained in touch with the students and their families to enquire about their well-being, solve their queries regarding the work sent on the WhatsApp groups
- ⇒ Promotion of students to the next academic year and creation of new WhatsApp groups to include the newly registered students
- ⇒ Inclusion of basic Social Studies and Science in self-practice workbooks for class 4 and 5 to impart knowledge about the community and the environment
- ⇒ An online assessment of the students was conducted in December to gauge their learning levels and for this 80 worksheets were prepared for Hindi, English Maths and Art
- ⇒ Annual report cards of the students for the session 2019-2020 were prepared and distributed in January when Covid cases started declining and there was a relaxation in government protocols related to the pandemic
- ⇒ Regular communication with the school principal, In charge and school SI to get updates
- ⇒ Creation of a MIS for Khwabgah in consultation with the team

- ⇒ Prepared learning resources to improve Hindi reading skills of the students
- ⇒ Launch of Modicare Foundation's YouTube Channel to disseminate learning videos



- ⇒ Regular school team meetings to share good practices and challenges.
- ⇒ Meetings with the Director, Education of SDMC to keep her abreast of the activities undertaken in SDMC Pratibha Vidyalaya I and II in Jasola
- ⇒ Levelling of the school ground and covering it with grass to add an aesthetically pleasing playground for the students



Before and after pictures of the Khwabgah school playground

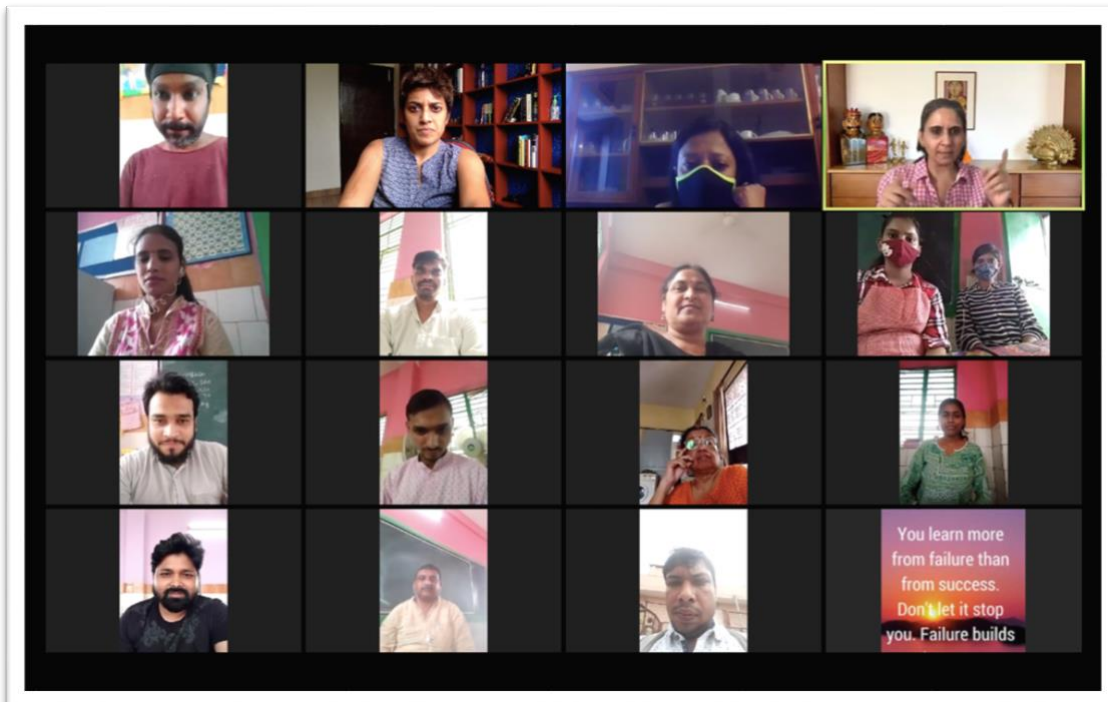
⇒ **Diya Making Workshop for Fundraising** - Khwabgah and AOC teams joined hands in a Diya making workshop to raise funds for Khwabgah. 13,000 hand-painted diyas were made by the teams. This was done in collaboration with Twenty-Four Seven



3. CAPACITY BUILDING

- ❑ All the staff was trained in the safety measures needed to keep Covid-19 at bay and to spread awareness among the students and their parents
- ❑ Training sessions on computer literacy
- ❑ Workshop on recording and editing of learning videos
- ❑ Enrolment in short term online courses to polish online teaching skills
- ❑ Participation in webinars to improve the skills of language learning and integration of subjects to make the topics interactive. Several of these courses were certified
- ❑ Session on new National Education Policy 2020
- ❑ Regular meetings through Zoom and Google Meet to share planning and feedback on the worksheets and the learning videos
- ❑ Diya making workshop to impart spirit of teamwork and to learn new skills like material procurement, painting, designing, decorating, filling of wax and packaging

- ❑ Training sessions were provided to the teachers through Zoom on the use of ICT in teaching to continue the learning of the students

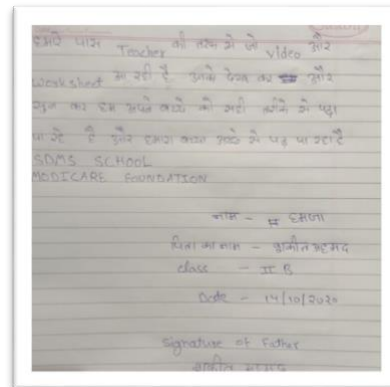
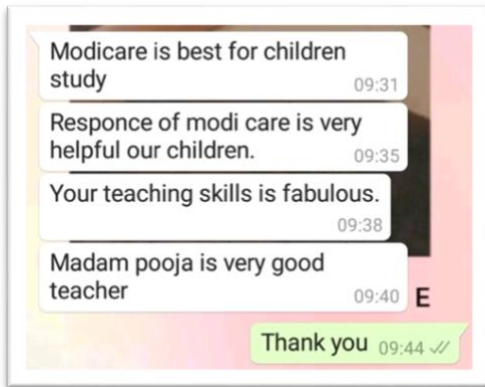


- ❑ Attending webinars (external) organized by different organizations regarding online teaching, hand-wash techniques, preventive measures during Covid-19
- ❑ Training on Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013

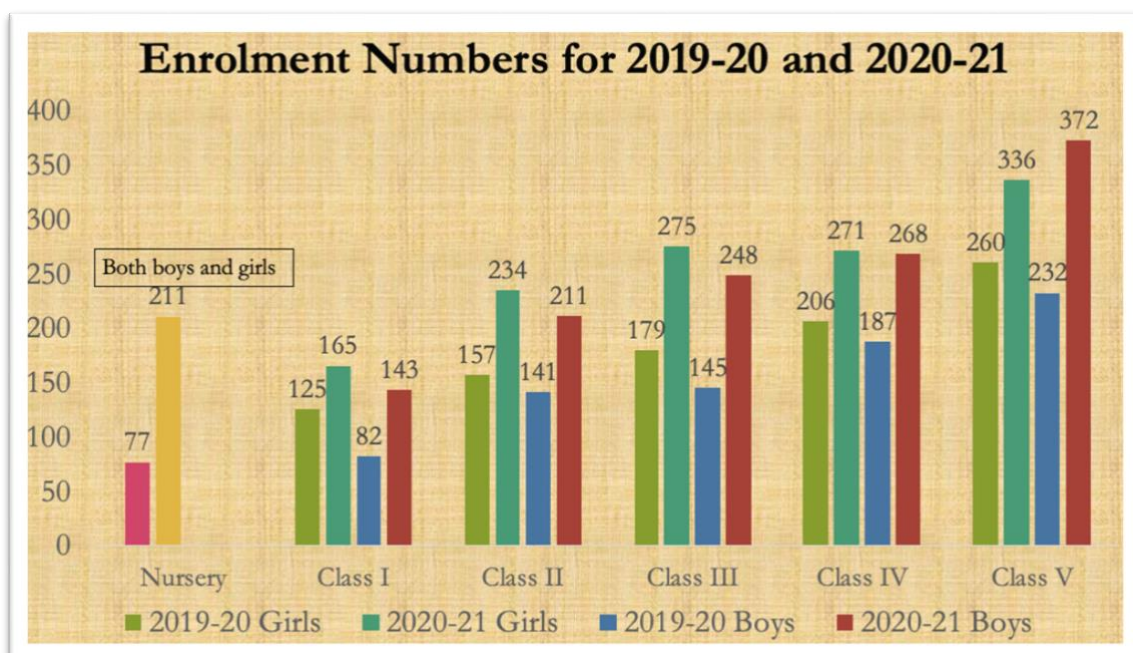
4. ACHIEVEMENTS

- Only MCD school to be provide online teaching
- Learning New Skills - Creating attractive educational worksheets, developing educational videos, video editing, language learning, integration, enhanced technical skills and diya decoration
- **Creation and dissemination of 3065 worksheets and 1600 workbooks** to the students
- **Development and disseminated of 1052 videos** through WhatsApp groups and Modicare Foundation's YouTube channel

- Received over **6000 positive feedback** from the parents and the students



- **Khwabgah teachers completed 60 online courses, webinars and training sessions** on different issues to polish online teaching skills. Many of these trainings were certified
- **The teachers resolved around 10,000 queries of the students** through text and audio messages and phone calls
- The SDMC school in Jasola is fully furnished with **state-of-the-art furniture**
- Parents have become more invested in their children’s education
- **District level prize to SDMC Pratibha Vidyalaya Jasola I for highest enrolment** – The enrolment numbers for the school has increased exponentially because of regular classes, the level of teaching, remedial classes, the plethora of extra-curricular activities, the infrastructure upgradation which has given the students state-or-the-art furniture, green boards, creative display boards,



provision of teaching learning material (TLM), creation of a library for the students to borrow books etc. All these have helped in consolidating the reputation of the school as a place for learning and as a result parents come from far and wide to register their children in the SDMC school in Jasola.

- **Class Performance based on the Mid-Term Assessment Workbooks distributed in January 2020** - The Mid-Term Assessment Workbooks were distributed in January to gauge the learning levels of the students and the effectiveness of our methods (educational videos and worksheets). As we can see from the performance of the students across classes, the students have retained their educational learnings, their reading and writing skills. The videos and the worksheets which are aligned with them have also been helpful in introducing new concepts to the students for example - word train for Class 3rd, 4th and 5th.

Class	Girls	Boys
2 nd	75.1	81.6
3 rd	80.2	76.8
4 th	87.5	84.6
5 th	82	85
Class Average in percentage		

5. CASE STUDY

Case Study – Sanno



Sanno, a student of Class 4, enjoyed sports and other extra-curricular activities before the pandemic. She wasn't very confident and did not participate in class. She was in the need's improvement category in all the subjects as she was not able to read in either English or Hindi properly. She used to spend most of the school hours in playing with her friends and not focus on her studies. She also used to come to school in dirty clothes with untidy hair.

After the pandemic and the subsequent school shutdown, the teachers started calling the students and inquiring about their well-being, their families, studies, likes and dislikes etc. Sanno started sharing her feelings and started understanding that this is the age to focus on her studies. She started becoming forthcoming with her teachers who used to call her and started asking questions via messages and phone calls. She used to share that she misses school and started actively participating in all the homework which was being sent to the students as well as other activities like drawing, quiz etc. The learning videos developed and sent by the teachers helped her improve her Hindi reading skills which in turn helped her improve in other subjects as well.

Sanno has become a confident student and does not hesitate in asking questions anymore. Her critical thinking has improved, and she is able to grasp difficult concepts. Hindi has now become her favourite subject and when she came to collect the workbooks she came in clean clothes and neatly tied hair. She is also helping her classmates with their studies through phone calls and messages.

Case Study - Muskaan

Muskaan a student of Class 2 was a well behaved and quiet child. Her marks were satisfactory, but she did not like coming to school. She used to come to school infrequently and the days that she was present, were spent crying. The teacher used to often ask her mother if this is how she was at home as well and the mother would reply that, “No. At home she is fine, but she does not like being scolded.” Even after several conversations with her parents, Muskaan still did not like attending school and used to cry upon entering the premises.

After a lot of convincing, when Muskaan started coming to school regularly, the teachers started engaging her in different activities which would also enable her to learn. She likes writing and drawing and that was used to teach her. She was made the monitor, given badges, and encouraged at every step to sustain her interest in school. She started feeling like a good student after all this and started taking an interest in her studies.

After the school lockdown she had a non-smart phone which was hampering her studies. But still she stayed in constant touch with the teachers so she could continue her studies. After seeing Muskaan’s interest in her schoolwork, her parents brought a smartphone so that she could see the educational videos and solve the worksheets being sent. Besides completing the worksheets, Muskaan also started sending short videos of her reading a passage, solving Maths’s problems etc. In the mid-term’s assessment also, she scored 90% marks.

Muskaan now keeps asking the teachers about when the school will reopen as she can’t wait to come to school.



PARTNERS IN CHANGE

Partners in Change is an initiative of the Foundation towards learning and collaboration. Under this program, training and awareness building is provided to organizations on critical social issues. The Foundation provides technical support to corporate/industries, institutions, and NGOs to develop a comprehensive program on HIV/AIDS, Reproductive Health, Gender and Prevention of Sexual Harassment at Workplaces (POSH) within their workplace.

Modicare Foundation has been an authorized POSH training partner for the Ministry of Women and Child Development. The Foundation also is a special invitee for the Internal Committee (in house grievance redressal committees) meetings of many corporates and establishments.

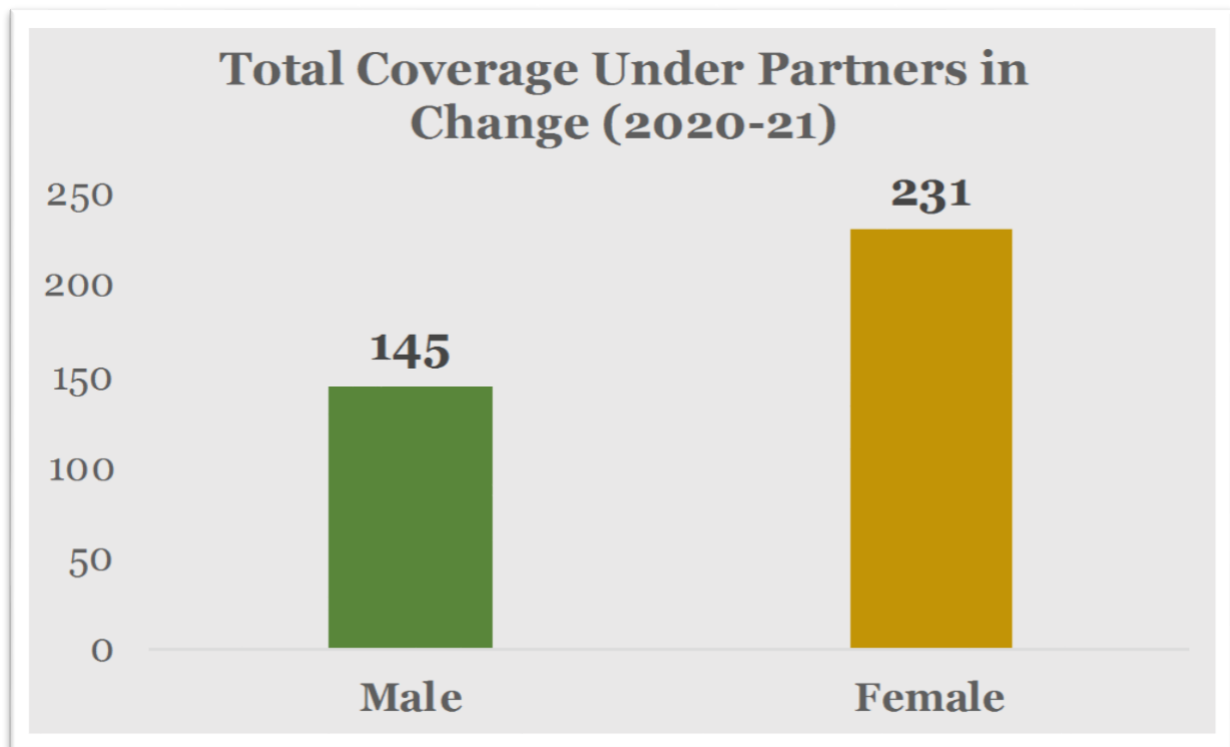
CORE AREAS OF WORK	WHAT WE DO
<ol style="list-style-type: none"> <li style="margin-bottom: 10px;">1. HIV/AIDS <li style="margin-bottom: 10px;">2. Life Skills <li style="margin-bottom: 10px;">3. Safe migration <li style="margin-bottom: 10px;">4. Gender 	<ul style="list-style-type: none"> <li style="margin-bottom: 10px;">▪ Raise awareness <li style="margin-bottom: 10px;">▪ Build capacity through trainings <li style="margin-bottom: 10px;">▪ Empower people <li style="margin-bottom: 10px;">▪ Implement projects

5. Prevention of Sexual Harassment at Workplace (POSH)	▪ Conduct research
6. Reproductive and Child health care	
7. Community Development	

ACTIVITIES UNDERTAKEN

In the year 2020-21 the major activities undertaken were:

- Development of a PowerPoint Presentation on Prevention of Sexual Harassment at Workplace (POSH) for conducting online trainings
- **Ten Internal Committee meetings and POSH trainings** were conducted with Bussan Auto Finance, Global Dent Aids, Adecco India, Modicare, Pragati Accessories, M.R. Utility Products, Modicare Foundation etc.
- One workplace intervention on HIV/AIDS was conducted with Global Dent Aids Pvt. Ltd.
- The trainings covered **376 participants**






RESPONSE TO PANDEMIC

During the COVID-19 pandemic, Modicare Foundation along with Modicare, Colorbar and 24Seven contributed by helping out the most affected communities in India by providing 35,000 dry ration packages to migrant labourers and daily wage earners. Each package contained essentials like rice, pulses, sugar, oil, and salt among other items. The distribution of the dry food relief packages was first started in some parts of Delhi and was then expanded to cover Vadodara, Cochin, Kolkata, Bhubaneswar and Bengaluru.

The Foundation has always stepped up to help the most vulnerable communities in the times of natural calamities and disasters. For example in 2005 when Tamil Nadu was badly affected by the tsunami, the Foundation worked in two villages of Tamil Nadu to provide motorized fishing boats and nets for the fisherman. Similarly in 2018, after Kerala was devastated by unprecedented floods, Mr. Modi lead a massive fund-raising drive for the affected people of Kerala. The Foundation contributed Rs. 1 crore to the Kerala Chief Minister's Fund towards flood relief.




मोदीकेयर फाउंडेशन की स्थापना सबसे वंचित और जरूरतमंद लोगों के जीवन में बदलाव लाने के उद्देश्य से वर्ष १९९६ में की गई थी। शिक्षा, स्वास्थ्य, पोषण, कौशल तथा नेतृत्व के विस्तृत नज़रिए के साथ-साथ हम बच्चों, किशोर-किशोरियों, महिलाओं तथा वंचितों को सज्जत बनाने का काम करते हैं। एक बहुविधयक दृष्टिकोण, हुनरमंद और प्रशिक्षित टीम हमारे इस सपने को साकार करने में हमारी मदद करती है। हम सरकारी, गैरसरकारी संस्थाओं तथा अद्योग जगत के साथ मिलकर काम करती हैं।


विजन

मोदीकेयर फाउंडेशन का दृढ़ता से मानना (ट्रुद विश्वास) है प्रत्येक व्यक्ति में सक्रिय और जिम्मेदार नागरिकों के रूप में विकसित करने और अपने जीवन को बदलने की पर्याप्त क्षमता होती है।

मिशन

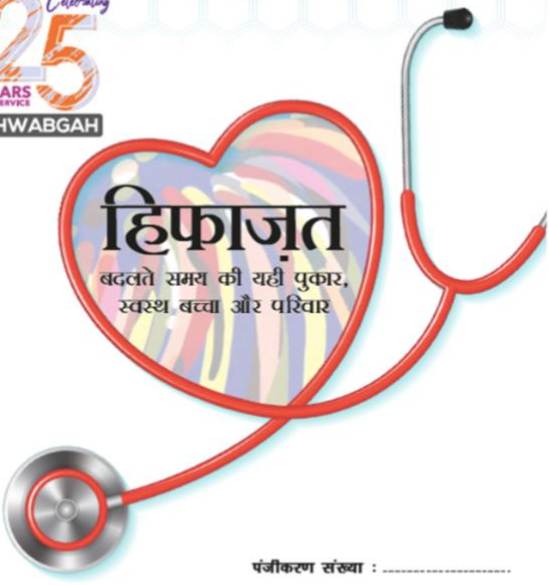
वंचित वर्ग का सशक्तिकरण विशेष रूप से महिलाओं, किशोरों/युवाओं और बच्चों को अपने और अपने समुदाय के लिए परिवर्तन के दूत बनाना है। फाउंडेशन शिक्षा, आजीविका और स्वास्थ्य सेवाओं के अवसरों तक पर पहुंच की सुविधा प्रदान करते हुए उनके कौशल और ज्ञान को विकसित करने के लिए सहायता प्रदान करता है।


4. कम्यूनिटी सेंटर, नई फ्रेंड्स कॉलोनी, नई दिल्ली -110025



स्वास्थ्य कार्ड
2021-2022

25
YEARS
OF SERVICE
KHWABGAH



हिफाज़त
बदलते समय की यही पुकार,
स्वस्थ बच्चा और परिवार

पंजीकरण संख्या :

नाम : उम्र : लिंग :

माता/पिता का नाम :

घर का पता :

फोन नम्बर :

HIFAZAT

Health initiative by Modicare Foundation with a special focus on Khwabgah children and their families. This will be launched in 2021-22. The preparatory phase, i.e., situational analysis and community walkthroughs were conducted in 2020-21.

OBJECTIVES

- To provide preventive healthcare facilities in the community
- To encourage health seeking behaviour in the community by providing health related information
- Research and Analysis

ACTIVITIES UNDER HIFAZAT

- Community walkthroughs and Focused Group discussions have been conducted in Jasola to evaluate the existing health infrastructure and understand the community's health needs

- Doctors from various specialties like gynecology, general medicine, pediatrics, ophthalmology etc. have been identified to spearhead the health initiative
- Organize health clinics atleast twice a month to address some of the gaps in the Primary Healthcare system
- Hifazat will try and raise awareness on issues like nutrition, hygiene etc. in the community





WAY FORWARD

The way forward stems from the planning workshop which was conducted in March, 2021 by Modicare Foundation. The plans were formulated by the teams themselves in a democratic and participatory manner. The Covid-19 pandemic and the disruptions caused by it were taken into account while formulating the plans.

AMBASSADORS OF CHANGE

- Developing and finalizing online content and IEC material
- Addition of new topics for videos for the YouTube channel
- Modifications in methodology for trainings by incorporating activities in online training
- Establish linkages with Institutions and organizations for Training of Trainers, Life Skills training and social issues in Delhi and other states
- Conduct both online and physical trainings
- Initiate planning for 25 years celebration of the Foundation
- Documentation of the work done
- Teachers/NGO staff orientation
- Monitoring and evaluation

KHWABGAH

- ❑ Starting remedial classes to fill the learning gap
- ❑ Categorization of the students according to their learning level
- ❑ Interactive and informative training sessions and courses for the teachers to improve their skills
- ❑ Sharing the workbooks developed by Modicare Foundation with other MCD schools, to help the children learn and increase the Foundation's brand recognition
- ❑ Create videos/audios of educational short stories and poems
- ❑ Planning of worksheets and videos using art and subject integration
- ❑ Create innovative reading material to improve reading skills of the students

- ❑ Teachers learning circle to share good practices and challenges which would help to create a strong bonding
- ❑ Planning of new activities for the new academic session 2021-2022

PARTNERS IN CHANGE

- ⇒ Establish linkages with corporates, institutions, and industries for training on POSH, Gender Sensitization, Stress Management, HIV/AIDS etc.
- ⇒ Conduct training sessions both online and physical
- ⇒ Conduct sessions with the community women on Reproductive Health, Menstrual Health, POCSO, HIV/AIDS, POSH, Gender Sensitization