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About Modicare Foundation (MCF)

Modicare Foundation 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.



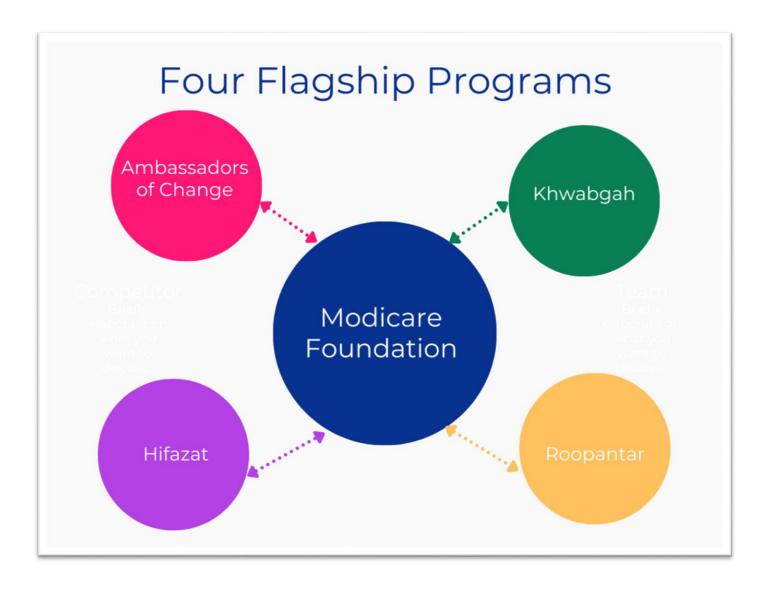
Vision

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



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.

Modicare Foundation Projects



Modicare Foundation is currently running the following four projects:

1) Ambassadors of Change (AOC) - Life skills training is provided to adolescents and primary school going children. We also conduct training and awareness sessions with organizations on critical social and health issues such as Gender Sensitization and HIV/AIDS as well as legal frameworks such as Protection of Children from Sexual Offences (POCSO) Act, 2012 and Prevention of Sexual Harassment (POSH) at Workplace Act, 2013.

- 2) Khwabgah Modicare Foundation has entered into a partnership with Municipal Corporation of Delhi (MCD) for an intensive and extensive engagement in several MCD primary schools.
 - i) Khwabgah Jasola The Foundation has adopted two MCD schools in Jasola, Delhi Nagar Nigam Pratibha School Girls, Jasola and Delhi Nagar Nigam Pratibha School Boys, Jasola and is working towards the overall development of the students.
 - ii) Khwabgah Noor Nagar Modicare Foundation has adopted two schools in Noor Nagar - MCD Primary School Noor Nagar Girls and MCD Primary School Noor Nagar Boys for the overall development of the students.
- **3) Hifazat** A comprehensive community healthcare initiative that is working with the students of Khwabgah and the larger community.
- 4) Roopantar Infrastructure improvement project for government schools.

Modicare Foundation - In Numbers

Under AOC, 10,88,034 adolescents, children and NGO representatives have been skilled	AOC has conducted Life Skills training in over 200 institutions	On an average, the Foundation reaches out to 47,000 adolescents, children and NGO representatives every year
With AOC, 2,53,021 employees have received training	Over 10,179 children have benefitted from the Khwabgah initiative	Khwabgah's community outreach program has reached out to over 3.6 lakh underprivileged people
The Foundation has worked with and brought about change in 8 schools	Over 4500 children and their families are currently serviced by the 2 Dispensaries	Distribution of over 35,000 ration bags during COVID-19 to needy families
A new toilet block with 8 stalls and 3 urinals along with washbasins for the students has been constructed in the MCD School at Jasola	The 'K K Modi Khwabgah School Block' has been constructed in Delhi Nagar Nigam Pratibha School, Jasola with eight classrooms and an amphitheater. This is the first time that the government has entered into an agreement with an NGO to provide infrastructure	6 MCD Primary schools have been fully transformed. The building infrastructure has been overhauled, toilets redone, playgrounds developed and classrooms fully furnished
Distribution of 6000 masks to the community	Distribution of 750 medical kits in the community which has all the First Aid essentials	

Project - Roopantar

Roopantar is an infrastructure improvement project of primary government schools in collaboration with local governments. The Foundation provides safe and child friendly infrastructure for the holistic development of students. The goal is to provide a conducive learning environment in the schools.

What We Do

Construct state-of-the-art school buildings and toilets

Provide ergonomic, child friendly furniture and teaching aids

Refurbish old school buildings for a safer learning environment

Develop safe and accessible playgrounds for children

Roopantar in 2022-23

1) K K Modi Khwabgah Block

The 'K K Modi Khwabgah School Block' has been constructed in Delhi Nagar Nigam Pratibha School, Jasola to commemorate Modicare Foundation's 25 years of public service. The school is the first government school of its kind in India both in terms of

design and quality of construction. This is the first time that the government has entered into an agreement with an NGO to provide infrastructure.



K K Modi Khwabgah Block in MCD School Jasola

The K K Modi Khwabgah block is a highly functional building with unique construction elements that make it world-class. The building is constructed using the traditional terrazzo technique, which is both sustainable and eco-friendly. The entire block has double wall insulation to ensure that the classrooms are warm in winters and cool in summers. The school block is made of structural steel, making it resistant to earthquakes and thereby increasing the safety standards for the students.

The top surface of the building, i.e. the roof, is built in the traditional vault technique with Guna Tubes. This makes it capable of withstanding considerable loads. Air inside the hollow-tiled roof protects from heat and cold.

The school block has eight classrooms with state-of-the-art furniture along with wall-to-wall green boards and display boards. It also has a ramp, a staircase, an

amphitheater and a storage room. All the classrooms have cupboards and built in storage units for the teachers and students respectively.







Clockwise from Top Left - Classrooms in the K K Modi Khwabgah Block, Ramp and Amphitheatre

The Honourable Lieutenant Governor of Delhi, Shri Vinai Kumar Saxena along with Shri Samir Kumaar Modi, Vice-Chairman, Modicare Foundation on February 8, 2023 in the presence of Shri Gyanesh Bharti, MCD Commissioner; Shri Amit Kumar Sharma, Deputy Commissioner, Central Zone; Smt Neetu Chaudhary, MCD Councillor and Shri PK Tripathi, Former Chief Secretary, Delhi Government, inaugurated the school block.

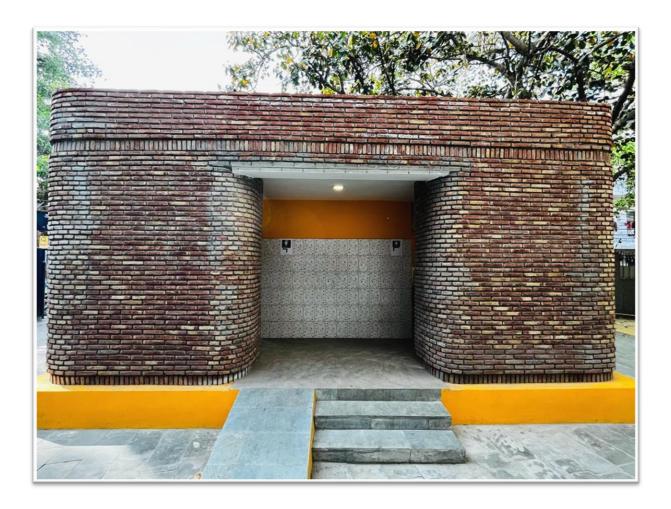


Inauguration of the K K Modi Khwabgah Block by (L-R) Smt Neetu Chaudhary, MCD Councillor; Shri Samir Kumaar Modi, Vice-Chairman, Modicare Foundation and Shri Vinai Kumar Saxena, Honourable Lieutenant Governor of Delhi



(L-R) Smt. Neetu Chaudhary, MCD Councillor; Shri Gyanesh Bharti, MCD Commissioner; Shri Samir Kumaar Modi, Vice-Chairman, Modicare Foundation; Shri Vinai Kumar Saxena, Honourable Lieutenant Governor of Delhi and Smt. Latika Dikshit, Director Modicare

2) New Toilet Block – A new toilet block has been constructed in MCD Jasola. The toilet block has eight stalls and three urinals along with washbasins for the students.



3) Upgradation of two MCD Primary Schools at Noor Nagar – MCD Primary School Noor Nagar Girls and Boys have been fully transformed with high quality refurbishment and top class furniture and fixtures. The building infrastructure has





Classrooms in MCD Noor Nagar before and after Roopantar's work

been overhauled, toilets redone, playgrounds developed and classrooms fully furnished. The following was done under this:

The entire school was painted which included 21 classrooms. Windows and doors
 were repaired and painted in all the classrooms





Corridors before and after Roopantar's work

- Corridors and three staircases were painted and repaired
- State-of-the-art furniture was provided in ten classrooms, one staffroom and one activity room
- One new toilet was built for the MCF teachers





Toilet Block before and after Roopantar's Work

• Four toilet blocks were refurbished for the students - 2 for boys and 2 for girls

• The roof was cleaned and repaired to prevent leakages and cracks





School Roof before and after Roopantar's Work

Project – Ambassadors of Change (AOC)

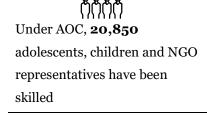
What We Do

Provide life skills education for in and out of school adolescents and children Sensitize parents, teachers, care givers, institutions to the needs of adolescents and children

Provide intensive training at the workplace on social issues like POSH, Reproductive Health, HIV/AIDS etc.

Ambassadors of Change in 2022-23

1. In Numbers





AOC has conducted Life Skills training in **68 institutions**



Parent's and Teacher's orientation was conducted with **423 people**



With AOC, **1586 employees** have received training



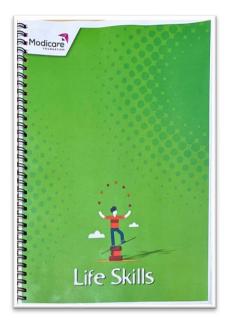
AOC reached out to **1,60,533 people** so far through social media



In collaboration with MCD's Education Department, Life Skills Training is being provided to 72 schools in Delhi's Central Zone

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

• Frequently Asked Questions E-book on Life Skills Education was developed and finalised. The booklet succinctly addresses many queries arising out of key issues faced by adolescents.



Pledge Certificate - A pledge certificate for primary school going children was
developed and distributed to trained children to reinforce healthy habits and
positive behaviour in them.



 Handout on POSH: A comprehensive handout is being prepared on The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013.

3. Training with Primary School Going Children



Life Skills Training with Primary School Going Children at MCD School Modi Mill

- Collaboration with MCD Education Department The Foundation has collaborated with the MCD Education Department to conduct training in 72 primary schools. Twenty-four schools were covered this year and the rest will be covered in the next academic year.
- **New NGO partners:** This year the Foundation made new training partners apart from the existing partners. The partnerships have proven to be fruitful; as these partners have given, a positive feedback of the trainings conducted and proposed more trainings in the coming year. Primary school going children were trained in 10 NGOs.



Training with Children Associated with Hope Project and Project Why



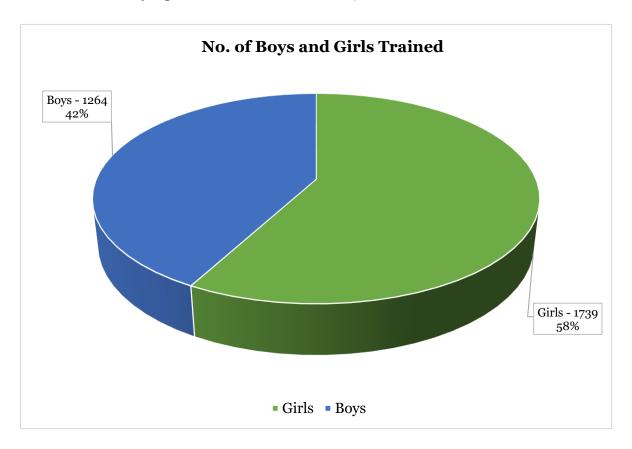
A total of 4924 primary school going children were trained on Safe and Unsafe Touch; Nutrition, Health and Hygiene; and Bullying which included, 1369 girls and 1085 boys

4. Training with Adolescents



Training with Adolescents at Centum Foundation

Modicare Foundation conducted **77 trainings** and reached out to **3003 adolescents** through online and physical trainings in 37 institutions. The topics include Life Skills, Growing Up, Responsible Behaviour, Substance Abuse, Peer Pressure and Bullying, Child Sexual Abuse, HIV/AIDS and Gender Sensitization



5. Teacher's Orientation



Teacher's Orientation at MCD Jasola

Four hundred and twenty-three teachers were oriented on the life skills training program and the provisions of POCSO Act, 2012. The session was effective in shedding light on the main provisions of the Act and their roles and responsibilities as teachers, especially concerning reporting cases. The teachers were also encouraged to devise a protocol for reporting cases for swift and effective action.

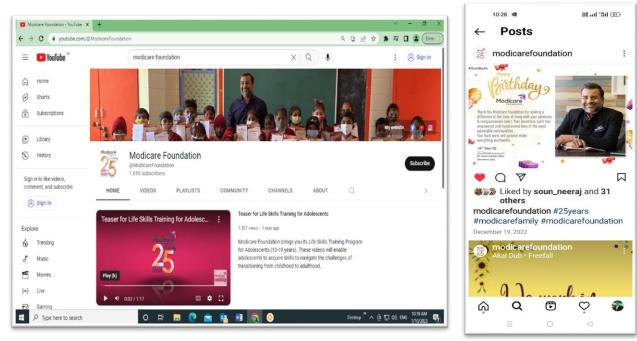
6. Trainings with Employees



Training on POSH Act at Workplace at Global Dent Aids

Twenty-nine trainings were conducted on POSH Act, 2013, Gender, POCSO Act, 2012, Menstrual Hygiene etc. with Global Dent Aids Pvt. Ltd. Modicare Limited, AGL, National Herald, Modicare Foundation, Joining Hands and Samarpan Foundation. 1586 participants were successfully trained.

7. Coverage through Social Media



MCF's YouTube Channel and Instagram Page

YouTube Channel of the Foundation, which consists of short videos of life skills trainings and health related issues, has been well received. The Foundation's YouTube channel added 407 new subscribers this year taking the total number of subscribers to 1704. The channel also added 7600 new viewership and 1,44,200 new impressions this year. The Foundation's Instagram was regularly updated with relevant content covering various topics from our life skills training module. This year saw an increased engagement on Instagram with the total subscribers reaching to 1042. The channel also received 7691 new viewership.

8. Monitoring, Reporting and Documentation

Mid year and annual review and planning workshop was held. The review was helpful in identifying gaps in our current approach and course correct by devising new/improved strategies. A series of presentations by different teams and group activities helped in fostering team spirit and identifying areas of convergence for better results

- Annual Plans for FY 2023-2024 were prepared comprising the objectives, outcomes, indicators, time line and required resource for new activities and program.
- o Cumulative Monthly Reports were prepared for internal monitoring purposes.

8. Capacity Building



Training with Nausheena Ali on Child Rights etc.

An external resource person conducted a three days' workshop on Child Rights, Gender, Reproductive and Sexual health and various child related legislations, for the AOC team and some teachers from the Khwabgah project.

It was a great opportunity for me to attend the workshop. All the sessions were interactive, in-depth, full of practical knowledge and activity based. These sessions helped me to think more about children's safety. I was shocked to know that more than 50% of the children faced abuse in their life. The strange fact is that this percentage is based on recorded cases but what about the cases, which are not registered? These sessions helped me to change my mind-set regarding the sexual harassment of children. This training helped me to look at the problems of the street and slum children, particularly females and the impact of any kind of abuse on them. The most important thing I learned is that, "Our perspective should be right based not need-based." I hope that the knowledge and skills gained through these training sessions will help us to serve our community and the children.

- Vidushi

9. Feedback





Ward No. : 59-S School Id. : 1958018

SDMC PRIMARY SCHOOL (BOYS)

Lajpat Nagar-IV, New Delhi-110024

Ref No			
	77.6	BT-	

Date 16-11-2022

प्रमाणित निया जाता है कि मोदी कैयर काउण्डेशम द्वारा Parelle 14-11-2022 14-11-2022 तियाला में दिना । 14-11-2022 दिना है। 16-11-2022
तिका होती। क्या Safe and unsafe touch, Nutrition omd hygine उत्तर bulling के वार विकल्स जानकारी की गाँउ कि प्राथम की गाँउ कि विकल्स जानकारी की गाँउ कि प्राथम की गाँउ कि प्राथम की गाँउ कि प्राथम की गाँउ कि प्राथम की गाँउ के प्राथम की प्राथम की प्राथम की किया कि प्राथम की प्राथ 81-21012 ज़हीर अस्मव यंसारी ZAHEER AHMAD ANSARI Principal Principal MCD Primary School Lajpat Nagar-IV, Boys New Delhi-110024

Project – Khwabgah Jasola and Noor Nagar

What We Do

Academic Improvement - Use innovative child friendly and creative tools for enhancing student engagement and learning

Life Skills Development -Equip students with information and skills to lead a safe and healthy life

Co-curricular Activities – Promote holistic development through art, music and sports

Academic Support – Provide educational kits, learning material, mobile phones etc.

FY 2022-23 in Numbers



Over 4500 children have benefitted from the Khwabgah initiative this year. 2318 workbooks have been distributed. Bags and stationery were distributed to all the students



In collaboration with DS
Group, needs assessment was
conducted in 2 MCD schools in
Old Delhi in preparation for
adopting them in 2023-24.
Academic assessment was
carried out in 2 senior
secondary Delhi Government
schools



Khwabgah's community outreach program has reached out to **over 1500** underprivileged people in 2022-23

Khwabgah in 2022-23

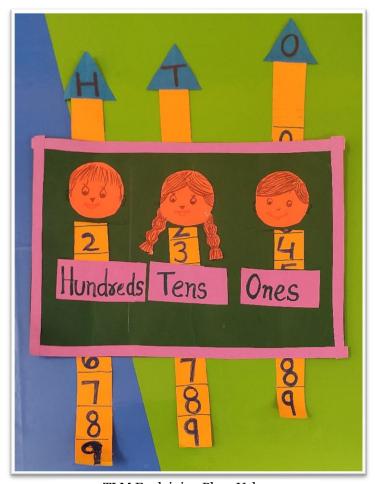
- 1. Academics A new academic session started from April 2022 and Khwabgah's Academic Facilitators provided support in all the four schools being run by Modicare Foundation (Delhi Nagar Nigam Pratibha School Jasola Girls, Delhi Nagar Nigam Pratibha School Jasola Boys, MCD Primary School Noor Nagar Girls and MCD Primary School Noor Nagar Boys). This included:
- Level-wise segregation of students in classes 3, 4 and 5 for the four Khwabgah schools based on their academic performance in class tests



MCF's Academic Facilitator Teaching Class 1

- Foundational teaching was done by MCF teachers for all classes to support Mission
 Buniyaad being run by the MCD's Education Department
- Yearly class wise goals were set and micro planning was done. Time-tables were finalized and planners were prepared for regular classes after the summer vacation
- MCF workbooks were finalized for all the students from class 1 to class 5 and distributed to students

• Academic Facilitators prepared different types of TLMs to make learning easy and joyful through the integration of arts with all the subjects. Colourful puzzles, dice, place value cards, synonyms window, picture and word cards based on opposites were prepared



TLM Explaining Place Value

Weekly tests were conducted for classes 1 to 5 to identify the learning gaps. These
tests helped MCF teachers in academic planning. Mid-Term assessments of Hindi,
Math and English from class 1 to class 5 were prepared and the tests were
administered to the students

• PTMs were held regularly in the schools to interact with the parents



PTM in MCD Noor Nagar

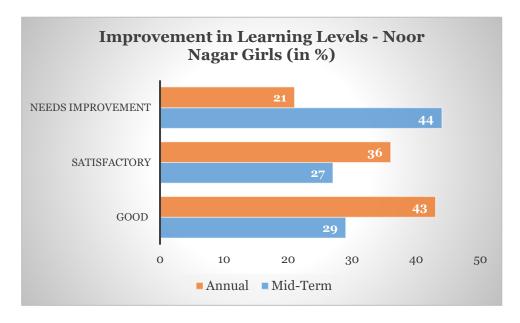
School bags are being distributed to all the students and include stationery kits,
 tiffin boxes, notebooks, crayons and art books.

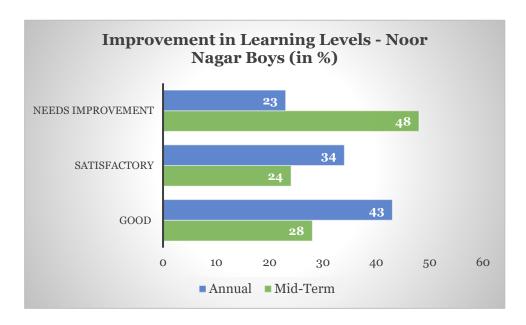


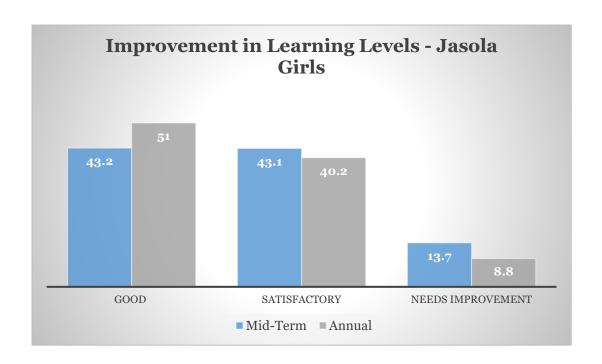
Bag Distribution by (L-R) Smt. Latika Dikshit, Director, Modicare Foundation; Smt. Neetu Chaudhary, MCD Councillor; Shri Samir Kumaar Modi, Vice-Chairman, Modicare Foundation; Shri Vinai Kumar Saxena, Honourable Lieutenant Governor of Delhi; Shri PK Tripathi, Former Chief Secretary, Delhi Government and Shri Gyanesh Bharti, MCD Commissioner

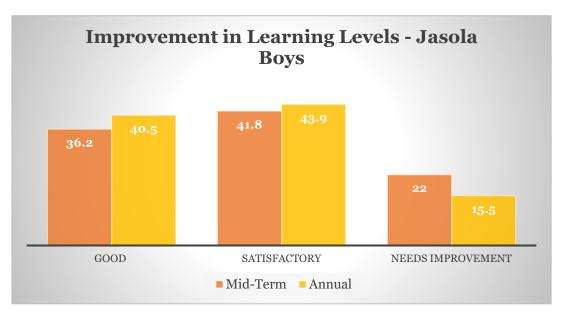
2. Improvements in Learning Levels

MCD's 'Mission Buniyad' program was continued in the academic session 2022-2023 from April to December 2022. The focus was on Hindi, Math and English. During this session, the focus of MCF teachers was to build the foundation of the students to fill the learning gaps created due to school closures necessitated by Covid. Inspite of the challenges, the Academic Facilitators of the Foundation were able to bring about a change in the learning levels of the students.









As indicated in the graphs above, there was a significant change in the learning levels of girls and boys in all the categories. The division of students into teams, targeted intervention and employing TLMs and play way method proved helpful to achieve the same.

3. Extra-Curricular Activities

Sports - Students from Jasola (Girls) and Jasola (Boys) participated in MCD Zonal tournaments and won prizes. The regular sports classes conducted by MCF Sports Teacher and the student's enthusiasm for these classes helped MCD Jasola secure several prizes. This helped in boosting the confidence of the students.





(L) - Medal Won by the Students, (R) Sports Teams of MCD Jasola

Sport's Event	Gold	Silver	Bronze
400-meter relay race	1 (Girls' Team)	1 (Boys' Team)	-
100-meter	-	1 (Girl Individual)	-
Long Jump	-	1 (Girl Individual)	1 (Girl Individual)
High Jump	1 (Boy Individual)	-	-
Cricket	-	1 (Boys' Team)	
Throw Ball	1 (Girl Individual)	1 (Girl Individual)	

 Art and Craft – Regular arts classes are held in all the schools. This gives the students an opportunity to display their creativity.







Celebration of Special Days – Special occasions like Independence Day, Rebuplic Day, Gandhi Jayanti, Children's Day, Teachers' Day, Sports Day, Hindi Diwas, Christmas, Diwali, Pollution Awareness Day etc. are celebrated in all the schools being run by the Foundation. This provides an opportunity to make the children aware about the significance of these days as well as have fun by participating in poster making, slogan, essay, poem, quote writing, dress up as famous personalities etc.

4. Capacity Building

- Several internal training sessions were conducted on Classroom and Behaviour Management to maintain decorum in the classroom. Mock sessions were held to enhance teaching skills
- ➤ The movie Lunana: A Yak in the Classroom was shown to MCF teachers to inculcate some important life lessons and also to provide them a break from regular classroom teaching

Three training sessions, each with one week long training sessions were organized in June, January and March for the teachers. All the sessions were interactive and fruitful for the entire team. Different types of activities were also done to boost critical thinking and team building







Clockwise from Top Left – External Trainings by Subject Matter Experts in Hindi and English and Mock Sessions

- Session on Child Safety and POCSO to make the new teachers aware about childappropriate behaviour and language
- Session on POSH to make the female staff aware of their rights against sexual harassment



Session on POCSO and POSH at MCD Jasola

6. Needs and Academic Assessment in Old Delhi Schools

Modicare Foundation along with Dharampal Satyapal Charitable Trust (DSCT) conducted a Needs Assessment in ASVJ and Commercial Primary School with the aim of adopting these schools in the coming academic year. The needs assessment comprised of identifying and assessing the current learning levels of children of grades 3 to 5 in the school and assessing the current facilities and resources in the school. In addition to this, academic assessment was conducted with students of grade 6 in ASVJ Senior Secondary and Commercial Senior Secondary school to assess their learning levels. A comprehensive report comprising of recommendations and way forward was prepared by the Foundation and shared with DSCT.





(L-R) Academic Assessment in ASVJ Senior School and FGD in ASVJ Primary School

Project - Hifazat

What We Do

Webinars with medical experts

Health camps for the community

School health program Dispensary with a full time
Nurse at the schools in Jasola
and Noor Nagar with a
visiting doctor

Awareness videos by medical experts on eye care, dental care and gynecological issues on social media

FY 2022-23 in Numbers

development



2751 students from the 4 Khwabgah schools have been screened to monitor their



2 Health Clinics are being run in Khwabgah Jasola and Khwabgah Noor Nagar with a full time nurse



1386 students have been screened by a physician as well as dental checkup and need based first aid



Distribution of 1500 sanitizers, donated by Modicare Limited, to the community

Hifazat in 2022-23

1. Establishment of Hifazat Health Clinics – The Foundation has established two clinics equipped with basic medical facilities Khwabgah Schools in Jasola and Noor Nagar.



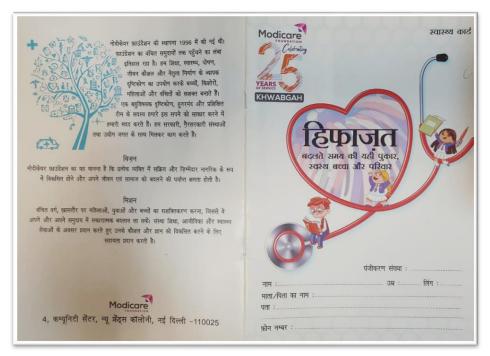
School Dispensary at MCD Jasola

2. First aid for students and staff - The nurse provides first aid to students and counsels them as per need. 358 students were treated and counselled by the nurse.



Students with the School Nurse

3. Primary health screening - Health screening of **2751** students (1900 in Jasola and 851 in Noor Nagar) have been done which includes recording essential growth indicators like height and weight. The nurse, to track the children's developmental milestones, is doing regular monitoring of each student. The nurse and the teachers counsel parents of children who do not meet the developmental milestones.



Health Card for Students

4. Dental Health Check-up - Qualified and experienced team of dentists conducted regular dental health checkup for students in both Khwabgah schools. 369 children were screened and counselled for their oral health and hygiene.



Dental Check-Up at Khwabgah Jasola

5. Distribution of Medical First Aid Kits and sanitizers - 750 Hifazat health kits and 1500 sanitizers have been distributed to the students of Khwabgah schools and their respective families. This health kit contains a digital thermometer, ORS packets, paracetamol for adults and children, antiseptic liquid, antiseptic ointment, bandage, masks, cotton roll and a pamphlet explaining the correct usage of each item. The kits will help students and their families to deal with small medical emergencies in their homes.





(L-R) Distribution of Sanitizers and Medical Kits distributed in the schools

6. Awareness Session: As there is a lot of social stigma associated with Menstrual Health, a lot of misinformation and myths are rife at the societal level. Hence, we



Awareness Session on Menstrual Health in MCD

sessions with women (mothers) whose children are currently enrolled at Khwabgah School at Jasola and Noor Nagar was held.

Case Study - Importance of Health Check-up

A health camp was organized for the children of MCD Pratibha School, Jasola under the Hifazat Project by Modicare Foundation in the month of September. In this camp, the children were examined for both their General and Dental health. During one such check-up at the camp, the pulse and oxygen level of a class 4th girl was found to be very low and not in line with what is considered normal for a child's health. The doctor called the parents of the child to the school and since the child lived nearby, the nurse personally went to the home of the child and fetched her mother, who was informed about her child's health. The child was treated in time, which led to an improvement in her health.

Today, that girl takes care of her own health including her diet, with the help of her family. The girl and her family are grateful to Modicare Foundation and its Hifazat Project for the much-needed intervention.

Modicare Foundation In News

Corporate Social Responsibility (CSR): Modicare Foundation develops state-of-the-art school block in Jasola, Hon'ble LG Vinai Kumar Saxena inaugurates the building







Delhi LG VK Saxena inaugurates 8 modern classrooms at MCD school



NEW DELHI: Leutenant governor VK Saxena on Wednesday inaugurate-newly built eight 'modern classrooms' at a McD-run school in Jasola, Mc officials said, floors in these classrooms have been made with the traditional terrarso technique. Ferrazzo flooring is regarded as one of the most environment-friendly sechnique. Speaking on the occasion, the LG auded the dedication with which McD is working towards proving quality education, with constant indexwor to improve the infrastructure of its schools. This school was suit with CSR initiative by Modicare Foundation.



Delhi: LG Saxena inaugurates modern classrooms at MCD school in Jasola

ANI | Updated: Feb 08, 2023 22:28 IST

New Delhi [India], February 8 (ANI): Delhi Lieutenant Governor, VK Saxena on Wednesday inaugurated eight modern classrooms with all the amenities at an MCD-run school situated at Jasola, a statement from Raj Niwas said.

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





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