



Annual Report

2023 - 2024

Table of Contents

S. No.	Topic	Page No.
1.	About Modicare Foundation	3
2.	Vice-Chairman's Message	4
3.	Modicare Foundation Projects	6
4.	Project – Ambassadors of Change	8
5.	Project – Khwabgah Jasola and Noor Nagar	24
6.	Project – Hifazat	41

About Modicare Foundation (MCF)

Modicare Foundation was setup in 1996 by Mr. Samir Kumaar Modi in memory of his grandfather, Rai Bahadur Gujarmal Modi, with the overarching vision of serving the underprivileged in a spirit of partnership, empowerment, social equity and justice. The Foundation directly empowers 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.

Vice Chairman's Message



As we reflect on the past year, I am filled with pride and optimism for the future of our organization. Our mission has always been to provide not just immediate relief but a sustainable path forward for underprivileged children and woman and their families. We are dedicated to ensuring that every child has access to proper hygiene, quality education, and a safe living environment.

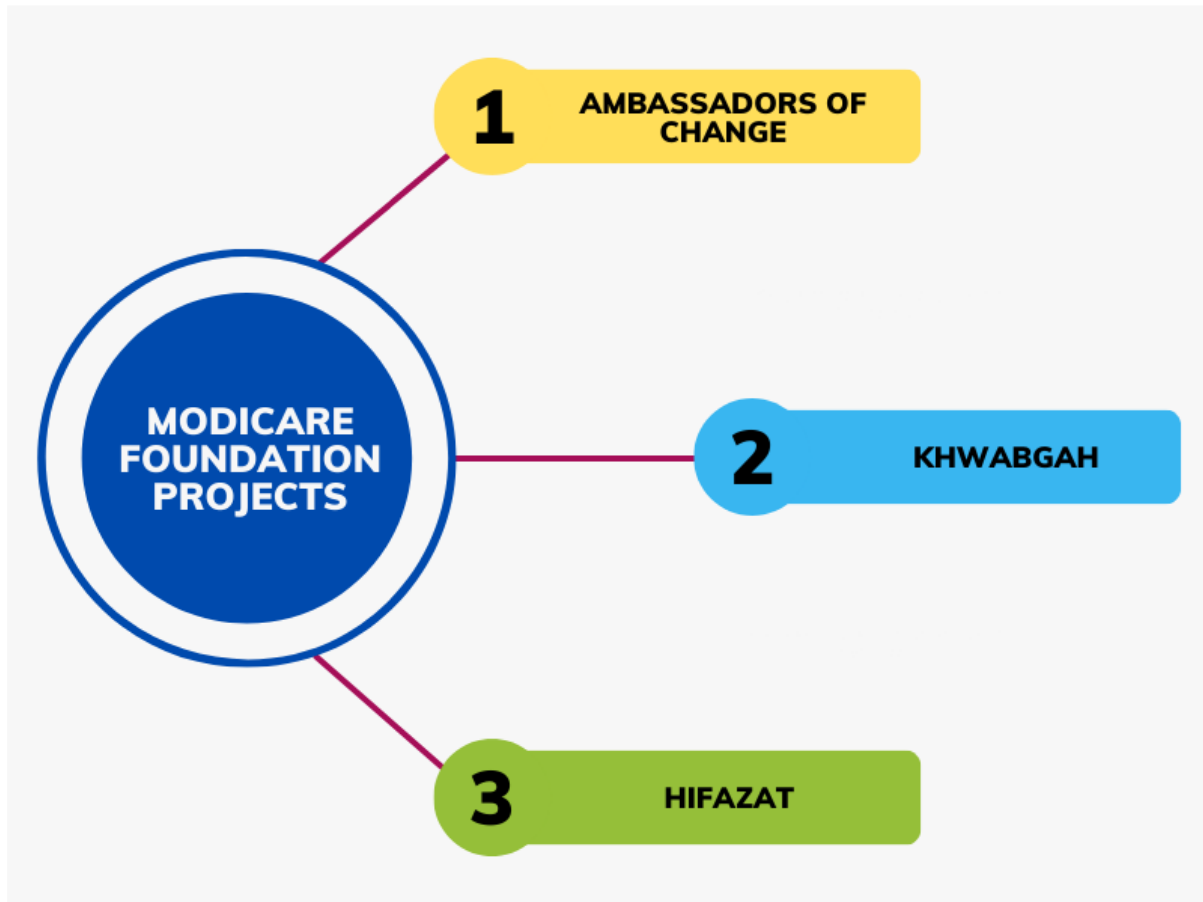
Our goal extends beyond mere support; it is about creating a lasting change and empowering the next generation. By addressing these fundamental needs, we are laying the groundwork for a brighter future and making a significant difference in their lives.

Looking ahead, my vision is to position our organization as the leading authority and nodal agency in the realm of women and child empowerment. Through strategic initiatives and continued dedication, we will strive to be at the forefront of this critical mission, driving progress and creating opportunities for those we serve.

Together, we can achieve great things and continue to build a world where every child and woman has the chance to thrive.

- **Mr Samir Kumar Modi**

Modicare Foundation **Projects**



Modicare Foundation is currently running the following three projects:

1) Ambassadors of Change (AOC) - Life skills training is provided to adolescents and primary school going children. Training and awareness sessions are also conducted 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 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.

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 2023-24

1. In Numbers

 <p>Under AOC, 12,850 adolescents, children and NGO representatives have been skilled</p>	 <p>AOC has conducted Life Skills training in 47 institutions</p>	 <p>Parents' and Teachers' orientation was conducted with 796 people</p>
 <p>With AOC, 1793 employees have received training on POSH and other issues</p>	 <p>AOC reached out to 3,84,072 people through social media</p>	 <p>1584 girls were given training on Menstrual Health and Hygiene Management</p>

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

- The Frequently Asked Questions (FAQs) booklet developed in English in the last financial year has been received well by the participants and has been translated in Hindi. The Hindi booklet will be a useful resource material for the participants who have completed the training. The booklet is aimed at promoting and reinforcing healthy habits, positive behaviour, and overall well-being among adolescents.
- A module on Menstrual Health and Hygiene Management (MHHM) has been developed. This resource material is intended to serve as a valuable tool for both trainers and participants. The primary focus of the MHHM module is to provide comprehensive information in an accessible manner to create a positive impact on menstrual health habits.
- A MHHM leaflet has been developed in English and Hindi for dissemination among adolescents and community women. By ensuring the resource is available in English and Hindi, the aim is to make this vital information widely accessible. Ultimately, the goal is to cultivate a culture of improved menstrual health and hygiene practices, promoting well-being and awareness among individuals and communities at large.
- A handout on Prevention of Sexual Harassment at Workplace (POSH) has been developed for dissemination among employees where trainings have been conducted to serve as resource material. The handout covers detailed information pertaining to different forms of workplace sexual harassment, common myths about sexual harassment at workplace, duties of the employer and the redressal process.

3. Trainings with Primary School going Children



Session on Safe and Unsafe Touch at MCD School, Meethapur

- During the academic year 2023-24, Modicare Foundation conducted trainings in 12 Municipal Corporation of Delhi (MCD) Schools and 10 non-governmental organizations (NGOs). The topics covered with primary school going children included Safe and Unsafe Touch; Nutrition, Health, and Hygiene; and Bullying.
- A total of **8470 children (4178 girls and 4292 boys)** benefited from these sessions.



Distribution of worksheets and leaflets

- The children displayed enthusiasm for the sessions as the training content was new to them. The sessions were participatory and interactive in nature which aided in

better understanding amongst the children. The use of songs, energizers, stories, and fun activities in the sessions ensured active participation throughout the sessions.

- During the training, it became apparent that many children had limited knowledge about health and hygiene. Therefore, a significant portion of the sessions was used to encourage healthy behaviours like proper handwashing, regular tooth brushing and consumption of healthy home cooked meals.

4. Trainings with Adolescents



Energizer during Life Skills Training at Turning Point Foundation

- The Foundation trained a total of **4321 adolescents (2662 girls and 1659 boys)**, through 108 trainings on topics like Life Skills, Growing Up, Responsible Behaviour, Substance Use Disorder, Peer Pressure and Bullying, Child Sexual Abuse, HIV/AIDS, and Gender Sensitization. These trainings were conducted in 47 institutions across Delhi-NCR.
- In an evolving society, it is very important to help adolescents learn skills that will help them navigate the complexities of life. The life skills training provided to adolescents helps them handle the life challenges that may arise at different points

with skills, knowledge, and informed choices.

- The Foundation collaborated with several organizations. The Foundation worked with NGOs like Centum Foundation, Joining Hands, BK Welfare Foundation, CASP Delhi unit, Project Why, Bal Sahyog, The Creative Thinkers Forum, ISST, Turning Point Foundation, JSSW, Hope Foundation etc.
- The Foundation was also successful in conducting comprehensive programs in 3 organizations where trainings were held with children, adolescents, teachers, parents, and community women in addition to training of trainers with participants selected from these organizations. The aim of the comprehensive program is to reach out to all stakeholders associated with children and adolescents to bring about a sustained positive change in their lives and ensure their overall wellbeing.



Life Skills training with Teachers at The Creative Thinkers Forum

5. Training of Trainers



Training of Trainers with Adolescents from Various Organizations

- ◆ Three Training of Trainers (ToT) were held with **59** participants. The trainings were aimed at the participants gaining an in-depth understanding of the topics covered in life skills training and equipping them with skills and knowledge to effectively deliver the content of these sessions to their peers and community to bring about a more sustained change at the community level.
- ◆ The ToT also helps to increase the sustainability of the program as the trained participants further train the adolescents and youth in their communities.



Training of Trainers with Trained Adolescents from Four Different Organizations

6. Teachers' and Parents' Orientation



Teachers' orientation on POCSO Act 2012, at MCD School, Jaitpur

- Orientation sessions on the life skills training program, the POCSO Act, 2012, and Child Safety were held with **268 teachers and 528 parents** in partner organizations and schools. These sessions proved highly effective in fostering an understanding of the pivotal roles teachers and parents play in ensuring the safety and well-being of children.
- By equipping participants with the knowledge and tools necessary to identify potential risks and intervene, the orientations empowered them to create safer environments for children both at home and in educational settings. Moreover, the emphasis placed on establishing robust reporting systems and implementing child safety protocols within schools, underscores a proactive approach to safeguarding children from harm.
- The orientation sessions not only served to inform participants about key legal provisions and best practices but also instilled a sense of responsibility and urgency regarding child protection. By focusing on practical strategies for recognizing,

preventing, and addressing instances of abuse, teachers and parents emerged better aware and equipped from these sessions. The emphasis on collaboration between schools and families, coupled with the establishment of clear reporting mechanisms, will help create a comprehensive approach to child safety.

7. Trainings with Employees



HIV training with employees at Global Dent Aids

- ❖ The Foundation's training initiatives on POSH (Prevention of Sexual Harassment), POCSO (Protection of Children from Sexual Offences), HIV/AIDS awareness, and Gender Sensitization represents a proactive approach towards fostering safe and inclusive environments within corporates and institutions. Through collaborations with Modicare Limited, Colorbar, 24Seven, Joining Hands, Global Dent Aids Pvt. Ltd., and Centum Foundation, the Foundation aimed to instil a culture of awareness, prevention, and support. The primary objective of POSH training within these institutions was to educate employees about their rights and responsibilities concerning sexual harassment at the workplace and cultivate a respectful and conducive work environment. Additionally, the training emphasized the

importance of gender sensitivity, HIV/AIDS awareness, and child safety.

- ❖ Sessions were conducted with **1793** employees. The Foundation raised awareness and equipped individuals with the knowledge and tools necessary to identify, prevent, and address issues related to sexual harassment, child protection,



POSH and POCSO training with support staff and bus drivers at Sommerville School, Noida

HIV/AIDS, and gender sensitivity. This dissemination of information contributes to a more informed and empowered workforce, capable of upholding the principles of equality, safety, and dignity within their respective workplaces and communities.

8. Trainings on Menstrual Health and Hygiene Management (MHHM)



Session on MHHM at Govt. School, Noida

- ⇒ **22 MHHM training sessions** were held with girls to provide information on menstrual health and hygiene. The sessions focused on understanding the significance of using safe and clean sanitary products and dispelling the prevalent myths and misconceptions about menstruation. The Foundation reached out to a total of **1584** girls through these sessions.
- ⇒ Modicare Foundation collaborated with Centum Foundation to conduct MHHM sessions with adolescent girls in government schools of Noida and Greater Noida. The main goal of the session was to break the taboo around the subject and provide accurate information to the girls.
- ⇒ During these sessions, the girls learned about menstrual health and hygiene, understanding why it is important to use safe and clean sanitary products. The trainings also provided a platform to discuss and dispel myths and misconceptions about menstruation through open conversations and Q&A sessions. Importantly, these sessions aimed to create a safe and supportive space where the girls could freely ask questions and seek guidance without feeling embarrassed. The sessions



Session on MHHM at Govt. School, Noida

served to assist them in managing their menstrual health with confidence.

⇒ Initiatives like these are essential in breaking societal taboos surrounding menstruation and contribute to building a healthier and more informed community. By providing education and promoting open discussions, these efforts work towards creating a society where menstrual health is better understood, reducing stigma and empowering young girls to take charge of their well-being.

9. Coverage through Social Media

The Foundation actively engaged and reached out to **3,84,072 people** through digital presence on YouTube and Instagram. This engagement includes short informative videos about life skills and health-related issues. This year there was an increase of **584 subscribers** on YouTube which took the total number of subscribers to 2291. Viewership on the YouTube channel has also increased to **22,200** along with **3,44,600** new impressions. In addition to this, Instagram followers have reached 1062, leading to 16,210 Instagram views.

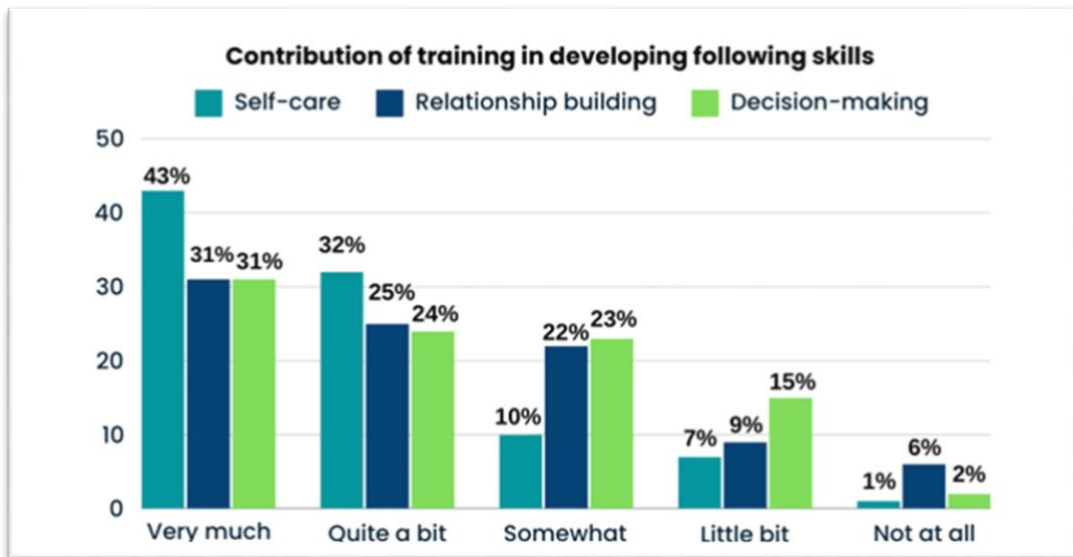
10. Monitoring, Reporting and Documentation

a) Impact Assessment of the life skills training program for adolescents was conducted for the year 2023-24 and a comprehensive report comprising valuable insights and analysis regarding all the topics covered in the training was prepared.

Highlights of Impact Analysis

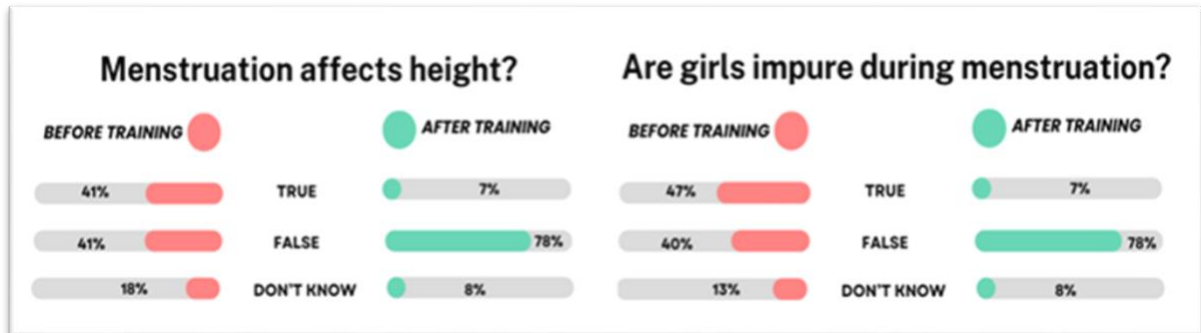
- There were several positives because of the life skills training. 75% and 78% of respondents shared that there was an increase in self-care and self-esteem respectively after the trainings.
- 70% of respondents reported significant improvements in their

communication skills after the training. Participants could identify the features of effective communication.



- 68% and 56% of adolescents respectively reported an increase in feelings of empathy and relationship building skills. This is encouraging as it would lead to healthier relationships and reduced instances of engaging in harmful behaviours like bullying.
- The impact analysis reveals that adolescents are developing healthier coping mechanisms for dealing with difficult emotions like anger and sadness. 90% of respondents chose healthier coping mechanisms like talking to someone trustworthy, listening to music, breathing deeply and slowly, and using their strengths.
- As compared to other parameters only 55% and 41% of survey participants reported improved decision making and coping with stress skills respectively. Future trainings should focus on the impediments faced by adolescents in enhancing these two skills.

- Participants displayed a better understanding of the physical and psycho-social changes that happen during adolescence and how all these changes are natural. Myths associated with menstruation prevalent amongst the adolescents were negated by 78% of adolescents as an impact of the training.



- The participants exhibited increased acceptance of their bodies as only 5% reported comparing themselves with others when they look at themselves in the mirror after the training. This indicates adolescents developing a positive body image.



- 73% of trainees reported an increased ability to say no to negative peer pressure by employing life skills and strategies learnt in the training.
- 71% of trainees were able to identify what constitutes bullying after the training. The skills required to respond to bullying were strengthened, with more respondents choosing proactive measures such as standing up for themselves and

addressing the same through life skills and conflict resolution.

- 95% of the participants responded that using drugs or substances either aggravates existing problems or leads to additional issues. More than 60% of adolescents stated that substance abuse leads to behavioural and mental health issues such as aggression, anxiety and depression, and dependency.
- The impact assessment was also helpful in gathering trends and patterns of substance use among adolescents. Flavoured hookahs, cigarettes, tobacco, and alcohol, especially beer are commonly used substances among adolescents. Lately, energy drinks have gained a lot of popularity among children and adolescents. Approximately 80% of respondents cited peer pressure, pursuit of joy and family dispute as leading causes for substance abuse among adolescents.
- 73% of respondents reported knowing the difference between sex and gender after the training which was only 12% before the training.

Stories of Impact

Vishal from Centum Foundation opines that the issues that life skills programme is addressing are crucial ones for he thinks that both schools and families shy away from talking to adolescents about these, which leaves them with no avenue to share and discuss their problems. He shares that he still remembers the questions and doubts he raised in the sessions and how that aided him to understand better.*

He reveals that building effective communication skills is something that he has been working on, since he thinks that the same will help him in cracking job interviews and getting the desired job. After the training he has been more cognisant of his body language as it was shared in the training as to how significant a role it plays while communicating. He considers himself shy and thinks that practicing this skill is helping him gain confidence.

- b) Annual Plans for FY 2024-2025 were prepared comprising the objectives, outcomes, indicators, timeline and required resources for new activities and program.

c) Cumulative Monthly and Quarterly Reports were prepared for internal monitoring purposes.

11) Capacity Building

- Ms. Naushina Azad, an external resource person, conducted a session on



Reproductive and Menstrual Health at MCD School, Jasola, aimed at enhancing awareness and fostering hygiene practices among women. 60 community women and AOC team members participated in this session. This session served as a valuable demonstration for our trainers and volunteers, enabling them to acquire essential information and skills. The session played a crucial role in building the capacity of AOC trainers, equipping them to provide ongoing support and education in the field of menstrual health, thereby contributing to the overall well-being of the community.

- A three-day workshop on mental health was organized for members of the



Modicare Foundation team. The workshop was conducted by Ms. Tamanna Edwards in association with the School Initiative for Mental Health Advocacy, Tata Institute of Social Sciences (TISS). The sessions focused on equipping the team with the

skills needed to be a first responder in a crisis. The workshop drove home the point that it is essential to be aware of mental health and to break the myths surrounding it. The content was relevant and applicable both professionally and personally. Some of the learnings from the sessions included – prioritizing feelings, the importance of language in dealing with situations, the need to assess personal capacities and boundaries etc.

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.

Khwabgah in 2023-24

1. In numbers



Over 3500 children have benefitted from the Khwabgah project this year



15918 worksheets were distributed to the students to improve their learning levels



2854 story books in English were distributed to the students of the four Khwabgah schools

2. Academics

- A new academic session started in April 2023 and Khwabgah's Academic Facilitators provided support in all the four schools being supported 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).
- The Academic Facilitators started the session by setting up their classrooms, decorating the boards, and welcoming the students back to school.
- Modicare Foundation's academic facilitators taught classes based on the FLN (Foundational Literacy and Numeracy) modules prescribed by MCD's Education Department under Mission Buniyaad. Mission Buniyaad is an initiative of MCD to strengthen the learning foundation of students.



MCF Academic Facilitators Teaching in their Classes

- Students were evaluated fortnightly using MCD assessment tools as well as assessments created by the Foundation's teachers. The results of the assessments were used to classify students of Class 3, 4, and 5 based on their learning levels. The categories used were Good (Level 4 and 5), Satisfactory (Level 3), and Needs Improvement (Level 1 and 2), This allowed the teachers to customize their lesson

plans to meet the individual needs of the students. The teachers employed a variety of captivating teaching and learning exercises and concentrated on improving the building blocks of Hindi, Math, and English along with the curriculum to improve the learning levels of the students. This also entailed monitoring the students' development regularly to monitor the techniques being used and to change techniques if no improvements were observed.

- Teachers made various types of TLMs and conducted different activities like place value, table with clapping, verbs in Hindi and English, tangram, action word with dance, role play, dodge table, action word through poem, word making activities, rhyming with action, learning to count through poems, making a clock to understand the concept of time, etc. to make learning easy, interesting, and joyful. The focus was on improving students' learning levels as well as keeping the students engaged.



TLMs Developed by the Foundation's Academic Facilitator

- PTMs were held regularly in all four schools. The teachers shared information regarding the students' academic progress and other aspects of their school life with their parents. This was done to encourage the parents to get more involved in their children's education. Special PTMs were also conducted with the parents of

children who are irregular to school. The importance of sending their children to school regularly was stressed on as well as the detrimental effects of irregular attendance on their children's academic achievement.



PTMs in the four Khwabgah Schools

- Weekly tests and periodic assessments were conducted for classes 1 to 5 to monitor the students' progress. These assessments helped MCF teachers in developing learning level appropriate techniques for the students, preparing lesson plans appropriately, and grouping students according to proficiency levels.



Students Attempting their Assessments

- Ms. Latika Dikshit, Modicare Foundation’s Director, distributed bags with notebooks, colouring pencils, stationery, lunch box, and sketchbooks to the students who had an attendance of over 60%. This was carried out to reward the students who were coming regularly and to motivate the other students to attend school on a regular basis.



Bag Distribution by Ms Latika Dikshit, Director, Modicare Foundation; Ms Neetu Chaudhary, MCD Councillor; Mr Samir Kumar Modi, Vice-Chairman, Modicare Foundation; Mr Vinai Kumar Saxena, Honourable Lieutenant Governor of Delhi; Mr PK Tripathi, Former Chief Secretary of Delhi; Mr Gyanesh Bharti, MCD Commissioner

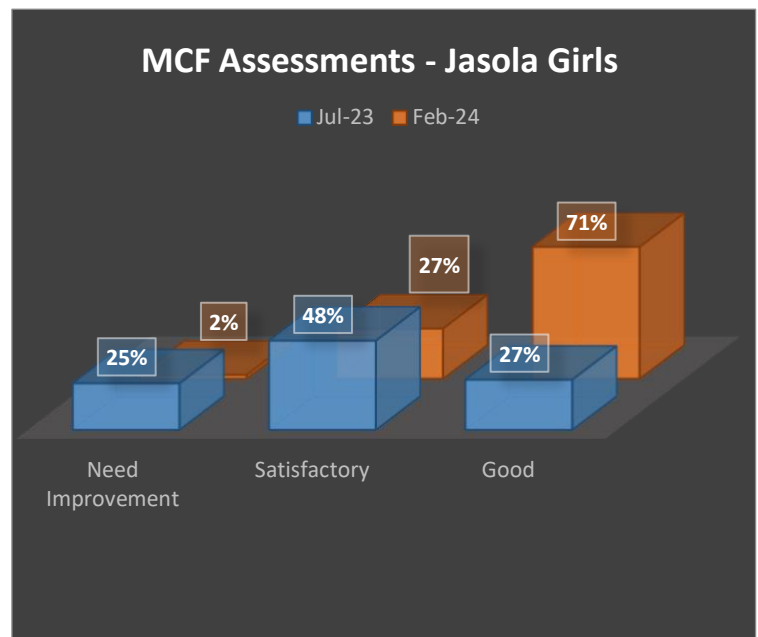
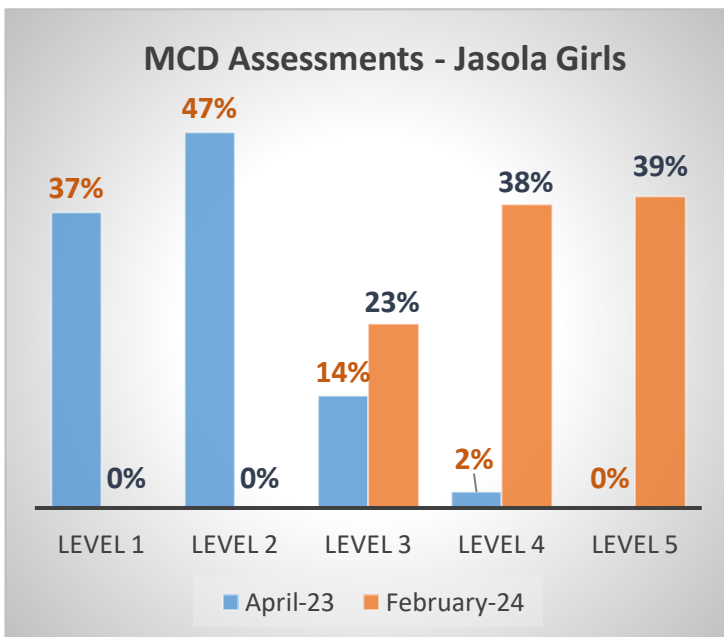
- Under the CSR initiative of Axis Computech Peripherals Pvt Ltd., age appropriate, colourful, and informative storybooks were distributed to all the children in Khwabgah Jasola and Noor Nagar by Ms Latika Dikshit and Mr Yogesh. This was done to inculcate a reading habit in the students.



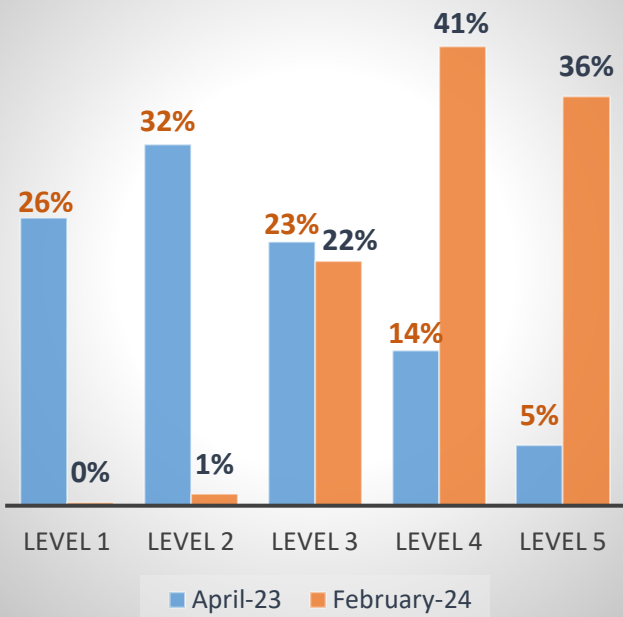
Ms. Latika Dikshit and Mr. Yogesh Distributing Books to the Students

3. Improvements in Learning Levels

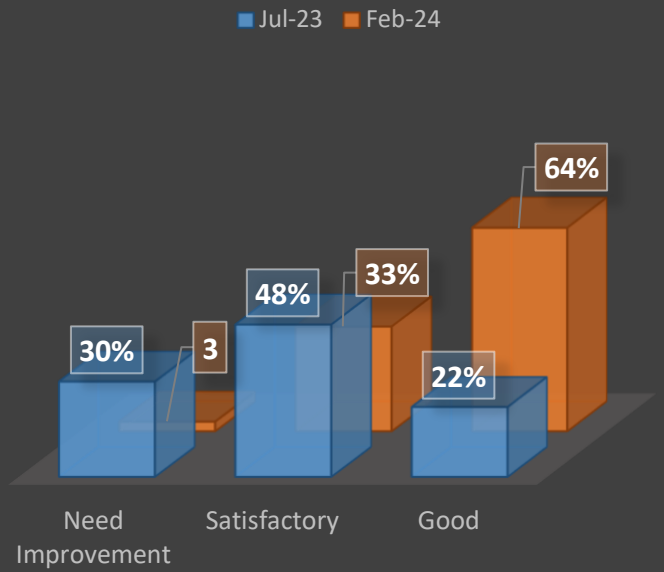
Mission Buniyaad program of MCD continued during the academic session of 2023 – 2024. The focus of the program was to build the foundational knowledge of Hindi, Math, and English. The focus of the MCF teachers during this session was to bridge the learning gap. The graphs below show the learning levels for all four schools.



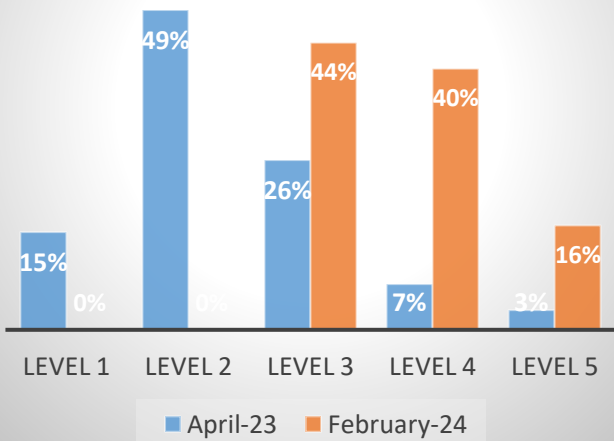
MCD Assessments - Jasola Boys



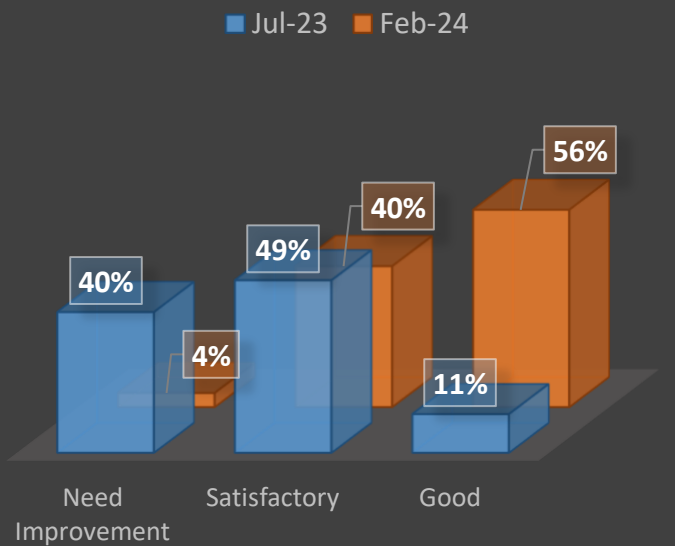
MCF Assessments - Jasola Boys

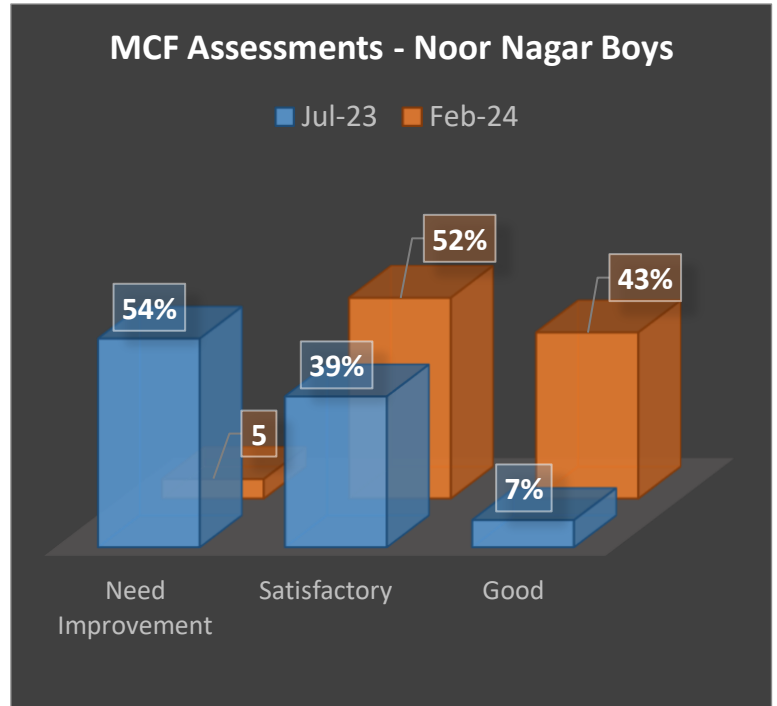
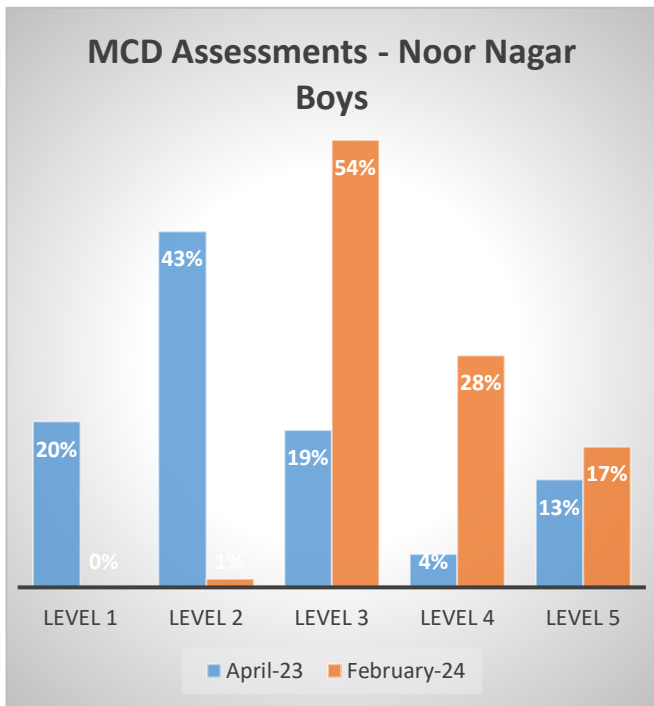


MCD Assessments - Noor Nagar Girls



MCF Assessments - Noor Nagar Girls





The above graphs showcase the changes in the learning levels of girls and boys. The percentage of students in the need’s improvement category decreased significantly while the percentage in the good category increased. This is because the MCF teachers focused on students in the needs improvement category and used the following techniques to improve the learning levels of students in all the four schools:

- MCF Academic Facilitators conducted weekly tests for classes 1 to 5 to monitor the progress of each student so that they could formulate strategies based on the students’ needs and learning levels.
- Students in the need’s improvement category were given individual attention. This helped them to relate more to what was being taught or discussed in the classroom which helped boost their focus and confidence to learn new things. Worksheets were also given to the students in this category which helped improve the learning levels.

- Regular homework was given to students to help them practice what was taught in the classrooms.
- Extra classes were conducted for the students to improve their learning levels.
- MCF distributed educational kits to children who consistently attend class as a reward. This was also carried out to encourage other students to do the same, since attendance at school and academic achievement are positively correlated. This is especially true for lower performing students and ones in smaller classes.
- Teachers used peer assistance which involved pairing needs improvement students with bright students. This helped strengthen academic engagement and class participation.
- MCF teachers maintained constant communication with parents, providing updates on the child's academic progress and ensuring that parents understood their responsibility and contributed to the child's learning.
- MCF teachers employed many engaging teaching strategies, such as using TLMs to facilitate constructive learning, play way methods etc.

Apart from the decrease in the percentage of students in the need's improvement category, the percentage of students in the good category have increased exponentially. The main reasons behind this change can be attributed to the MCF teachers monitoring their progress closely, weekly assessments, level appropriate worksheets, using a variety of learning techniques, connecting new information with things the students already knew and making learning a fun process.

4. Extra-Curricular Activities

a) Sports

Regular sports classes were conducted in all four schools and the students attended them with great enthusiasm. Every class participated in a variety of sports activities, such as warm-up exercises, obstacle races, target hitting with a ball, self-defense, relay races, 100-meter races, one-leg lifts, in or out, passing the football, skip counting in sports, etc. The objectives of these games are to increase students' physical strength, sharpen their focus, foster creative thinking, and strengthen their teamwork skills. Students from Jasola School, both boys and girls, participated in MCD Zonal tournaments and won 6 gold medals, 7 silver medals and 1 bronze medal because of their enthusiasm for these programs and the frequent sports training they received from the MCF Sports Teacher.

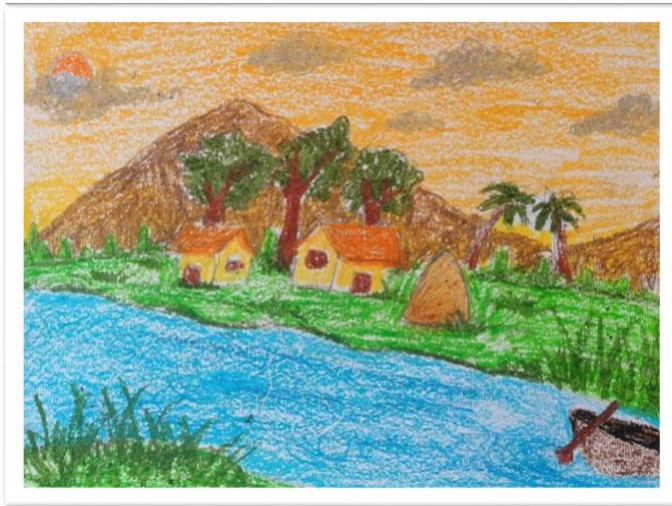


Sports Activities in the School

Medals Won by Khwabgah Jasola			
Sport's Event	Gold	Silver	Bronze
Long Jump	1 (Girl Individual)		
100-meter race	1 (Girl Individual)		1 (Boy Individual)
Obstacle race	1 (Girl Individual)	1 (Girls Team)	
Throw Ball	1 (Boy Individual)	1 (Girls Team)	
Kho-Kho		1 (Girls Team)	
Badminton		1 (Girls Team)	
Cricket	1 (Boys Team)	1 (Girls Team)	
Kabaddi		1 (Girls Team)	
Football	1 (Boys Team)		
Shotput throw		1 (Boy Individual)	

b) Art and Craft

Regular arts classes were conducted in all four schools. Students learned how to make shadow art; portraits; element of line, shape, and form; line art, boats using the letter T, how to make honeybees using the letter M, etc. They were also taught Math using art, where they drew pictures using numbers 1–10. The students also used arts and crafts to mark special occasions like Dussehra, Diwali, Christmas, World Toilet Day, paper crafts featuring Santa Claus, Warli art, drawing snails and lions using grid lines, etc. This allowed the students to display their creativity and enhance their motor skills. Art also gives students a vision to live out their imaginations and creativity.



Art and Craftwork by Students



c) Dance

Zumba classes were conducted in Noor Nagar school every Wednesday to provide an engaging and enjoyable way for students to improve cardiovascular fitness, coordination, and overall physical health. Dance also helps reduce stress and boost the mood. The students enjoyed the dance classes and exhibited enthusiasm for the same.



Students Practicing Zumba in Noor Nagar School

5. Special Days Celebration

Students took part in various celebrations such as Independence Day, Republic Day, Gandhi Jayanti, Global Hand Wash Day, Kargil Vijay Diwas, Shaheed Bhagat Singh Jayanti, World Environment Day, Children's Day, Teachers' Day, Hindi Diwas, Diwali, Christmas and many more. These occasions provide a chance to students to learn about the significance of these days and have fun in the process by making posters, writing slogans, writing essays, and poems, learning famous quotations, dressing up as famous people, etc.



Students Work on Special Days



6. Capacity Building

- Teachers formed and studied in their respective study groups to clear their doubts related to academic topics as well as the best ways to teach them and increase their subject knowledge.



Teachers Studying in their Study Groups

- Teachers' assessments were conducted regularly. It helped the teachers to demonstrate their learning, receive feedback on the errors they've been making, and help provide opportunities to better their performance with each assessment



MCF's Academic Facilitators Attempting their Assessment Paper

- Mock sessions were conducted by the teachers. It helped them in enhancing their teaching skills and in peer learning. The constructive feedback received from such sessions helped the teachers to further hone their teaching skills which also included classroom management techniques.



Mock Sessions by MCF Academic Facilitators

- All the Khwabgah teachers attended a training session led by AOC on topics such as gender sensitization, bullying, substance use disorder, POCSO, and life skills. The trainings helped the teachers gain a greater understanding into the issues being



faced by primary school going children and how to deal with them. The training on child safety and protection along with POCSO Act, 2012 helped in further sensitizing the teachers about the provisions of the act, raised awareness about child protection, and equipped them with the knowledge and skills to identify and address instances of abuse.

- A three-day workshop on mental health was organized for the Khwabgah team. Led by Ms Tamanna Edwards in collaboration with the School Initiative for Mental Health Advocacy at Tata Institute of Social Sciences, it provided crucial insights and skills for dealing with crisis situations. Focusing on the role of first responders in



Mental Health Training by Ms Tamanna Edwards

mental health crises, the workshop emphasized the importance of awareness and dispelling misconceptions surrounding mental health. By equipping the participants with relevant skills, the workshop aimed to empower them to effectively navigate such situations. The key takeaways from the workshop were prioritizing feelings, understanding the significance of language and recognizing personal capacities and boundaries. These are the essential pillars in fostering a supportive and empathetic environment. These learnings not only helped in

enhancing the team's ability to respond to crises but also contributed towards creating a culture of understanding and support within the organization.

- Ms. Naushina Azad, an external resource person, led a workshop on Reproductive and Menstrual Health at MCD School in Jasola with the goal of empowering women to take charge of their menstrual and reproductive health. Sixty women and team members of the Foundation participated in this session. In addition to increasing awareness and encouraging agency among the women in the Jasola community, the workshop helped our trainers and teachers become more proficient in communicating accurate information and providing effective support for the menstrual and reproductive health needs of the community.



Ms Nausheena Azad Conducting a Session on Reproductive and Menstrual Health at MCD Jasola

Project – Hifazat

What We Do

Health camps for the community

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

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

Awareness sessions on health and health related issues

Hifazat in 2023-24

1. In Numbers



1436 students from the 4 Khwabgah schools have been screened to monitor their developmental milestones



152 students received first aid and counselling in Khwabgah Jasola and Khwabgah Noor Nagar



449 community women have received training on Menstrual Health and Hygiene Management



Foundation's YouTube channel garnered **15965 views**

2. First Aid Services:

The Foundation has established dedicated clinics equipped with basic medical facilities at Khwabgah Schools in Jasola and Noor Nagar. These clinics are manned by trained nurses who provide immediate medical assistance and counselling to students in need. In this year, the nurse at Khwabgah Jasola treated and counselled 100 students, while 52 students received assistance at Khwabgah Noor Nagar. The compassionate care and expertise of the nurses have played a crucial role in addressing various health concerns among students, ensuring their prompt recovery and continued attendance in school. The nurses' services were also availed by the government teachers as well as the Foundation's Academic Facilitators.

3. Primary Health Screening



Health screening is an essential component of the Foundation's health initiative. In the academic year 2023-24, a total of **1436** students were screened for essential growth indicators like height and weight. This included **932** students in Jasola and **414** in Noor Nagar. Regular monitoring of each child is being conducted by the nurse to track developmental milestones. Additionally, **1400** students in Jasola and **500** students in Noor Nagar were monitored twice for growth parameters, exhibiting the thoroughness of the Foundation's health monitoring efforts.

4. Regular Follow-ups

The Foundation places emphasis on the importance of regular follow-ups with students to ensure continuity of care. In the past year, the nurse, and teachers of Khwabgah School conducted regular follow-ups with the parents of 38 participants who showed signs of falling back on key growth indicators. These follow-ups involve counselling and need based referrals to specialists, ensuring that students receive the support they need to thrive academically and physically.

5. Awareness Sessions on Menstrual Hygiene



MHHM session with community women at AFD, Trilokpuri

In 2023-24, the Foundation organized ten awareness sessions on menstrual hygiene, with a total of **449** women participating. These sessions provided essential information and guidance on menstrual health, debunking myths and misconceptions while promoting proper hygiene practices and the use of menstrual hygiene

products. Moreover, the sessions emphasized sustainability by promoting environmentally friendly menstrual hygiene practices.

6. Distribution of Health Kits

As part of the program's commitment to promote health and well-being, 250 medical first aid kits, known as Hifazat health kits, were distributed to the community. These

kits contain essential medical supplies to address minor health issues and emergencies, ensuring that individuals have access to basic healthcare resources when needed.

7. Online Engagement

In addition to on-ground initiatives, the Foundation actively engages with the community through digital platforms. The YouTube channel serves as a valuable resource for health-related information and educational content. In the past year, the Foundation's YouTube channel garnered **15965** views, indicating a significant reach and impact in disseminating health-related knowledge and awareness.

**Modicare Foundation would like to express gratitude
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