



Pratsahan
India Foundation

ANNUAL REPORT 2018-19





Protsahan
India Foundation

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Protsahan India Foundation

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Photo Credits: Protsahan Girls and volunteers through the year

Cover Photo: "Protsahan Girls" by Anidra



“

“I've learned to recognize, respond to, & report abuse. My circle of safety includes my mother, my best friend, & my Protsahan teacher. I also remember that I can call on 1098 at any time.” - Tanisha (10 years), Protsahan beneficiary.



FOUNDER'S MESSAGE

“Empowering at-risk girls and survivors of abuse through art & technology based life skills to bring access to quality education, healthcare & justice to help them thrive and reach their full potential.”

Smarter Economics: Investing In India's Girls

REFLECTING
ON THE LAST
10
YEARS



Sonal Kapoor
Founder - Director

The journey of Protsahan is nearing a decade. As we inch towards that milestone, our belief in our responsibility as an organization to reach out to more girls and vulnerable children across the country and the world grows even stronger. **We're becoming only more resilient and stronger in our fight against child sexual abuse, child marriage and child trafficking.** Strategic decisions made in the last year to consolidate our programs, unlearn and relearn as an organization - as a team - to strengthen our processes and governance structures in 2018-19 paid off as we structured an Organizational Strategic Roadmap for the next five years. We formed strategic partnerships and associations with other organizations throughout the year. In the process, we laid the foundation for a much stronger and bolder Protsahan while retaining our ethos of empathy, creativity, and life skills based in art and technology.

While we worked tirelessly to prepare Protsahan for the future, we maintained the connect with our roots and core beliefs. We continued our work in strengthening child protection systems across

the country, participated in numerous consultations with various key stakeholders, and enabled the sector by developing open source child protection manuals, trainings and workshops.

One of the highlights of 2018-19 was the association with critical partners like Dasra and beginning of our conversations with Azim Premji Philanthropic Initiatives. Senior leadership of Protsahan got an opportunity to be a part of the Leadership and Accelerator program cohorts, share ideas, and work closely with many more non-profit organizations from across India at various levels. The more in depth we went on to bring quality to our program execution, the more we learnt about filling the gaps in our impact model and reinforce the assessment models in place for all programs. We also reevaluated the delivery model of our programs for children and adolescent girls that allowed us to fine tune it further. In order to achieve that, elements from Project Educare, Project Light Bulb and Project Innocence have thus been reassigned under three main program heads from now on: **Education & Life Skills, Healthcare, & Justice.**

Keeping in mind Protsahan's strengths and experience available, three core initiatives were identified for execution un-



Kamla Bhasin
Celebrated gender activist & social scientist, Smt. Kamla Bhasin & our founder, Sonal Kapoor marvel at the photographs taken by Protsahan Girls at IGNGA gallery, New Delhi.



Kiran Khalap
Kiran Khalap, Hon. Board Member at a Protsahan classroom in Uttam Nagar, New Delhi.

Craftsutra
Adolescent girls at a Craftsutra Dot-Mandala Art Therapy Session.



der the new program heads over the next five years:

- 1. Establishing Center of Excellence in Uttam Nagar Community:** Enabling access to Quality Education & Healthcare for adolescent girls in slums who are at risk or are survivors of abuse
- 2. Healing the Trauma of Abuse:** Codifying and scaling up delivery of Protsahan's programs to heal the trauma caused by child abuse through the use of creative art, play and technology led interventions & by strengthening access to mental health services and access to justice for at-risk and survivor groups of adolescent girls
- 3. Enabling Child Protection:** Scaling up work on strengthening systems of child protection across the country by holistically training a network of key partners including government stakeholders to ensure prevention of child abuse by educating and empowering families, educators, caregivers and communities with relevant knowledge, skills and resources necessary to recognise, prevent, report, and respond to child abuse based in trauma informed care

This classification is essential going forward as it gives us more clarity as a team and as an organization in terms of the deliverables and the impact assessment of our programs. This reclassification is also essential in order to address the **intersectionality** with related issues surrounding the topic of violence and abuse of India's children, 1 in 2 of whom have reported child sexual abuse.

As a team, we took the first steps in following the strategic roadmap that we laid out for ourselves in 2018-19. We honed our skills as an organization, strengthened our processes and governance, and reorganized ourselves to deliver our programs better, scale their impact, and reach out to many more children across the country and around the world. Each one of our initiatives was the result of the hard work of our dedicated staff and volunteers. They were supported unflinchingly by our donors in these endeavors.

We are extremely grateful for the support of each individual and organization associated with Protsahan who help us in continuing the fight against child abuse, and bring dignity to the lives of children of India.



Sonam Sahu
Our student wins a Gold Medal at Delhi MMA Championship



बुलंदी का आशिका

अंतरराष्ट्रीय महिला दिवस पर स्वास

पहला महिला दिवस 28 फरवरी को मनाया गया पहला ज्ञात महिला दिवस अमेरिका में 28 फरवरी 1908 को। जर्मनी ने महिलाओं को मताधिकार दिलाने के लिए 8 मार्च 1914 को आयोजित किया। तब से इसी तारीख को यह दिवस मनाया जाने लगा।



8 मार्च 2019 लखनऊ राहुवार

अमर उजाला

amarujala.com

आइए सलाम करते हैं उनको, जिनकी सोच और साहस में दिखी बदलाव की एक उम्मीद। दर्द सहा, बहुत कुछ खोया, अपने भी दूर चले गए, लेकिन दुख को हावी होने नहीं दिया। एक नई शुरुआत की, खुद के लिए और समाज की खातिर भी। रास्ते में आने वाली अड़चनों को हटाते हुए वे आगे बढ़ीं। आइए सलाम करें अपनी इन बहादुर बेटियों को...

असल जिंदगी की नायिकाएं



पालोमी पटेल उद्यमी, मुंबई

हादसे ने हाथ छीन लिया, पर हौसला नहीं
पालोमी पटेल... पारंपरिक रूप से फैशन डिजाइनर। फिर तो हीरो बनें तो खेलते-खेलते हाथ में ली हुई 11000 बॉटल की हाइड्रेशन लाइन से शुरू। हाथ बुरी तरह झुलस गए। दानेन हाथ काटना पड़ा। दूसरा धमकिया बचावा जा सका। मात-पिता की हिममत से आगे बढ़ी और अब परिवार की मैनेजिंग पार्टनर का पूरा एडमिनिस्ट्रेशन खुद देखती हैं। कठिनी हैं- हादसे ने भरे हाथ लिए, मेरा हौसला नहीं।



स्नेहा पार्वतीवाररा वैकल्पिक चिकित्सा

जाति और धर्म को खत्म करने की लड़ाई
सिमलाना के केन्द्रे की स्नेहा पार्वतीवाररा देश की पहली इंडियन हैं जिन्होंने किचे जाति व धर्म का न होने का प्रस्ताव रखा है। ऐसे से जबकी स्नेहा के पिता ने झुकवा देखावे में जाति या धर्म नहीं लिखा था। बाद में नैतिकता के लिए प्रस्ताव रखा और विचार संभल चुके हैं।



पारंपरा में आधुनिकता लाती महिला पुरोहित

केलेंटाइन डे से दो दिन पहले कोलकाता में कुछ महिलाओं के समूह ने जेजेक भाषण किया, 'बैक मंत्र पूरे और विचार करवाया। यह महिला पुरोहित का बनना 'महिला पुरोहित' समूह का वैदिक मंत्रों को संस्कृत में स्पष्ट पढ़ती हैं और साथ साथ बंगाली और इंग्लिश में समझती हैं। उद्देश्य होता है प्राचीन भाषा में मौजूद ज्ञान के माध्यम से जाति और धर्म की विज्ञानों को शांत करना।



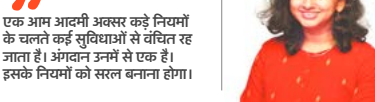
पीएमओ तक पहुंची अंगदान के नियम आसान करने की आवाज

डॉ. अर्जुनी सावरकर प्रति डॉ. उमेश व समेती माह की लखनऊ में आयोजित अर्थात् अंग दान के वार्षिक सम्मेलन से घर पहुंचीं। घर के बाहर उतरे समय किसी ने उनकी कार को ठक्कर मार दी। हादसे ने पीएम को ज्ञात किया। सरने के बीच उन्होंने बेटी का अंगदान करने का प्रस्ताव किया। कायदा व कानूनी कार्यवाही में ऐसी उन्हाड़ी कि आसान न हो सका। तब उन्होंने नियमों को सरल बनाने के लिए पीएमओ को पत्र लिखा। पीएमओ इस पर विचार कर रहा है।



भयमुक्त स्तनपान का संदेश

भयमुक्त स्तनपान का संदेश देने के लिए पुणे की आधुनिक प्रकाश ने बीएसएफ यानी प्रेस्ट फ्रीडिंग समर्थन पर इंडियन विमेन कन्फिडेंस की शुरुआत की। इन दिनों वे बहुरीन में हैं। हाल ही उन्हें पांच फेसबुक कन्फिडेंस लीडर में से एक चुना गया है। हर लीडर को एक मिलियन डॉलर का अनुदान मिलेगा।



एक आम आदमी अक्सर कड़े नियमों के चलते कई सुविधाओं से वंचित रह जाता है। आगमन उनमें से एक है। इसके नियमों को सरल बनाना होगा।

दूसरों को बचाने की हिम्मत ने आसान की राह

पद्मश्री लक्ष्मीकुट्टी अम्मा

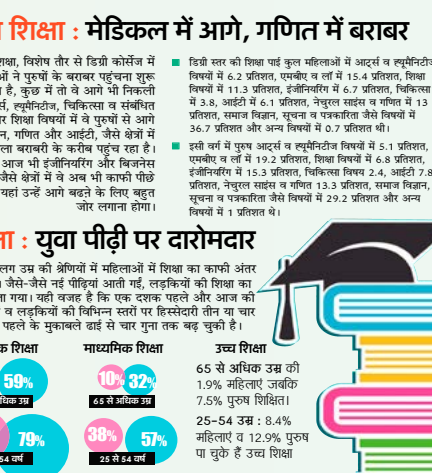
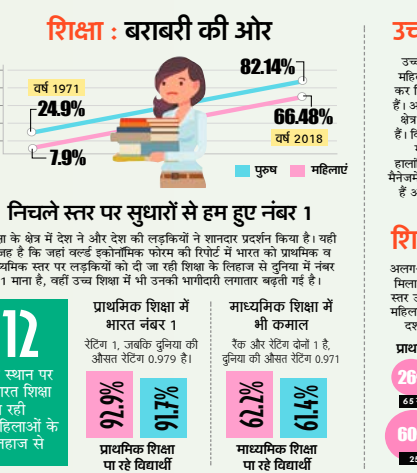
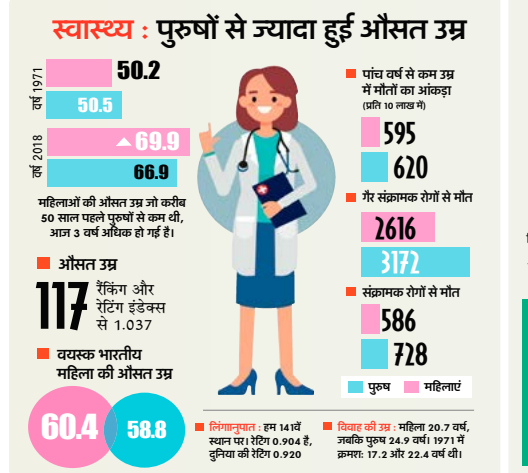
500 औषधियां बनाकर दिया जीवनदान

संघ काटने पर समय से अज्ञान न मिलने पर बेटे की मौत के बाद लक्ष्मीकुट्टी अम्मा ने दूसरी को बचाने का बीड़ा उठा लिया। अम्मा ने इसके लिए करीब 500 औषधियां बनाईं। अम्मा को वर्ष 2018 का 'पद्मश्री' दिया गया। उन्हें 'ईदिल हास' खानी उद्घरण करने वाली अम्मा के नाम से भी पहचाना जाता है।

इस सोच को त्याग दीजिए कि कुछ ऐसा है जिसे पुरुष कर सकते हैं और महिलाएं नहीं...

आग बुझाने के लिए इमारत की नो मॉजिलें चढ़ गईं

दीपावली के समय मुंबई के अंधेरी इलाके के एक अपार्टमेंट में रफिग ले चुकी एयरहोस्टेस रविश्या अहिर ने देखा तो भाई की मदद से अपनी इमारत से 9 अग्निरोधक सिस्टिम जमा किए। दरवाजा तोड़ने के लिए कुल्हाड़ी उठाई। सीढ़ियों से नीचे फस्तर पर पहुंचीं और आग बुझाने शुरू कर दी। अग्निरोधक दल के पहुंचने से पहले ले आग बुझ चुकी थीं। कहती हैं कि किसी की जान न जाने पाए, इसी सोच ने हिम्मत दी।



Media Coverage

'Mom, Dad, what does rape mean?'

We live in cruel world, a world where rape culture is prevalent. Victims are blamed for sexual abuse and male sexual violence is normalised. Violence against anyone can never be normal and children need to know that.

Updated: October 12, 2018 2:57:32 pm

Explain rape and sexual abuse to your child.

In the wake of the #MeToo movement, how do you explain the concept of sexual assault to your child?

By Sonal Kapoor

When an 11 year old girl gets gang-raped by 22 men in Chennai for a period of seven months and when even the country's government data from National Crime Records Bureau states that a child in India is molested every 15

The world needs less bullies, teach your kids empathy

According to recent reports, it is found that every third child is bullied in school and some of these kids are affected to such an extent that they do not mind ending their lives, just to stop the pain.

Published: August 9, 2018 9:43:28 am

Teach kids empathy and compassion! (Source: Dreamstime)

The world needs empathetic and emotionally intelligent kids. Fortunately, empathy is not a fixed trait; it can be fostered, encouraged, and cultivated.

By Sonal Kapoor

As parents, you want the best for your children. You do whatever it takes to help them score straight 'A's. But

#MeToo: How to talk to your kids about sexual abuse

ell your kids that it is not okay to have any body secrets from them at any time, and that if someone threatens them, then they definitely need to talk to you freely without any fear of being reprimanded.

New Delhi | Updated: October 9, 2018 10:52:42 am

Talk to your child early

Child sexual abuse is a scourge of our society, and it can affect children from every age group, gender, and socioeconomic background.

By Sonal Kapoor

With two out of three children in India facing abuse or the risk of abuse from someone they know and trust, unpleasant as it may be, talking to your children about sexual abuse is as essential as enrolling them in a good school. Here are a few pointers that can help parents on how to talk to your kids about sexual abuse.

How to talk to kids about sex and sexuality

Just because you are talking to your children about sex, wouldn't make them want to have sex! They understand consent better and know that they have a right to say "No".

Updated: July 18, 2018 9:40:28 am

Talk about the birds and bees

Just because you are talking to your children about sex, wouldn't make them want to have sex! They understand consent better and know that they have a right to say "No".

By Sonal Kapoor

The inevitable talk of 'the birds and the bees' is one that a lot of parents find uncomfortable to speak to their children about. Ironically, it's a topic that needs the most attention. It's so easy to find complaining tweets and

Awards & Recognitions



With Mrs. Maneka Gandhi, Hon. Minister of Women & Child Development, Govt. of India



Protsahan's Founder receiving commendation from Mr. A.J. Philip of Deepalaya, & Mr. Rajat Thomas of Vishwa Yuvak Kendra



With Georgette Tan, President UN Women, Singapore unveiling Protsahan's Storytelling Toolkit on Child Abuse



Efficacy of Kathak as Dance Movement Therapy (DMT) for Children Experiencing Trauma: A Field Study

Abstracts From Independent Impact Evaluation Report Undertaken In 2019 On Protsahan's Work By Dance Movement Therapy Researcher, **Riya Bhatia**

Background

According to the World Health Organization, the burden for depression is 50% higher for women than men in India. The problem is compounded due to the stigmas surrounding mental health, resulting in a lack of awareness and inadequate treatment. Interventions such as Dance Movement Therapy potentially offers interesting and acceptable treatment option for people suffering from a variety of health issues. Dance therapy is based on the idea that body and mind are co-relational. For Kathak to be an effective tool for Dance Movement Therapy, it must work as creative therapy, which generally follows these four phases: preparation, incubation, illumination, and evaluation. Our aim was to study and analyze the effectiveness of Kathak as DMT for children experiencing trauma.

Objective

The objective of the study was to examine the effect of Kathak as a Dance Movement Therapy tool in reducing the health-related psychological factors such as Depression, Anxiety and Anger in trauma affected girls of age 6 to 16.

Methodology

The field research was conducted with 30 marginalized & at-risk girls through a non-profit government organization called Protsahan. Protsahan is an organization that works to guide at-risk adolescent girls, so they can break the

cycle of intergenerational poverty and abuse through creative education and entrepreneurial skills. Measurement was captured with notes, photographs, interviews, and relevant data on a daily basis. Each DMT-Kathak session was approximately three hours, with many breaks for games, songs, and snacks.

Results

All of the girls enjoyed learning Kathak and found the experience both rewarding and fulfilling. In concluding questionnaires and interviews, more than 80% of the girls showed improved signs of happiness and self-esteem. Over 75% were interested in continuing to learn Kathak if given the opportunity.

There was a significant difference before and after the DMT-Kathak sessions, which may provide a powerful tool to address trauma.

Conclusion

To further advance the adoption of Kathak as a DMT tool, future studies should involve a much larger sample size and a more diverse set of participants. The results of the field study indicate that there is a significant positive impact from practicing Kathak as DMT. The study suggests that group Kathak sessions are effective in enhancing physical fitness, empathy and emotion well-being with social integration.



Methodology

1. Participants and Plan

The field research was conducted with 30 marginalized girls through a non-profit government organization called Protsahan. Protsahan is an organization that works to guide at-risk adolescent girls, so they can break the cycle of intergenerational poverty and abuse through creative education and entrepreneurial skills). A week-long workshop was held with girls ages 6 to 16, where Kathak dance was taught over daily 3 hour sessions and the subsequent effects of Kathak as a DMT tool were analyzed.

Table Below
 Field Research Plan: The methodology used in the Field Study to map the impact of Dance Movement Therapy on children from marginalized communities.

Session No.	Activity	Details
Session 1	Phase: Preparation Background and Introduction.	Trainer explains the background of Kathak and technical details of Taal (16 beat cycle), Recitation (Teentaal). Kathak Yoga is performed (simultaneous singing, dancing, and playing of a musical instrument) to demonstrate full mind, body, and spirit connection.
Session 2	Technical movements required for Kathak.	Trainer reviews Pranaam (hello), Shlokas (poem), Kathak hastaks (hand movements), tatkaar (footwork walking forward and back, side to side).
Session 3	Phase: Incubation Focusing on rhythm and flow.	Trainer reviews Pranaam, Shlokas and introduces Chaakars (5 step rotations), including spotting focusing to maintain balance and core strength.
Session 4	Introducing mind & body connection.	Trainer reviews previous sessions and introduces Navrasas (9 emotions). Advanced footwork technique (right to left, 4 corners, adding hand movements).
Session 5	Phase: Illumination Putting it all together.	Trainer introduces a song (Kailash Vasa) that the students practice, building up to tatkaar and singing at the same time.
Session 6	Crystalizing the mind-body connection.	Trainer reviews Pranaam, Shlokas and teaches a traditional composition that incorporates all emotions.
Session 7	Phase: Evaluation Reinforcement and Cohesion.	Trainer assists students in showcasing everything learned to other staff members and older children, reinforcing confidence and group cohesion.



Photo above
 Kathak DMT trainer Riya Bhatia working with Kathak Yoga, Shlokas & Navrasa with the girls at Protsahan center in Uttam Nagar.



Impact & Effectiveness of Dance Movement Therapy

- Total Number of Girls Impacted through DMT in 2018-19: **120**
- Number of Girls Participating in Field Study: **30**
- Number of Girls Showing Improved Signs of Happiness & Self-esteem: **80%**
- Number of Girls Showing Improvement in Classroom Participation & Engagement: **85%**
- Number of Girls Showing Interest in Continuing to Learn Kathak: **75%**

Measurement

Notes, photographs, interviews, and relevant data was collected on a daily basis. Due to the nature of creative arts therapy, measurements were more qualitative in nature, which tend to emphasize creativity and subjective ways of knowing (Junge & Linesch, 2003).

Procedure

Each session began with a five minute guided meditation led by the trainer. Ghungroos (metallic, musical anklets) were presented on the second day to the students. Each DMT-Kathak sessions was approximately three hours, with many breaks in the middle for games, songs, and snacks. Due to the level of physical

exertion, frequent food and water breaks were integral to the sessions. Table 1 describes the DMT-Kathak sessions in detail.

Results

98-percent girls enjoyed learning Kathak and found the experience both rewarding and fulfilling. In concluding questionnaires and interviews, more than 80% of the girls showed improved signs of happiness and self-esteem. Over 75% were interested in continuing to learn Kathak if given the opportunity. There was a significant difference before and after the DMT-Kathak sessions, which may provide a powerful tool to address trauma.

Protsahan India Foundation

ENCOURAGING CREATIVE EDUCATION & LIFE SKILL BY ART & TECHNOLOGY

WHO WE ARE

We were established in the year 2010. Based on our unique HEART model, we strive to break the intergenerational cycle of childhood abuse and poverty with **H**olistic Healing (of Abuse & Trauma), **E**ducation, **A**rt & Play based Life Skills, **R**ecovery, and **T**echnology. Elements of the program work cohesively to break the intergenerational cycle of childhood abuse and poverty for adolescent girls from underserved communities who are at risk or are survivors of child abuse.

We are located in Uttam Nagar slums of West Delhi. Our team consists of 18 teachers and social workers who belong to adjoining neighborhoods and work directly with 120 girls enrolled at Protsahan each year at the Centre of Excellence. Over the years, the team has been trained to:

- Assess the baselines for each student enrolled at Protsahan and prepare them for age-appropriate learning in formal schools through a SCERT based “Bridge Course” designed to match each girl’s individual learning needs
- Provide academic support to each at-risk girl or survivor, identify and address her healthcare, nutrition, & other critical needs on individual case to case basis no matter how big or small
- Identify cases of abuse and trauma and effectively address disclosures in cases of child abuse, including child sexual abuse, child marriage and child trafficking
- Follow the reporting mechanisms and guidelines prescribed by Ministry of Women & Child Development in child sexual abuse cases
- Provide basic counseling for mental health well-being to the girls, their families and the community through regular Slum Panchayats

“Protsahan” is a Hindi word which means “Encouragement”.



- Enable access to quality education through art, play and technology

WHAT WE DO

Protsahan fights against Child Abuse through Arts, Play & Technology based interventions with a specific focus on healing trauma of at-risk and survivor groups of adolescent girls.

In the neighborhood where Protsahan works, adolescent girls have been completely neglected by parents and community. 83% girls did not have access to safe learning spaces, psychosocial counseling services, creative life skills, access to information & internet, quality education, toilets, clean drinking water, proper nutrition, or adequate healthcare. They are married as child brides so that parents have to spend less on the dowry or education. These factors combine into a very explosive situation for the girls with as many as 89% girls reporting sexual violence before they turned 12. We believe a sustainable solution lies in understanding this intersectionality to empower the agency of an adolescent girl who is constantly disempowered at every step.

To address this situation and give agency to the adolescent girls, Protsahan India Foundation works with vulnerable and at-risk populations using the creative power of Arts, Play and Technology to:

- Empower adolescent girls through **quality education** and promote **gender equity**
- Promote **life skills** development among adolescent girls based on our HEART model of Healing with Art
- Promote **menstrual health & hygiene**, and educate adolescent girls about **sexual & reproductive health**
- Promote mental & physical **health and well being**, prevent and heal the trauma of child abuse by transforming broken childhoods and adolescence into educated, psychologically healed & financially empowered women
- Enable and strengthen a **strong child protection system** in the country by enhancing the capacities of relevant stakeholders including key government departments through **workshops and trainings**.

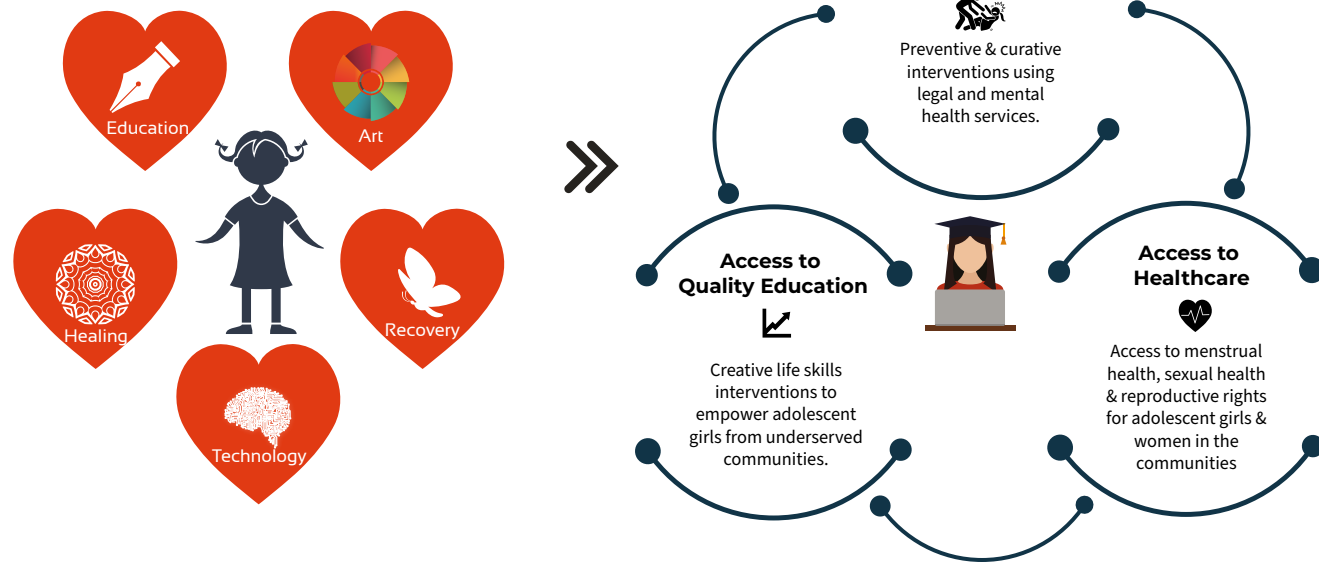


Adolescent Girl Framework

HEART: Healing With Art

Protsahan's Adolescent Girl Framework
Empowering the Agency of Girls in Underserved Communities Through The Lens of Intersectionality

The HEART Model of Healing with Art



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The HEART Model is the foundation of Protsahan's work to address trauma in children.

Protsahan's HEART model is a unique arts, play & technology based model of working with adolescent girls from underserved communities who are at risk or are survivors of abuse. Elements of the program work cohesively to break the intergenerational cycle of childhood abuse and poverty with Holistic Healing (of Abuse & Trauma), Education, Art interventions for Life Skills training, Recovery, and Technology.

We have a unique way of designing, implementing, and advocating our interventions. The goal is not to just talk about abuse. We want our impact to be far more significant than traditional methods of action and advocacy. For this very reason, we devised a common thread that runs across every step we take, ever campaign we run, and every child we reach out to, a thread that enables us to get that lasting impact. We call it the HEART Model.

We use this model as a tool to help bring children out of their shells, and into a healthy learning environment. Together, the five pillars of the program ignite the spark of interest in young children rescued from vulnerable and abusive circumstances. The children we reach out to have usually never attended a formal school. By using innovative and hands on approaches to teaching them social and educational skills, the children start learning and adapting subconsciously, all while having fun.

These techniques are used to initiate the children in a ten-month-long bridge course. Once basic training is completed, the young child is enrolled in a government school and is usually able to join the 5th or the 6th grade directly. While attending the government school the child can choose to continue to attend Protsahan, which is right inside her slum area, and can continue to learn creative arts in a supportive environment. These skills include Madhubani and Warli art, working with iPad and laptops, Bharatnatyam traditional dance, film making, DSLR Photography, theatre, along with a better understanding of gender rights and menstrual hygiene through digital storytelling.



Impact Stories

SHREYA

Protsahan is helping Shreya with academics support in her seventh grade at school. Her father is a security guard in a college in Delhi and her mother is a homemaker. She has been coming to Protsahan for about 4 years now. "Yahan par woh pyaar mila hai, jo kahin se aur kisi se nahi mila." ("I've received that amount and kind of love that I haven't received from anyone and anywhere").

She loves learning English with Ruchika ma'am at Protsahan Centre of Excellence, especially the illustrated storybooks to which she gets free access. "I want to learn computers very well this year and also be a medical professional who helps people to get good health." Shreya goes on to say, "Protsahan is setting up a computer lab in my basti soon, I am very happy about that! I feel my dreams are finally coming true!"



Reshma, 17

RESHMA

Reshma is one exceptional girl who has an entrepreneurial mindset and a voice that proudly makes her stand out in a crowd of hundreds. Political Science, History and English are her favorite subjects.

"I got a chance to learn English through newspapers that are subscribed here at the centre. I want to learn to speak grammatically correct English. I want to be a teacher after I finish my 12th class. I have seen patriarchy in my family and society since I have been a little girl. I know most things about the rights of children through Protsahan, but I am no longer just a child, I am a young woman now and I want to know more about the rights of the women," she says with brilliance and confidence of a power-packed girl. She believes that if a girls commits herself to a task, then nothing is impossible in this world!



Shreya, 12

KHUSHBOO

"Protsahan humaari zindagi hai - Hum yahan khelte hain, padhte hain and meri best friend Sadhna jo cocoon batch ki hai, uske saath hum Maths ki puzzle solve karte hain, Jenga and Lego khelte hain. Isse pehle main jahan pdhne jaati thi, wahan bohot maarte the, mujhe thappad bhi maarte the, fir mere mummy ne mujhe yahan dala. Yahan mujhe sirf teachers ka pyaar hi pyaar mila hai, mujhe ab kahin aur nahi jaana. Yahan ke teachers mujhe meri parivaar se bhi zyaada pyaar karte hain!" ("Protsahan is our life - We play here, We study here and my best friend Sadhna who is from the cocoon batch, I solve Maths puzzles with her, we play Jenga and Lego together too! Before Protsahan, I was in a tuition centre, where they used to beat me, slap me. When my mother got me here, I only received so much love, that I don't want to go anywhere else. Teachers at Protsahan love me more than my own family.")



Khushboo, 9



Afreen, 14

AFREEN

"Didi, mujhe RJ pe radio wala patraakaar banna hai." ("I want to be an RJ who is also a Radio Journalist.") Afreen's father is a e-rickshaw puller and mother is a homemaker. She has five siblings. When asked what is her biggest fear? She mentioned it is getting married as a child bride. She has hopes and dreams and Protsahan is helping her dream big. "My favorite subject is History and Political Science in Humanities Stream," Afreen adds with a delight.

She loves to explore the world of internet and Google and read up as much as she can on the World War I and II. She loves to study and considers it a privilege that she is getting to finish her secondary school education with massive support from teachers at Protsahan.



Sameena, 15

SAMEENA

Her father is a painter and mother is a homemaker. She has 8 siblings. "Mujhe Urdu aur Sanskrit dono hi bohot passand hain. Mujhe computers bhi bohot passand hai. Bachpan se maine sabko aas pados mein sirf silaayi bunaayi karte dekha hai, mujhe isse aage jaana hai!" ("I love both Urdu and Sanskrit. I love computers and since childhood I have seen everyone tailoring and stitching clothes, I want to do something more!")

"Protsahan mein mujhe bohot pyaare dost our teachers mile hain! Main mahawari ke doraaan kya kya options ek ladki ke liye hain, unke baare mein bhi seekha hai. Ladkiyon se hamesha balidaan ki umeed lagai jaati hai. Mujhe yeh passand nahi. Yahan, main apni awaaz ko, pehchaan rahi hoon." ("In Protsahan I've found my friends and compassionate teachers, I've learnt about different types of comfortable sanitary hygiene products that are available to a young girl. Girls are always expected to compromise or adjust, I don't like it. Here, I am learning that my voice is important too.")



Sherbano, 14

SHERBANO

Sherbano is in 11th grade in Humanities stream. Her name literally translates to the meaning in English as 'The one who is like a Tiger. Fierce. Not scared of anything.' She tells us! She remembers that moment when Protsahan took her on a marine exploration exhibition at the WWF office. She remembers fondly, "Maine sea turtles ki vibhinn prajatiyan dekhi aur food chain ke baare mein samjha. Usdin bohot hi zyaada maza aya tha!" ("I saw different species of sea turtles and the role they play in the food chain. That day, I had a lot of fun!")

Sher wishes to be a teacher and understand more about the environment. She is concerned about the Delhi pollution levels and wishes that technologically she could do something about it. She also clearly states how she detests when the male members of her family are patriarchal, especially her father. She has firm views on gender inequality, and wishes for a world where no woman or girl is left behind, only because of her gender or financial status.

OUR PROGRAMS

Initiatives of 2018-19

Child Protection Program
Breaking The Silence (Chuppi Todo Abhiyaan)

Protsahan fights against Child Abuse through Arts, Play & Technology based interventions with a specific focus on adolescent girls. 53% children in India face sexual abuse. Only 8% of more than 100,000 cases reported to the police reach the courts. In partnerships with organizations working directly with children and teachers, anganwadis (day care centres) under the integrated child protection scheme and government schools, we conduct safe and unsafe touch workshops, personal safety education trainings. Protsahan's child protection programme now reaches over 1,00,000 children, caregivers and educators each year through offline trainings and online resources. These trainings cover essentials of child rights legislations with a strong emphasis on POCSO, juvenile justice law, children in need of care and protection, child marriage, menstruation, gender equality, female foeticide, reporting to child helplines and school enrollments. Regular child parliaments are conducted locally to create conversation points and participation in governance by children themselves on issues that matter.

In the past Protsahan has conducted child protection workshops in partnership with:
Government Schools, Vishwa Yuvak Kendra, Tech Mahindra Foundation, Jamghat by Richa Aniruddha, Shades of Happiness Foundation, Chicago University, Delhi University (Social Work and Law Department), Teach For India and more.

WAY FORWARD IN 2019-20

To reach over 50,000 children and over 500 educators and caregivers on the issue of child protection and build more collaborations. Protsahan is in conversation with Deepalaya NGO, Martha Farrell Foundation, Participatory Research in Asia and Pro-Sport Development to conduct more such trainings in the coming year. Protsahan is also exploring how to make child protection courses available online for caregivers and educators to enrol and learn.



Impact Statistics (2018-19)

- Children Impacted through Child Protection Workshops & Trainings in 2018-19: **28,650**
- Educators & Caregivers Impacted through Child Protection Workshops & Trainings in 2018-19: **239**
- Children, Educators & Caregivers Impacted through Child Protection Workshops and Trainings from 2010-11 to 2018-19: **83,200**

*Infographic right page
Protsahan's Intersectional Approach to Child Protection through a lens of Education, Healthcare, & Justice.*

Protsahan's Intersectional Approach to Vulnerability Reduction & Resilience Building to Empower Adolescent Girls



Adolescence Education Program



Access to Technology & STEM Learning for Girls



Protsahan focuses on inclusive equitable education for lifelong learning by focusing on non-negotiable School Education (Early Childhood Education & Senior Secondary Education), Empowerment & Entrepreneurship for adolescent girls by reviving their interest in going back to school by introducing joyful learning system through non-formal teaching methods.

The objective of this extremely intensive programme is to provide young adolescent girls who are at-risk or are survivors of abuse, with accurate, age appropriate and adequate information; promote healthy attitudes and develop life skills to enable them to respond to real-life situations effectively. Flagship work under this programme is summarized as follows:

Bridge Course & School Support: Protsahan runs a bridge course based on SCERT curriculum for school dropouts, at-risk girls and survivors to prepare them to enroll back in mainstream government schools. In addition, support is provided to improve scores in school by focusing on learning outcomes especially in Mathematics, English and Science.

Life Skills Training for Young Girls Through Creative Arts & Technology (STEM & STEAM Modules): Protsahan provides technology training for girls in partnership with key corporate partners in the slums where adolescents get access to knowledge and information through computers, innovative technology hackathons and scholarships in computer diploma.

Awareness & Implementation of schemes sanctioned for adolescent girls: Integrated with the SABLA programme of Govt. of India, Protsahan reaches out to out-of-school adolescent girls to be provided with education on life skills, supervised school support and nutrition, counseling, sexual and reproductive health education and counseling, skills in leadership, problem solving, decision making and accessing public services.

- Impact statistics - Center of Excellence (2018-19)**
- Girls Impacted in 2018-19: **120**
 - Girls Impacted from 2010-11 to 2018-19: **1,040**

WAY FORWARD IN 2019-20

To enroll 180 girls at the slum school/centre with holistic all round development in the bridge course, school enrollments, life skills trainings and SABLA programme.



- Impact statistics (2018-19)**
- Girls Impacted in 2018-19: **630**
 - Girls Impacted from 2010-11 to 2018-19: **6,700**

WAY FORWARD IN 2019-20

Protsahan is aiming to build a Digital STEM lab in one of the darkest slums of the country, for about 200 girls in 2019-20 so that it becomes a flagship centre where girls can give wings to their dreams through the power of science, technology, engineering and mathematics.

To help close the gender gap in education, Protsahan encourages girls interested in STEM to pursue activities and classes to grow their expertise and ignite their enthusiasm in science, technology, engineering and mathematics by giving them an enabling and supportive safe learning environment that rewards exploration and provides hands-on experiences. Moreover, stereotyping girls and women as caregivers and homemakers has often restricted their fields of study to teaching, nursing, fine arts, home economics and the like. There are of course exceptions, but they are far and few. It is worth questioning, as to why young girls are gifted 'kitchen sets' on their birthdays while young boys in the same family are given engineering sets? Protsahan is trying to balance this out by providing access to innovative STEM education for girls in the remotest slums of the country with access to games and project based learning through coding, automation, robotics, data science and Artificial Intelligence.



“

“I’ve learned to understand & address issues of Child Marriage & Child Abuse by making my voice heard through the power of photography. Today using the same power of photography, I also earn more than all the male members of my family put together & have a say in family decisions.” - Jannat (18 years), Protsahan beneficiary



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Impact Statistics (2018-19)



- Girls Impacted in 2018-19: **400**
- Number of final events in 2018-19 : **4**
- **Photo Exhibition** by Protsahan girls at **Indira Gandhi National Centre for the Arts (IGNCA)** attended by **300+** people to Raise Awareness on Child Marriage,
- **Theater & Dance Performance** at **Alliance Francaise** supported by **Shalini Passi Art Foundation**, and attended by **350+** people to raise awareness on Violence Against Women and Girls,
- **Madhubani Mural** Painting by Protsahan girls with **Meera George**, that'll be put up at an art exhibit in Mumbai in 2019-20,
- **Dance Movement Therapy** workshop with volunteer Kathak trainers at Protsahan)
- Children Impacted from 2010-11 to 2018-19: **71,800**

WAY FORWARD IN 2019-20

Each year Protsahan envisions to have at least two flagship final events that symbolize the culmination of learning journeys of girls through the healing platforms of dance, theater, films, photo exhibitions and beyond. The premise of having such events is to not just train the at risk adolescent girls or survivors through regular workshops but for them to perform in front of an eminent audience which enhances the girls' sense of self worth and self-esteem. In the upcoming years too, we aim to have two pathbreaking such outcome based activities.

Performing Arts & Play:
Reimagining Education at Bottom of Pyramid



Education through the Performing Arts & Play, a Protsahan project that uses the **healing and creative power of the arts** to help reimagine education and foster lifelong learning by focusing on building life skills and confidence for girls left behind at the bottom of the pyramid, especially between the ages 6 to 18, to process and speak about feelings related to trauma and displacement. It guides adolescent girls to develop critical skills through sculpting, theatre, dance movement therapy, art and poetry. This project is at the very core of Protsahan's HEART approach of working with 'invisible forgotten adolescents' at the last rung of the social ladder. We believe that **art has the power to heal, inspire, provoke, challenge and offer hope.**

Adolescence Health Programme



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Impact statistics (2018-19)



- Girls Impacted Directly in 2018-19: **1800**
- Educators & Caregivers Impacted through Menstrual Hygiene Workshops and Trainings in 2018-19: **308**
- Girls, Educators, Aanganwadi Workers & Caregivers Impacted from 2010-11 to 2018-19: **16,000**



[Image] Menstrual Hygiene games designed by IIT Delhi students being prototyped at Protsahan

WAY FORWARD IN 2019-20

To reach more than 2,000 girls per year through awareness sessions on menstrual hygiene best practices across India. We have also tied up with IIT-Delhi on fun game based modules to understand menstrual hygiene, which have been highly effective. Protsahan is looking for dedicated CSR partners for this initiative.

Protsahan promotes holistic health among the young girls we work with by compulsarily focusing on Menstrual Hygiene, Nutrition, Sexual & Reproductive Health, & Mental Health.

Menstrual Hygiene & WASH: Protsahan promotes awareness about menstruation and its related bodily changes in adolescent girls with safe and hygienic menstrual management practices and proper dietary practices; to break the silence & taboo that prevails around a common and natural bodily process. The pads are distributed to young girls and women who can't afford to buy or use any other safe and hygienic alternative. The aim of this initiative is not just the distribution of clean cloth pads, the process, very importantly, opens up a dialogue to address healthy menstrual hygiene practices. In a study by the Indian Council of Medical Research (ICMR) in 2015-2016, it was recorded that approximately 70% of girls across India had no knowledge of menstruation at the onset of menarche. With the help of Plan India, AC Nielsen conducted a study 'Sanitary Protection: Every Woman's Health Right' in 2010 which claims that only 12% of the approximately 620 million women in India use sanitary napkins, 93% of women in rural areas are the majority non-users.

Nutrition: Protsahan partners with credible Food Banks and local kitchens to provide healthy hot meals to the adolescent girls and children coming to our centres.

Sexual & Reproductive Health: Under this programme small local events are organized in slums and villages with young girls and their mothers for counseling services, contraception, family planning, etc. In addition special care and protection is provided to young adolescents between 12-18 years of age. Protsahan uses cinema and art to create locally relevant communication material to build adequate knowledge and awareness and behavior change on these issues.

Bridge The Gap - Strengthening Mental Health: Protsahan supports under-resourced adolescent girls through creative art therapy & counseling services in the darkest slums of the country through psycho-therapy based group sessions.

Advocacy Campaign: Menstrual Hygiene

A UNICEF study shows 1 in 3 girls in South Asia have no knowledge of menstruation before their first period, and 48% of girls even think that menstruation is a disease. In India, 23 million girls drop out of school early when they start menstruating and many of them end up facing acute health problems.

At Protsahan it is our aim to work towards fighting Child Abuse in all its forms and awareness about Menstrual Hygiene forms a crucial link to not have girls grow and imbibe the culture of shame around periods. We educated thousands of girls who do not have as much resources and used 'World Menstrual Hygiene Day' (MHM Day) as a platform to further the grassroots work for more and more girls regarding menstruation, the importance of menstrual hygiene and how to manage themselves during periods. For us, advocacy on Menstrual Hygiene is not just restricted to a day that marks MHM Day on 28th May to raise awareness on periods, but also to work round the year to strengthen government accountability related to MHM issues under a designated WASH (Water, Sanitation and Hygiene) policy. In 2018-19, we worked with several youth groups on the issue through the

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Low Awareness On Menstruation In India



- **70%** Menstruating mothers consider menstruation **"Dirty"**
- **71%** Adolescent girls remain unaware of menstruation till their first period
- **Tamil Nadu** tops in the list of states with **79%** adolescent girls remaining unaware of menstrual hygiene practices
- **Uttar Pradesh** follows with **66%** adolescent girls unaware of menstrual hygiene practices
- **Rajasthan & West Bengal** follow on the list with **56%** and **51%** respectively



use of innovative educational games.

One such youth group was the Enactus Team from IIT Delhi who conducted a series of awareness sessions on menstrual hygiene using innovative board games, which the organization has used ever since. The feedback of the session from the students was quite overwhelming. One of the girls said, *“Bataya toh hume bahut baar jata hai lekin pehli baar khelkar sikha ki mahavari ke waqt kaise apna dhyaan rakhein. Ab kabhi nahi bhool sakti. Bda mazaa aya aur hamesha ke liye sharm toot gayi is topic ko leke. Main apni sahelion ko bhi ab khul ke btaungi. Kaash meri mummy aur baaki sab aurtein meri family mein bhi seekhti...”* (We have attended many verbal sessions on Menstrual Hygiene Management, but never played a game and learned at the same time. I can never forget this learning now. I had a lot of fun and I got rid of the culture of shame around the issue of periods forever. I will also tell my friends at school about the need of adopting best practices on menstrual hygiene. I wish my mother and other women of my family also learn from this.)

At Protsahan, in 2018-19 we worked closely with at-risk adolescent girls living in slum areas of Uttam Nagar in Delhi on the issue of Menstrual Hygiene. Almost a decade back, when we began working within urban slums, understanding the hardships faced by the girls during their periods was crucial to ensure their regular attendance in the after-school programs at the centre. It is the fundamental human right of every adolescent girl to have access to products that ensure proper menstrual hygiene irrespective of the social structure she comes from.

We ensure that all girls get their ‘menstruation rights’ and live their life

freely without any stigma associated with it. Menstruation is a natural process and we advocate to make sure that it is considered one, and not treat it like a calamity or a disease. Protsahan goes deeper into the issues that are faced by a girl in an urban slum and rural settings so that no one is left behind.

KNOWLEDGE GAPS

In India menstruation is considered a taboo topic with no one willing to discuss it openly and people using code words to describe various aspects associated with periods. Women themselves would call them “difficult days”, “tough days”, “those days” instead of saying the word ‘periods’. This has led to knowledge gaps among adolescent girls as well as boys. Young girls have a lack of knowledge about something that will be a part of their lives for almost another four decades. ‘Why?’ you ask. Because most women feel that it is embarrassing to talk about menstruation with their daughters. When there is a lack of knowledge among girls and shame among women themselves, how will boys be engaged in a conversation to learn about menstruation and MHM? How will we, at all, be able to raise gender-equitable children? This issue is not only about menstruation, it’s about deep-seated patriarchal norms and denying of basic human rights to a young girl, who unfortunately, forms the most ‘invisible’ section of our world, today.

Curriculum that Protsahan openly discusses in its workshops on Menstrual Hygiene Management is listed below. Sometimes, it also forms

discussion pointers during our ‘Slum Panchayat’ sessions, where we hold chai conversations with the mothers of the young at-risk girls we work with:

Content of Guidance and Counseling Sessions at Protsahan:

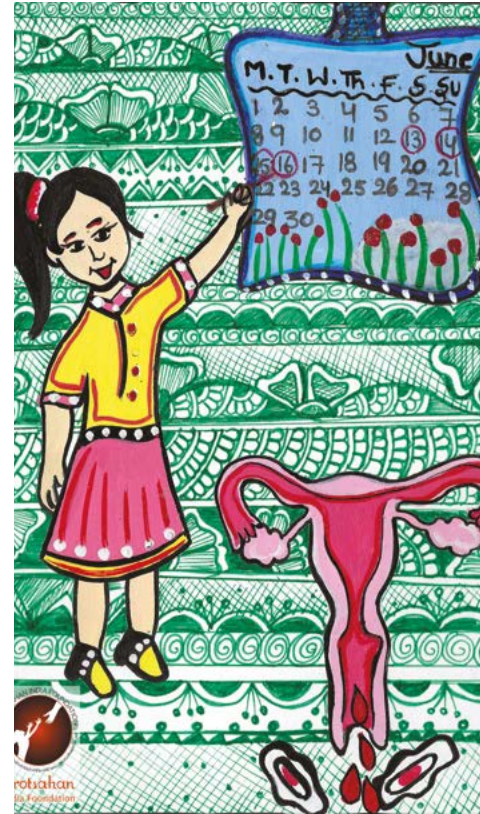
- Address knowledge gaps on MHM – including myths/misconceptions, with **BOTH** girls and boys
- Hygienic management of menstruation and disposal
- Access to menstrual materials and the available choice of menstrual absorbents
- Provision of appropriate WASH amenities with privacy
- Minimising menstrual discomfort and pain

MENSTRUAL PRODUCTS & ACCESSIBILITY

A lot of us believe that the menstrual products are limited to sanitary pads. But there are a lot of other options such as tampons, menstrual cups etc. These products are accessible in the market but the awareness about them is still lacking, and then there is another factor of mass unaffordability and attached social norms. For girls who belong to the marginalized sections, menstrual products are hardly accessible. Due to lack of awareness, a lot of them end up using rags, dried grass, or cotton rags and untidy cloth pieces during the time of menstruation which exposes them to serious health risks. This leads to poor MHM, which, in turn, leads to spreading of diseases. Different women menstruating at different times in the month, based on



“I have learned that important social issues when tackled through the creativity of innovation & play can have a much deeper impact than when they are tackled through traditional means of advocacy & action.” - Mala Kumari, Protsahan Peer Educator when talking about the impact of Menstrual Hygiene Board Games.



[Images] Understanding problem solving approach to critical issues through art & game based approach.

their monthly cycles, also end up using each other's used cloth pads, thereby exposing them all to serious health risk. Women in Bangladesh who work in factories have reported that due to the cost of sanitary products for menstruation which they could not afford, they have resorted to using factory-floor rags in place of pads and tampons, leading to dangerous infections and missed work.

government schools in Delhi, have now stepped up their sanitary supplies, menstrual education to debunk myths and useless social norms, at the level of senior secondary schools is still a far cry. Availability of menstrual products is one thing, knowledge about body positivity and period positivity, another. In a review by WASH United, it was found that mothers are the main source of menstrual hygiene information and only about 10% get information from teachers. Are teachers uncomfortable? Do they lack good tools? And are students uncomfortable to approach their teachers? These are questions that need deep sustainable solutions towards which Protsahan holds conversations in the communities.

In our conversations with girls in the slums, we found out that not having access to proper washing facilities during menstruation can lead to many other diseases too. Several cases of urinary tract infections came up across the year, for which Protsahan provided medical support to the girls at the Uttam Nagar centre. It also lead to young girls missing their schools because of lack of appropriate facilities, lack of privacy and the fear of being stigmatised. This applied mainly to adolescent schoolgirls from low-income families, since disposable hygiene products are a month-on-month expense that many young girls just cannot afford. Though

In 2018-19 Protsahan conducted an expressive arts project that empowered girls to break the stigma and express themselves on the issue through powerful strokes. Some of the artwork created by girls from that workshop is shared in the section above.



Advocacy Campaign: Raising Gender Equitable Boys



As part of a series of roundtable gatherings on advancing towards the equality of women and men in India, a consultative roundtable titled 'Engendering Equality', was organized by the Office of Public Affairs of the Baha'is of India on 28th March, 2019 on the theme 'Raising Men to be Promoters of the Equality of the Sexes'. Protساهan was a key contributor in advocating for equal rights for children with a strong focus on adolescent girls as key focus across milieu.

The transformation that is envisioned here requires not only fundamental change in perceptions and consciousness but also in the institutions and structures of society which have certain prejudices embedded in them.

The family is one of the first and most powerful spaces where gender roles are learned and perpetuated in both overt and subtle ways. How can boys and girls be brought up from an early age with qualities and capacities that will help them, as they grow up, to become proactive promoters of equality between the sexes? How can men be assisted to take on an equal share of responsibilities in parenting of children and care-giving for the old? How can they share equally the responsibilities of managing the household? How can decision making in the family be organized on a consultative and collective basis rather than being dictated by the head of the family? How can men in the family ensure that their daughters, sisters and wives have opportunities to pursue meaningful and fulfilling work and contribute fully to the life of society rather than being saddled with domestic responsibilities?

Another space where there have been both advancements and setbacks in implementing the principle of equality has been the workplace. Although women have entered every field of work in large numbers, the continuing influence of patriarchy still ensures that a woman's contributions can be easily undermined or ignored simply by virtue of her being a woman. In many fields, women still receive less pay than their colleagues and men are preferred over them when it comes to promotions or challenging assignments. How can men be sensitized to the many obstacles that women face in the workplace and how can they collaborate together in seeking to remove these barriers to the progress of women?

Some of the other institutions which have a profound influence on the perpetuation of gender roles are the educational system, religious institutions, cultural institutions related to the media, cinema and literature and the economic system? In what ways can educational systems create critical consciousness in new generations to recognize the prevalence of patriarchal prejudices in open and subtle ways? How can spiritual and moral education programs instill a deep

commitment to equality of the sexes and foster the will to become champions of justice by pushing against the status quo even when it demands sacrifice?

The media, advertising, film and literature are perhaps the most powerful means for socializing young people in conceptions of masculinity and femininity. How can the considerable influence of these institutions on public perceptions be leveraged to model and propagate positive

and mature conceptions of femininity and masculinity? How can civil society ensure that young boys and girls are protected from content that provides degrading representations for women and men such as pornography? Conversations on these issues together and sharing of best practices bought in a lot of perspective for all participating organizations in the consultation.



Gender Equitability Among Boys in India



- **72%** respondents (**both** boys & girls) to a study showed moderate to low Gender Equitability scores
- **81%** boys in the age group of 8-18 fall in the low to moderate Gender Equitable category
- Merely **19%** boys understand the importance of Gender Equitability in India
- The study shows that Gender Inequitability increases with age in **both** boys and girls, however, it is much higher in boys



Photo left

Our founder Sonal Kapoor speaking at a consultation on Raising Gender Equitable Boys through the power of Transformative Arts at the Baha'i House in New Delhi.



Photo left

Key partners & Civil Society Organizations weight in on the issue of Raising Gender Equitability in Boys with early stage interventions based in arts, technology & sports.

National Advocacy Campaign: Ending Child Marriage in India With NHRC

Glimpses Of Our Work: Creative Interventions For Troubled Children & Youth

Curtain Raiser For NHRC/SAIEVAC National Conference on Child Marriage CSO Coalition To End Child Marriage in India 28th August 2018, Baha'i House New Delhi.



Photo above
Representatives from SAIEVAC & CSO Coalition to End Child Marriage in India at the Baha'i House, New Delhi.

National Human Rights Commission (NHRC) and South Asia Initiative to End Violence Against Children (SAIEVAC) organized the National Conference on Ending Child Marriage had it's curtain raiser consultation meeting on 28th August 2018 at Baha'i House, New Delhi, where Protsahan was a co-convenor of the CSO Coalition to End Child Marriage in India. Our Executive Director, Mr. Jaswinder Singh represented Protsahan's work on ending child marriage and work with adolescent girls and their communities on this issue with other key partner organizations of the CSO network headed by Razia Ismail, Chief Convenor of this CSO Coalition.



Photo above
Protsahan girls practicing for the Musical Performance at Alliance Francaise, New Delhi.

Photo below
Everyday martial arts sessions for girls from vulnerable communities.



Many children that Protsahan works with, lack the emotional, cognitive and verbal abilities to communicate their feelings directly. We've seen that children may also suppress their feelings, or restrict their feelings' vocabulary to "happy", "sad", etc. We have seen that in cases where children come from extremely troubled backgrounds and have experienced violence at home, school or neighborhood, they are most unlikely to express themselves openly, for they fear ridicule, irrelevance of their story or triggering of associated shame.

At Protsahan, empathy and creativity based interventions, form the core of our HEART principle of work with children. Engaging art based education and activities help children verbalize and express their feelings with lowered levels of anxiety. Across the year Protsahan conducted several such therapeutic art interventions that involved photography, filmmaking, expressive arts, dance and theatre and more to facilitate discussions on various pertinent issues, such as change and loss, family relationships, dealing with broken families, handling rejection, navigating and manoeuvring through deep rooted patriarchy and celebrating personal achievements by inculcating self-love even in the most difficult circumstances. These sessions not only helped the children develop healthy coping strategies for their strong emotions, sharing dreams and building nourishing relationships with peers.

It's critical to note that a continued follow up of such creative interventions, builds up sometimes to also enable and empower the child to make disclosures. Protsahan deeply focuses on inculcating empathy in teachers and trainers and importantly enabling them to build a safe space for effective handling of disclosures of abuse. From a child's perspective too, it's imperative that access to help is readily available and completely non-judgemental.

Creative Interventions At Protsahan

“

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun." - Mary Lou Cook



Delhi Mixed Martial Arts Championship 2018 Protsahan Girls Bag Top Honors!

“

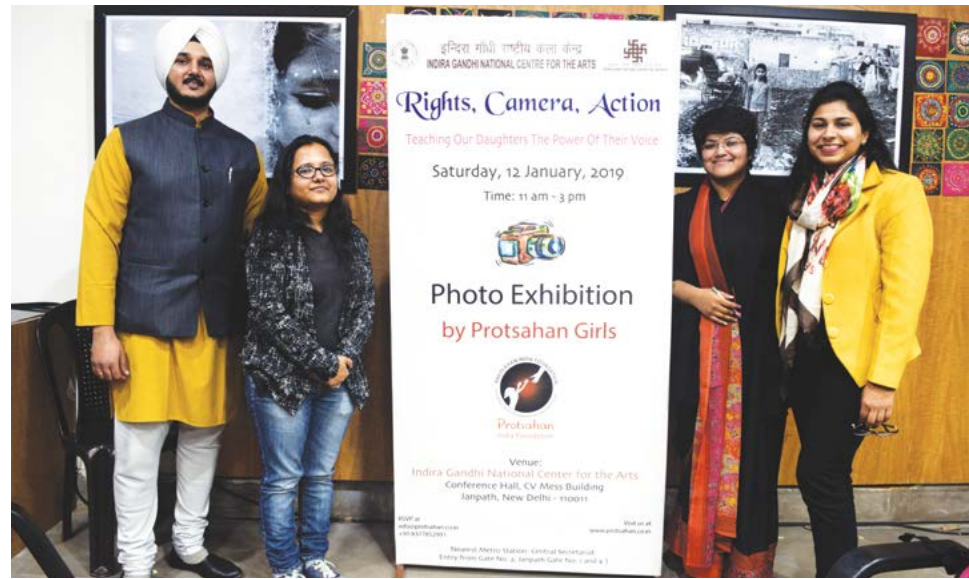
"No one holds the power to body shame me now. I am a gold medalist in Mixed Martial Arts Championship. I can fight my battles, my own way, every-day!" - Durga, 14 years old, Protsahan beneficiary



"Rights, Camera, Action!" Photography Exhibition At IGNC, New Delhi

“

"I am delighted to see the photographs taken by these girls to raise their voices against Child Marriage. These photographs speak a million words. These girls will smash patriarchy in their communities, am certain." - Kamla Bhasin, Gender Activist



Lego Leads The Way Learning Through PLAY

“

“This little girl of mine, is 10. Everytime she sits in a Lego session she constructs a home, piece by piece. She comes from a broken family. She tells me she wants to be an architect when she grows up. Creative Arts Therapies, with counseling, heal PTSD in children.” - Sonal Kapoor, Founder, Protsahan



Workshops & Consultations: Advancing Child Rights In India



Consultation on Ending Child Marriage in India With Razia Ismail, India Alliance for Child Rights



International storytelling workshop at IGNC, New Delhi.



Rotary Club members from Canada interact with Protsohan's Founder



Rajya Sabha MP, Ms. Roopa Ganguly at a consultation on Learning Through Play.



Workshop on Monitoring & Evaluation with Butterflies NGO to advance Child Rights.



National Consultation on creativity in education at IGNC, New Delhi



Engaging with youth & CSR leaders to advance Child Rights in India



Engaging with young voices from the grassroots at a national consultation on education & creativity.



National Consultation on Child Trafficking by Prerana ATC in Mumbai



National Consultation on POCSO Act with Maharashtra State Commission for Women

Volunteers, Campaigners & Fundraisers Special Moments From 2018-19



Effectiveness Of Trauma Informed Compassionate Care In Enhancing Resilience, Self Esteem, Self Efficacy & Well Being In At-Risk Adolescent Girls

Independent Impact Evaluation Report Undertaken In 2019 On Protsahan's Work By Researcher **Bhavya Arora**, M.A., Clinical Psychology (Pursuing), B.A. (H) Applied Psychology

Children subjected to years of abuse, neglect and betrayal may come to believe that the world is not a good enough place to live in. They may stop trusting their caregivers, as a result of which find it difficult to form relationships with peers or in adult life. Self-perception may take a toll and the idea of self-belief may become hazy for them to build, negatively impacting their sense of overall well being. In such contexts, there is a need for trauma informed compassionate care to enhance self-esteem and self-efficacy, and prevent environmental stressors from creating hindrance in the development of the innate ability to bounce back.

with educational backgrounds ranging from 9th-12th grade.

The self-report questionnaires included (a) *Coopersmith Self Esteem Inventory* (1987), (b) *Resilience and Attitudes Skills Profile* (Hurtes, 1999), (c) *Self Efficacy Questionnaire for Children* (Muris, 2001), and (d) *Adolescent Wellbeing Scale* (Birlleson, 1981). The unstructured interview method was carried out through face-to-face interactions with the girls and included questions like "What is so different about teachers at Protsahan?", "Name some things that make you feel good about yourself", "Name some things that make you feel bad about yourself", "What is the one thing that you have got from Protsahan; something or some

change in you that wasn't there before you came here", "Is it easy or hard to tell others about your feelings, and why?", etc. **The participants' results indicate that 89% of them scored high on Resilience Attitudes and Skills Profile (Hurtes, 1999), with 78% having high on creativity, humor, insight and relationship subscale, 89% having high on independence subscale, and 100% having high on initiative and values orientation subscale; 77% scored above average on Coopersmith Self-Esteem Inventory (1987) with 85% having high social self-esteem, 71% having low family/home self-esteem, and 100% having high academic self-esteem; 55% scored high on Self-Efficacy Questionnaire, including high social,**

The present study aimed at exploring the effectiveness of Protsahan India Foundation's current model of HEART principle (Healing and recovering through creative use of art, play and technology to provide education, healthcare and justice) based on trauma informed compassionate care, in enhancing self-esteem, resilience, self-efficacy and overall well being of the adolescent girls it works with. Data was collected from at risk adolescent girls and survivors, who have been coming to Protsahan for the last 3-9 years, using self-report questionnaires and interview method (N=9). The age of the participants ranged between 15-17 years. The sample was from a low socioeconomic status,



emotional and academic self-efficacy (Muris, 2001); and 55% scored high wellbeing on Adolescent Well Being Scale (Birlleson, 1981).

The aforementioned findings suggest that most of these at risk adolescent girls are high on resilience, i.e. there innate ability to quickly return to pre-context situation, or to bounce back, is high. Given the high possibility for these girls to get exposed to various sources of trauma on a daily basis, it was imperative to analyze their level of resilience, a pool of internal resources that make them thrive for a better life condition. Wolin & Wolin (1993) define resilience as the ability to rise above adversity. They gave seven traits that according to them reflect high resilience, which were then operationalized by Hurtes in 1999 in his Resiliency Attitudes and Skills Profile Questionnaire (RASP). These 7 seven traits are: insight, independence, value orientation, humor, relationships, initiative, and creativity.

- 89% of the girls at Protsahan scored high on Independence subscale which means having the ability to separate oneself from risk factors or negative consequences.** One of the participants, 17, narrated an incident of how she was being harassed by a boy, day in and day out. This made her feel unsafe and she started avoiding going out alone. Soon she realized that this is not how she can live her life and hence gathered the courage to confront him with a group of friends. Her fearlessness made her stand up against this and she believes that her fight against her own fear was what led him to stop following her.
- 78% of the girls scored high on Relationship subscale which suggests having an ability to establish and maintain healthy relationships with peers, family and role models.** This was reflected in the responses of the

girls like "whenever anyone seems upset or sad, we can easily go up to them and ask about what's troubling them", or "teachers always ask us about how we are doing and if everything is okay".

- 78% of the girls scored high on Creativity subscale, which suggests having an ability to generate different options to cope with challenges,** which they learnt at Protsahan by engaging in activities that increase their concentration and focus like origami, mandala and warli painting, and guided meditation sessions, etc.
- 78% of the girls scored high on Humor subscale, which suggests having the ability to use laughter as a healthy coping mechanism.** Girls at Protsahan share a profound bond that gives them the space to laugh with each other through their



problems, making them feel that they are not alone. They believe they can cheer themselves up when in a bad mood and try to look for the lighter side of tough situations.

5. **78% of the girls scored on Insight subscale that suggests having the ability to read into a person's verbal or body gestures.** They have high ability to learn from their mistakes, know when they are good at something, change their behavior to match the situation, understand their fault when something goes wrong, and practice perspective taking.
6. **100% of the girls scored high on Value Orientation subscale which suggests having the ability to base decisions on values, ethics and morals.** Anisha (name changed), 17, has an alcoholic brother who is against her education because he thinks that educated girls in their community are difficult to get married off and can also lose character. She says, *"I understand my mother's concern when she tells me to stay away from boys, but my brother says it in a very bad way."* Anisha (name changed) wished her brother understood that she will always base her decisions and actions on their family values, ethics and morals, and will stand up for what she believes is right.
7. **100% of the girls scored high on Initiative subscale that suggests having self-determination and the ability to take charge,** as most of the girls in their interview mentioned how coming to Protsahan has increased their level of confidence, their ability to lead and speak in front of others.

On the scale of Self-Esteem, 77% of the girls at Protsahan scored an above average self-esteem. According to Coopersmith, self-esteem is a customary evaluation of an individual about himself or herself. He states that self-

esteem **"is an expression of approval or disapproval, indicating the extent to which a person believes him or herself competent, successful, significant, or worthy."** According to him, people with high self-esteem have self-respect and consider themselves worthy. It helps children be creative and independent in terms of dealing with hardships, and also get reflected in high academic achievement. This was also suggested in the scores that the participants obtained on the subscales of Coopersmith self-esteem inventory.

1. **85% of the girls at Protsahan had high social self-esteem, which means that the social component of the overall self-esteem is high.** According to them, they are easy to like, fun to be with, popular among children their age, do not feel inferior to people their age and consider themselves capable of holding a conversation with unfamiliar people.
2. **100% of the girls at Protsahan had high academic self-esteem.** This was reflected in their interview when asked about what are the qualities they like most about themselves, to which they said their ability to understand subjects in school and performing to the best of their capability at school and Protsahan. They also mentioned how interesting they find solving problems in mathematics, and how their favorite class at Protsahan is English. One of the participants, 15 years old, who had recently lost her mother mentioned, *"I love studying and want to work hard so that I can educate my younger siblings."* After coming to Protsahan, they feel they have understood the importance of education and have found their inner ability to fight for it as it can help them to brighten their future.
3. **71% of the girls at Protsahan scored low on Home/Family self-esteem.** Low



*Photo above
Resilience is also reflected in the child's ability to cope with trauma and dream of a better future for herself.*

on this subscale indicates unhealthy family environments like neglect, marital discord, domestic violence, crime, lack of resources and nutrition, etc. Many of these girls fight everyday to have the allowance to pursue their education. Their families just want to get them married off, as they believe that girls are not their responsibility. Each participant broke down during the interview when asked about family environment. They all had different stories and experiences to share, but the common element was a stressful family environment. Some spent their days happily at school and Protsahan only to witness their mothers getting beaten by their alcoholic fathers every night. Whereas some had their brothers putting conditions on their education and constantly threatening them for marriage. A participant, 15 years old, recently lost her mother to a life threatening disease and found solace at Protsahan, as it was here that she found the space to mourn for her lost mother. She added, *"Protsahan gives us the space to talk, share, express and cry our hearts out as teachers here listen to us, help us understand the good*

side of things and give us perspective."

On the Self-Efficacy Questionnaire, 55% of the girls at Protsahan scored high self-efficacy. Self-efficacy, according to Bandura (1994), "is the belief in one's ability to influence events that affect one's life and control over the way these events are experienced." High score on self-efficacy suggests exerting sufficient effort that, if well executed, leads to successful outcomes in academic, social, and emotional domains of life. This was evident in the interview responses of the participants. Simran (name changed), 18 years old, has never been given a chance to contribute in family decisions. She said, *"I can now express my opinions even though people around may disagree with them"*. Anisha (name changed), 17 years old, has an alcoholic brother who thinks that educating girls in this community will lead to difficulty in finding them a suitable boy for marriage. She says, *"My mother was initially against me and my sister's education, but with Protsahan's constant efforts she now understands and supports all of us. Her support is enough. I am not scared of my brother and I am confident that I'll do something good with my life"*.

In a group activity conducted with the girls as a part of rapport formation, everyone was given a chance to showcase a talent of their choice. Many of them sang, danced, and expressed themselves in front of everyone with full confidence in their ability. Most of the girls mentioned that they now have the confidence to speak in front of everyone in class. Despite having constant familial discord, they are certain that they will be able to push boundaries, explore themselves through various activities and opportunities available at Protsahan and achieve their highest potential.

On the Adolescent Well Being scale, 55% of the girls at Protsahan scored



Effectiveness Of Trauma Informed Compassionate Care



- **89%** of Protsahan Girls scored high on Resilience Attitudes & Skills Profile
- **78%** demonstrated high scores in creativity, humor, insight and relationship subscale
- **89%** scored high on independence
- **100%** scored high on initiative and values orientation
- **77%** scored above average on Coopersmith Self-Esteem Inventory (1987)
- **85%** demonstrated high social self-esteem
- **100%** showed high academic self-esteem
- **55%** scored high on Self-Efficacy Questionnaire, including high social, emotional and academic self-efficacy
- **55%** scored high wellbeing on Adolescent Well Being Scale



Photo left page

Team exercises on building an empathetic classroom at Protsahan.

Photo right page

Charcoal art sessions for identifying self-strengths & weaknesses during the Bookaroo Literature Festival for Children in New Delhi.



high wellbeing. Wellbeing is the overall feeling of being happy and satisfied with life. Good living conditions are fundamental to well being. According to the interview responses, it can be concluded that the girls who have scored high on wellbeing may have come to terms with their living conditions, accepting them the way they are to be able to put in efforts in changing or improving them. For instance, a participant, 17 years old, who shared about witnessing domestic violence at home, everyday was asked if she ever feels like leaving home, to which she firmly said no. On probing further she recounted *“I want to make things better for my mother. I want to be with her to be able to do that, and I know I will.”* Other responses to questions like what is so different about Protsahan, she said, *“I wouldn’t be this happy if it weren’t for Protsahan, it feels like life gets better here. The love, affection and hugs we get from teachers during meditation sessions makes me feel satisfied and calm. Everyone here is always ready to listen, so I know I have Protsahan to rely on.”*

Protsahan to rely on.”

Higher scores on resilience and relatively lower scores on self-esteem, self-efficacy and wellbeing can be explained by what Garnezy (1993) once stated. He said that signs of emotional distress, which may be contextual, do not necessarily suggest a breakdown in resilient behavior. Resilience is an innate ability, which, yes, due to constant stressors in the environment may reduce, but this does not necessarily mean that it can’t be prevented from happening. Resilience is a major ‘protective factor’, which combined with other positive elements in the environment, may have the potential to contribute to overall well being and healing.

Protsahan’s model based on HEART principle embedded in Trauma Informed Compassionate Care has been effective in enhancing and helping girls with resilience, self-esteem, self-efficacy and wellbeing. The schedule

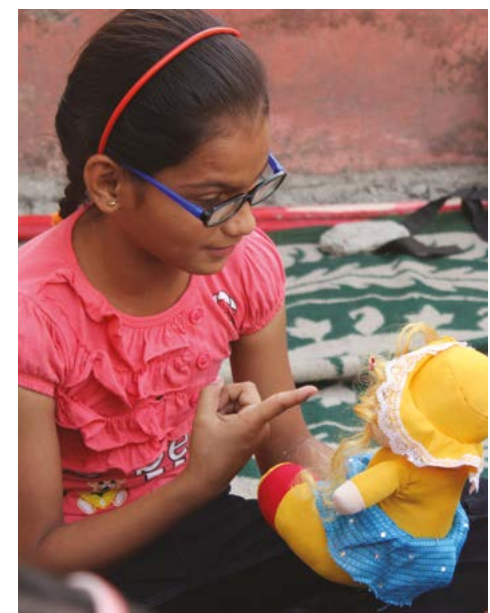
followed at Protsahan, which includes academic guidance, creative art based activities as therapeutic recreations, and guided meditations to contribute in overall healing is also similar to Benefits Based Programming. **Benefits Based Programming (BBP)** is advancement to recreation programs, which includes intentionally creating recreational experiences for at risk adolescents to help shape and prepare them for the future (Williams, Gomez, Hill, Milliken, Goff, & Gregory, 2013). This programming also includes providing opportunities for supportive relationships that can allow at risk adolescents or children with lack of social support and caregivers, to build bonds and a sense of cohesiveness (Hill, Brown & Cosnett, 2011).

Another model called the **4-H Thriving Model**, developed at Oregon State University by Dr. Mary E. Arnold, Professor and Youth Development Specialist with the Oregon 4-H Program, works closely to contribute to the

positive development of youth. It is based on the finding that the youth thrive where they feel like they belong and have relationships with supportive adults, which is exactly what Protsahan India Foundation works to build locally at the grassroots. Thriving youth further achieve important developmental outcomes, like personal responsibility, confidence, academic motivation and high self-esteem and self-efficacy.

To better and scientifically understand the effectiveness of the model in use, it was suggested that a longitudinal study to assess the impact may be carried out. Longitudinal studies are beneficial to study constructs that are related to developmental and lifespan issues. Development of psychological constructs like resilience, self-esteem and self-efficacy are majorly influenced by childhood experiences. Therefore, it is imperative that they are studied over a period of time as it can provide more unique insights.

Photo below
Learning through Theater & Play in Anganwadis.



HOW CAN YOU BE A PART OF THE JOURNEY

The year 2018-19 has been a year of introspection and reinvention for Protsahan. As we take the next steps in our organizational evolution, we hope to reach out to more children directly or through state machinery, add best practices to our work, and make a positive contribution towards the fight against child abuse.

Your donations in kind and financial support will go a long way in helping Protsahan reach out to more vulnerable childhoods broken by abuse and violence, and putting them on a path of healing and empowerment over the next five years in these key areas:

- Understand the needs of each girl child individually, collectively, and empower them to encourage change in their local communities, starting with their own lives
- Build partnerships and train more volunteers extensively on the nuances of child sexual abuse, POCSO Act 2012, art based therapies to work with children from difficult backgrounds, and hence collectively enable the sector
- Improve and increase the reach of our programs and interventions to ensure holistic long-term outcomes

For us, donors are the enablers of change. **We encourage our donors to go through our website and social media pages in detail, read through the literature we've built over the past nine years, and committedly become partners in Protsahan's journey to make this world a safer place for thousands of young girls that we reach out to.**



DONATE TO PROTSAHAN

Lowering Cost Per Child Increasing Impact Per Child



While we find support from individual and corporate supporters who volunteer at our center, our work with vulnerable children requires a range of costs such as trauma-informed compassionate classrooms, illustrated books and learning material, extra coaching for school studies, art based therapeutic programs, publishing research material to enable more NGOs working in the sector, vocational skills training, grassroots teachers' salaries, rent for community resource center, computers, laptops and their maintenance, buses and local transport for extra-curricular activities, healthcare costs including sanitary pads for the girls, and trainings and workshops etc.

We are always looking for supporters to help us lower our costs and increase the impact of our work for each of the young adolescent girl we reach out to. Your financial contribution is crucial to ensure that the dignity and childhood of an adolescent girl who is at constant risk of abuse is restored.

If you are an individual or an organization based in India, please consider a direct financial or in-kind contribution to Protsahan. As an organization, you can also help us with setting up payroll giving programs, employee volunteering programs, and setting up merchandise stalls at your office.

Each child has a right to life, education, health, nutrition, and protection so that no child is left behind at the bottom of the pyramid.

You can donate through the DONATE tab on our official website - www.protsahan.co.in



FINANCE

INCOME, GROWTH & EXPENDITURE

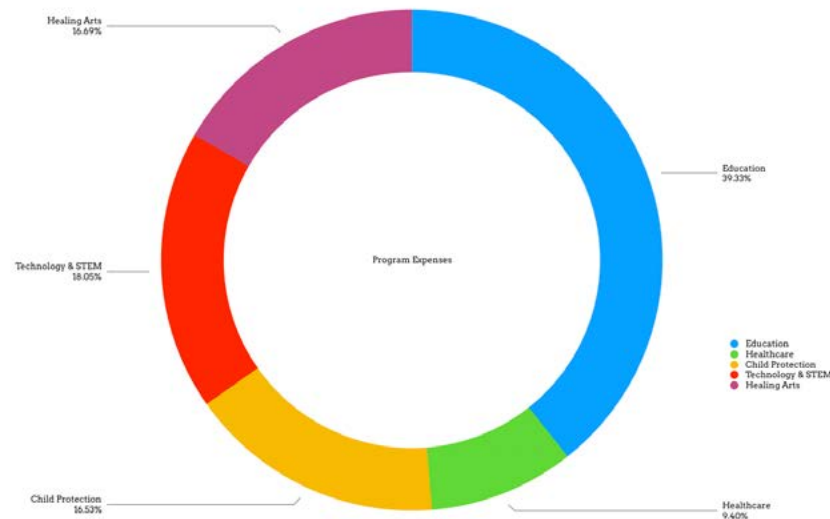
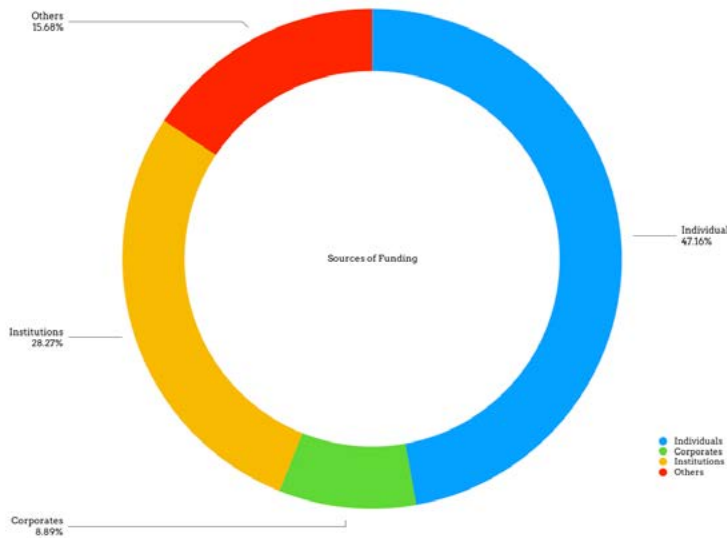
Our gross income in 2018-19 was INR 20,69,0428 which was 1.04% higher than gross income of 2017-18.

Of these funds, 84.32% were donated by individuals, corporates, and institutions.

Education (Technology & STEM Learning) constituted a bulk of our expenditure (57.38%) as both these programs directly benefit the girls enrolled at Protsahan's Learning & Resource Center. Remaining 42.62% was utilized under Healthcare, Child Protection & Healing Arts Programs that enables us to reach out to a larger number of children through awareness workshops, meditation workshops, and art workshops.

Transparency & Accountability

We follow international industry standard GAAP guidelines with respect to administrative costs and allocation of salaries and overheads to projects based on actual effort and time spent on execution of the projects. Our complete audited financial statements for all years are available on request. We use Razorpay payment gateway APIs for online donations on our official website.



01

INTERNAL AUDIT

Conducted by an independent external agency to ensure compliance with industry regulations.

BUDGETING & CONTROL

Requests for approving budgets for grassroots activities are submitted in advance and are stringently monitored.

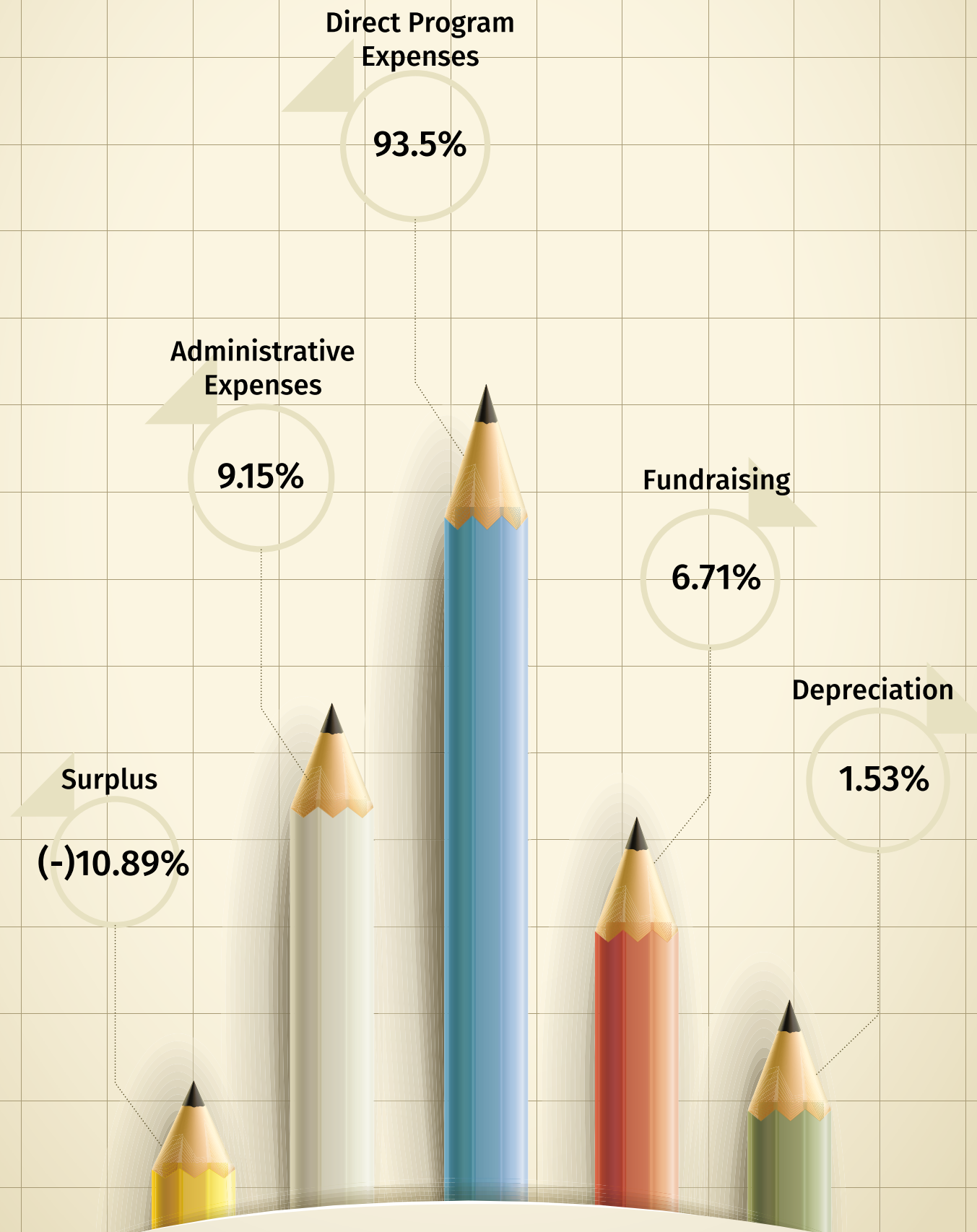
02

03

REPORTING & DOCUMENTATION

Receipts and vouchers for every activity spend are maintained meticulously by administrative in-charge for real time accountability

FUND UTILIZATION 2018-19





DONATE
NOW

Your donations encourage us to empower many more broken childhoods.



Protsahan
India Foundation

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Website: www.protsahan.co.in | **Email:** info@protsahan.co.in