



ANNUAL REPORT 2020-21

COVID-19 Emergency Relief Response
by Protsahan for Vulnerable Children in
Extreme Distress





Protsahan
India Foundation

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Protsahan India Foundation

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Photo Credits: Protsahan Girls, volunteers through the year and Vinay Joshi

Cover Photos: Vinay Joshi

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Protsahan's subject coaches in child protection centers preparing grade wise learning kits for the most vulnerable children who after the school shutdowns and lack of digital devices completely were left bereft of learning continuity. In times of emergency and devastation, we have to take care of the most vulnerable as a non-negotiable.

FOUNDER'S MESSAGE

“ The **COVID-19** pandemic is a huge leveler, yet there exists massive inequity in this ‘equaliser’ if you deeply see. Impoverished communities have only lost more than others. Its critical to come together and offer humanitarian aid with a focus on restoration enroute to education and empowerment. We thank all our partners for believing in us and standing by us as our teams reached the unreached.



Sonal Kapoor
Founder - Director

Immediate Covid-19 Relief Response in Communities with a focus on Children in Distress

PROTSAHAN
BEGINS ITS
12th
YEAR

This year, Protsahan only focussed on immediate COVID-19 relief work for the vulnerable community members and marginalized, invisible adolescent girls and their families. With over a decade of experience of handling children in distress, Protsahan aims to protect them from child-rights violations while empowering them with learning and technology opportunities specially in a world with COVID-19 that is struck with problems of massive digital inequities. Focussing on adolescent girls, we envision programs to turn young girls and children into community champions and heroes with a voice, choice and dignity.

In 2020 as the world paused with state-induced lock-downs, many lives were disrupted more because of economic distress than due to COVID-19 especially for the most marginalized daily wage worker community with whom Protsahan works. With increased cases of child labour, child marriage, transactional sex

with children and children losing primary caregiver(s), children became the invisible sufferers of the COVID aftermath. Even lactating and pregnant mothers were subject to distress and malnutrition as they lost their primary bread-earning members of the families.

Protsahan understood this unprecedented challenge because of last 11 years of deep-seated work within the communities. Without undergoing any mission drift, Protsahan expanded its work from 15 slums to 48 slum clusters that were deeply impoverished and struggling. With immediate interventions, we planned a sustainable strategy to combat the novel problem that our communities were facing, keeping in mind the needs of vulnerable children at the center of the response.

The COVID-19 crisis caused a lack of food supply and financial crunches for many families. With dry ration supplies filled with protein rich content, we ensure that the adolescent girls that we work with



"Impact is not measured in the amount of money spent, but the amount of lives truly touched and transformed."

- Sonal Kapoor, Founder & Director, Protsahan India Foundation

get their nutritional needs fulfilled while staying at home. This ration package helped families to stay afloat and survive the crisis.

As education and schools were put on hold, it became extremely difficult to continue the learning trajectories of the first generation learners. Protsahan made available digital devices for the marginalized girls across the Child Protection Centers so that they could continue with their learning. Protsahan, with digital kits and educational scholarships, helped children in need to overcome the digital and financial divide and prevented them from falling off the learning ecosystem.

With haywire immunization schedules and nutritious diets, pregnant women, lactating mothers and children under 6 years also came at a risk of long-term physical problems and developmental delays. Protsahan assisted them with linkages to local anganwadis, aadhar and ration card registrations, and immunization support at local mohalla

hospitals and PHCs.

Protsahan partnered with UNICEF and CHILDLINE 1098 to build a mental health and psychosocial support program (MHPSS) and offered training to counselors and educators to cope up with child-related issues at scale across 500 districts in the country. This helped build resilience and implement trauma-informed care among children as a community care practice.

Protsahan also provided long-term trauma counselling and care, along with story-telling based sessions that spoke about difficult emotions of grief caused due to loss of a loved one or the illness. With invisible emotions from children, it becomes hard to give the right care for them. We equipped the counselors and educators with responsive resources and capacity building training.

Apart from counselling sessions, Protsahan also set-up child friendly spaces for vulnerable and marginalised children in slums. In these spaces, creative

methods like storytelling, art therapy and play therapy are being employed to help children undergoing severe trauma. These non-conventional methods are useful to reduce the psychosocial stress that is affecting our children in aftermath of COVID-19.

Stronger partnerships were forged with local anganwadis, state governments, educators, child welfare committee members to strengthen child protection systems across the country even at the height of the pandemic.

On behalf of Protsahan India Foundation's entire team, I thank the unflinching support of all the individual, corporate and institutional donors to our cause. Special thanks to Salesforce, Ernst & Young Foundation, UNICEF India, Divya Modi and Azim Premji Philanthropy for standing by Protsahan's philosophy and work for the most marginalized girls on the ground. Many thanks for believing in us as we bring a little more hope and light on the ground.

Awards & Recognitions



Protsahan India Foundation won the UNICEF - Regional Office of South Asia (ROSA) International Day of the Girl Child Innovator Award for being one of the top 5 initiatives in South Asia for working on advancement of gender equality through STEAM approaches

HundrED.org, a not-for-profit organization, which seeks and shares inspiring innovations in K12 education, based in Helsinki, Finland, awarded Protsahan India Foundation as one of the top HundrED 2020 collection as one of the most inspiring education innovations in the world that combines the principles of child protection with childhood education for vulnerable communities of children.

Childhood Education Innovations, a U.S.A. based Journal, recognised our work based on the H.E.A.R.T. Model of Healing.



The Quality Management System at Protsahan India Foundation was independently assessed and was found to be compliant with the requirements of ISO 9001-2015 for the following scope of activities:

- Women and Girl Empowerment
- Education
- Healthcare
- Child Protection



Protsahan founder Sonal Kapoor gets felicitated by Manisha Gupta from StartUp! At the XLRI - Social Entrepreneurship Summit at XLRI, Jamshedpur.

Media Coverage



In any crisis, take care of the most vulnerable



It is not just the most vulnerable who are affected in a crisis, but the most vulnerable among them. In any crisis, take care of the most vulnerable. This is the message of the book 'In any crisis, take care of the most vulnerable' by Pratishtha Chaturvedi. The book highlights the importance of supporting the most vulnerable during times of crisis, such as the COVID-19 pandemic. It discusses the challenges faced by these groups and offers practical strategies for providing support and care. The author emphasizes that in times of crisis, it is crucial to identify and assist those who are most at risk, ensuring they receive the necessary resources and attention to survive and thrive.

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Deccan Chronicle, September 4, 2020

महामारी का अंतर्गत अब हमने ही पहले की अवस्था बना हुआ है, लेकिन खासकर अल्पजिन क्षेत्र में भूख और आर्थिक संकट में वृद्धि हुई है। इस कोटे सम्साधनों से प्रभावित है। अल्पजिन आर्थिक अभावग्रस्त के इस दौर में दिल को छू लेने वाली ज़रूरत थी। कहानियाँ भी कम नहीं हैं।



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Amar Ujala, June 2020

The Ticking Bomb Called Online Child Sexual Abuse

June 12, 2020 *Feminism in India*

FOR A FULLER VIEW PLEASE VISIT OUR WEBSITE OR FOLLOW US ON TELEGRAM. CLICK HERE TO RECEIVE FEMINIST UPDATES

Trigger Warning: Child Sexual Abuse, Child Pornography

According to a recent report by a non-profit organisation (NGO) called, *India Child Protection Fund (ICPF)*, consumption of child pornography content in India spiked by **95 per cent** amid lockdown. Terms such as *child porn*, *sexy child* and *teen sex videos* appeared in frequent searches as per a report citing data from the pornography website, *Pornhub*.

As per *National Center for Missing & Exploited Children*, in 2018 alone, Facebook registered **16.8 million** reports about child abuse imagery.

In 2018, India had over **480 million** internet users across the country. This figure was projected to grow to over **660 million** users by 2023. In fact, India was ranked as the second largest online market worldwide in 2019, coming second only to China.

THE LANCET Child & Adolescent Health

Improving menstrual hygiene among adolescent girls in India

The world's first female-led period care programme in India, *Pratishtha Foundation*, has been established in Mumbai. Led by Pratishtha Chaturvedi, a public health scientist and professor at the Public Health Institute of India, the programme aims to improve menstrual hygiene among adolescent girls in India. The programme includes the distribution of sanitary pads, health education, and the establishment of community-based menstrual health centres. The programme has been successful in reaching over 100,000 girls across India. The programme is a model for other countries and has been widely praised for its innovative approach to menstrual health care.



Marudhar Bharati, Vernacular Daily from Rajasthan, May 2020





ABOUT US

Everything you need to know about us and more from 2020-21

Protsahan India Foundation

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

Protsahan’s vision is that all girls living in situations of vulnerability grow up empowered with access to education and healthcare in safe spaces with greater freedom from all forms of abuse and violence, and those who experienced abuse or violence, benefit from greater access to healing, care, support, gender justice and other services needed to ensure physical, mental and social well-being.

This vision is achieved by using The HEART model of Healing with Art for working with children and adolescents who are at-risk or have experienced traumatic events. It strives to break the inter-generational cycle of violence and abuse against children and adolescents through Holistic healing (of abuse and trauma), Education, Art interventions for life skills training, Recovery, and Technology.

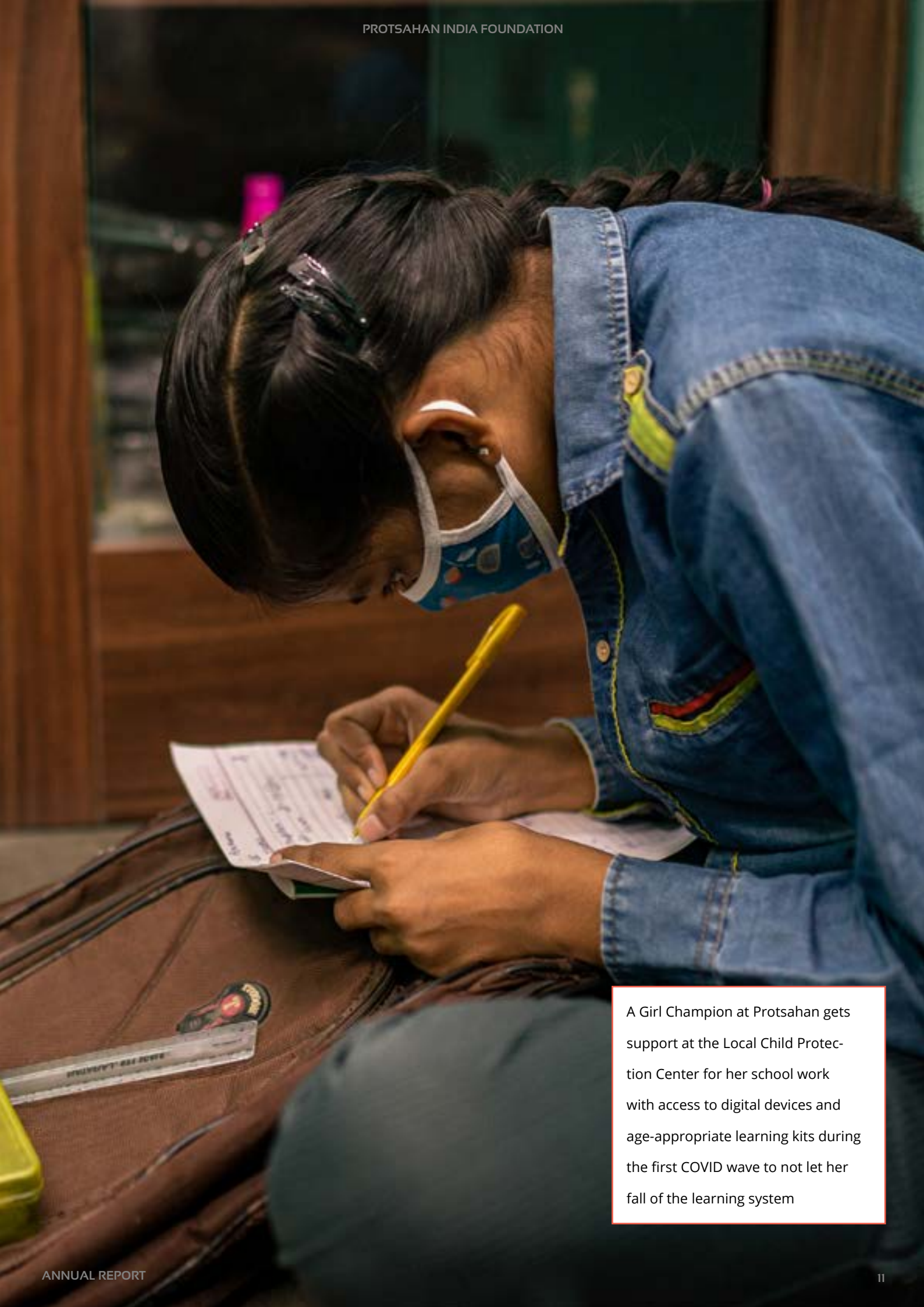
This year 2020-21 was a year of disruption every way we’ve known for the work in the communities for adolescent girls. However as we pivoted to support thousands of girls and children, we realised this became the year when the girls had to survive first in order to thrive. Hence, very critically though Protsahan supported its thousands of girls and their communities with food and life basics, we never let the guard down on access to education, psychosocial and menstrual health, child protection and gender justice for marginalized adolescent girls from some of the most socially excluded groups.

WHAT WE DO

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

Most adolescent girls are neglected and victims of patriarchy in the communities we directly work with. Our data shows that 83% of girls in our communities did not have access to safe learning spaces, psychosocial counseling services, creative life skills, access to information & Internet services, quality education, toilets, clean drinking water, proper nutrition, or even adequate healthcare. Many are married off as child brides so that parents have to spend less on dowry or education. All of these factors culminate to create a very volatile home life for them- as many as 89% of girl children report sexual violence before they turned 12 years old. We believe a sustainable solution lies in understanding cultural factors and intersectionality to empower the agency of an adolescent girl who is constantly disempowered at every step.

To tackle the situation on-ground and give agency to adolescent girls, Protsahan India Foundation works with vulnerable and at-risk populations using the creative power of Arts, Play and Technology.



A Girl Champion at Protsahan gets support at the Local Child Protection Center for her school work with access to digital devices and age-appropriate learning kits during the first COVID wave to not let her fall of the learning system

COVID-19 Emergency Relief Response by Protsahan- Strategies and Critical Pivot Points

Our Strategy

Relief, Restore & Re-invent without any mission drift to help Adolescent Girls & their communities not just survive but as much as possible continue to thrive in this pandemic.

Critical Pivot Points & Decisions

1

Protsahan Learning Center Transforms into a Community Relief Hub to fulfill basic Humanitarian needs of 48 Communities (26700+ households in urban slums) for adolescent girls and their direct communities to support basic survival.



2

To Support key government machineries by building capacities of their frontline functionaries (Childline 1098, Juvenile Justice Boards, Child Welfare Committees, etc.) at scale on adolescent issues during COVID-19



3

To re-plan internally for Investment in Digital Infrastructure at grassroots to advance opportunities for adolescent girls with new normal norms. This hub during pandemic also become vital to ensuring people received their entitlements.



4

To build strategic collaborations by strengthening our own networks to create relevant inter-NGO alliances at the grassroots in communities to foster exchange of insights and learnings to generate more impact for adolescent girls & young women on the ground. (Eg. Partnership with Noora Health)



5

Gathering qualitative data by activating Protsahan's peer youth adolescent girl leader network in the remotest 48 slum communities of Uttam Nagar and Dwarka as sector enabling reports for lasting change



COVID-19 Response at a Glance

Protsahan is on the Frontlines

Everyday, we are fighting a battle against food insecurity, violence, and abuse spawned by the COVID-19 lockdown.



4,12,350+
individuals reached
with hot meals



1,61,781+
individuals provided
with dry rations



48
urban slums and rural
communities served



3,610+
people reached with
psychosocial support

COVID-19 Emergency Relief Response by ProtsahanCore

Focus Areas

1

Dry Rations and Cooked Meals: We began by providing dry ration support to 10,000 families of daily wage workers, sex workers, manual scavengers and more who lost their livelihoods due to the precautionary COVID-19 lockdown. We also provided about 4,12,350+ cooked meals to people who were stranded and stuck without access to cook and also reached about 1,61,781+ individuals with dry rations for 6 months or more in some cases during the lockdown period.



2

Psychosocial support for the mental health well-being of girls at the margins: For specifically psychosocial support logistics, our social workers were in direct contact with the girl children in the communities where we work through phone calls and WhatsApps and the contact points of direct ration distribution in 48 slum communities in Delhi. Beyond our direct reach, we worked with UNICEF State Teams (Rajasthan, Odisha and Jharkhand) and Childline (across 525+ districts pan India) to train their frontline workers, NCC cadet cops, child welfare committee members, juvenile justice board members, etc. on making them more aware of heightened cases of violence against children and adolescent girls and how they can tackle them at their local level, they were trained through regular video conference calls, etc. For specifically the manual we've built for UNICEF & CHILDLINE, in the context of COVID-19, it focuses solely on psychosocial care of children and prevention of violence in spaces where children stay (child care institutions, homes, NGO shelters etc.). It also helped the frontline workers understand mental health implications due to the stressful conditions created during the pandemic and the increased risk of violence and abuse due these conditions and provides resources for caregivers to help engage with children positively and effectively.



3

Access to medical services for pregnant women: We specifically worked to provide access and resources to pregnant women to access medical services for safe deliveries. We used our strong networks and local partnerships with Asha workers and police authorities to make this help available through access to services of midwives and doulas inspite of the lockdowns during the pandemic.



4

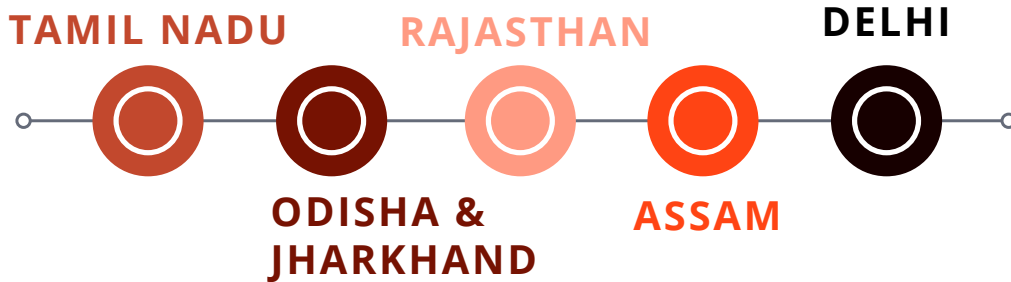
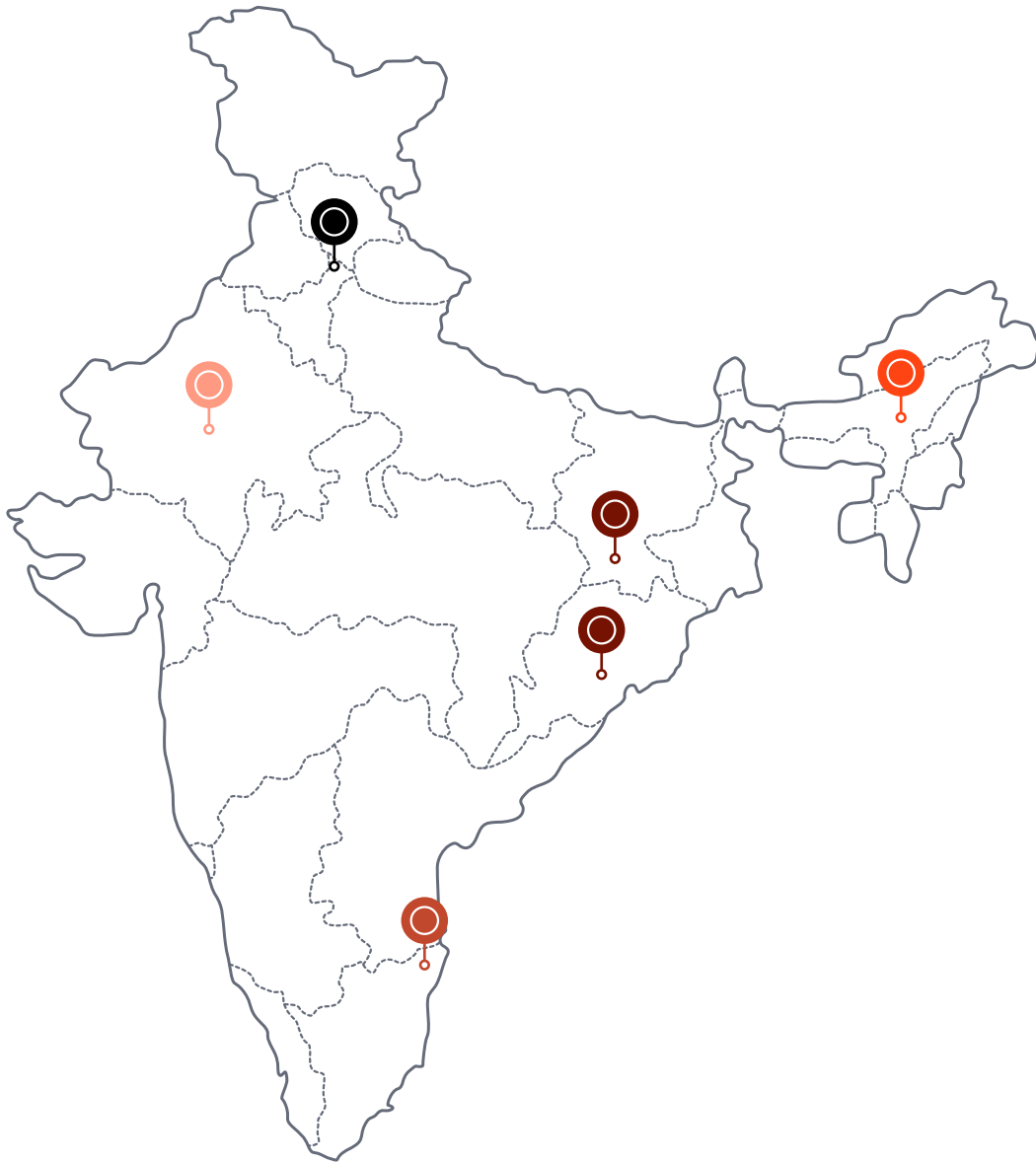
Legal Counseling for Child Abuse and Gender based Violence: Additionally we critically provided psycho-social first aid and legal counseling on child abuse and sexual and gender based violence cases that we encountered in the direct communities and those of our partner organizations during these times in partnership with local police authorities. We critically looked at 19 communities in West Delhi slums.



5

Continued blended learning for girls in unreached slum clusters: Protsahan is making sure that no vulnerable girl child is left bereft of support for education during the pandemic. We are constantly supporting them financially, academically and psycho-socially so that their childhood is not attacked by the corona virus. Age-appropriate learning kits, access to digital devices, online tuition classes and STEM sessions are constantly keeping them engaged and enthusiastic for learning.

COVID-19 Emergency Relief Response by Protsahan Geographies of Impact



Dry Rations with High Protein Content



Mental Health and Psychosocial Support (MHPSS) Capacity Building



Freshly prepared meals from corporate kitchens



Rural and Urban Slum Communities Served

Testimonials

Words of Encouragement from our Well-Wishers!



We thank our NGO Partner Protsahan India Foundation for reaching the most needy adolescent girls, children and their families in slums of Delhi during COVID-19 Lockdown. Protsahan was quick to realise the hardship and responded in planned & phased manner. EY Foundation was happy to support Protsahan in reaching out to most disadvantaged families in West Delhi with over 500 Dry Ration kits, which ensured that people didn't have to sleep on hungry stomachs.

Ashish Srivastava

Associate Director, EY Foundation

Kudos to Protsahan India Foundation for giving voice to the marginalized communities, for catering to their basic needs of food & hygiene amidst the lockdown and for always standing up for their dignity.

Swiggy had partnered with Protsahan to provide 70,000 pre-cooked meals (prepared in the kitchens of our restaurant partners) to the migrant labors and daily wage earners who have been hit the hardest due to the lockdown. Through this initiative, Swiggy could help our restaurant partners sustain their livelihoods as well as be the 'hunger saviors' for the thousands!



Nehaarikaa Talwar

Senior Manager, Growth & Strategy, Swiggy

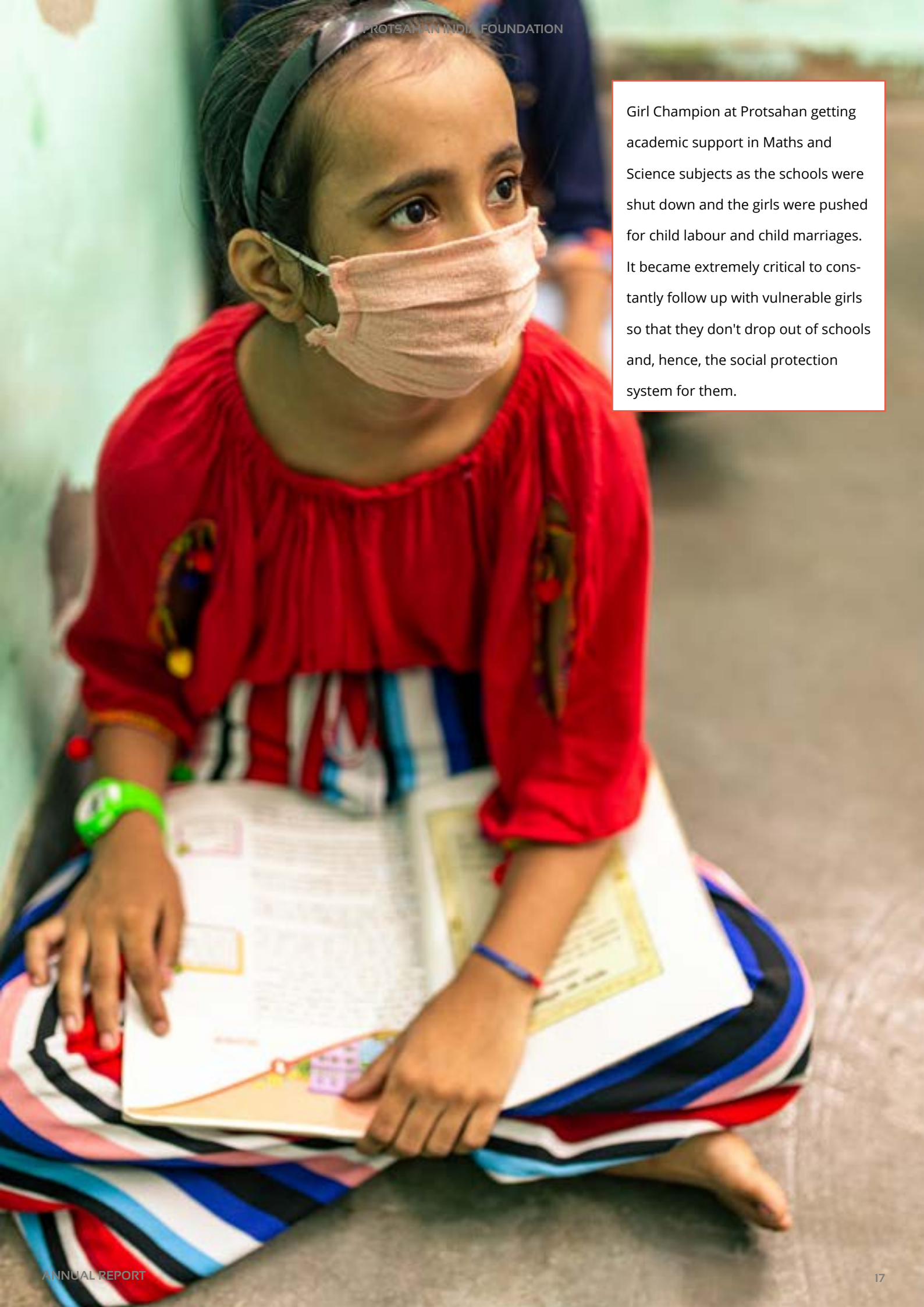


Salesforce has been following Protsahan's work for a few years now and we are happy to be a part of the incredible work they are doing to empower vulnerable girls in the slums of Delhi and beyond. What we really love about Protsahan is how they focus on depth of work and how every single person on the team goes above and beyond to support the girls they work with in every way they can. I wish the team more power and hope that we are able to support many more girls together.

Srichandana Nagoji

Program Manager - APAC, Philanthropy, Salesforce

Girl Champion at Protsahan getting academic support in Maths and Science subjects as the schools were shut down and the girls were pushed for child labour and child marriages. It became extremely critical to constantly follow up with vulnerable girls so that they don't drop out of schools and, hence, the social protection system for them.



Adolescent girls from marginalised communities, undergoing training on Digital and Financial Literacy in a digiskills session in Protsahan's Digi Lab in Uttam Nagar slums, New Delhi



IMPACT STORIES FROM THE GROUND & GRASSROOT INITIATIVES

Stories of Dignity from the field: COVID-19 Diaries

EMPATHY AT SCALE

Providing grade wise Learning kits + Protein kits during the pandemic to 450+ adolescent girls in the Uttam Nagar - Dwarka area of New Delhi, so that they are constantly being cared for by Protsahan's community workers and are getting nutritious soybean + pulses pack every week. This way, their families value the girls as assets and not liabilities during the pandemic. We also get to keep them constantly involved with quality education and access to sanitary supplies through on ground Protsahan centres.



Protsahan Girl with Sonal Kapoor receiving her Worksheets and Daily Rations



Marjeena with Preeti, Protsahan Didi

MARJEENA

Two weeks into India's initial 21 day-lockdown - which has since been extended to over 90 days and stays on - to prevent the spread of the coronavirus, Marjeena Devi, a domestic worker in Dwarka area of Delhi is worried how to feed her three children through the rest of the lockdown. Marjeena is one of the thousands of casual workers in Delhi who have run out of cash and are now surviving on food distributed by Protsahan NGO, as no-one else came to this area, she mentions. "We got 10 kg rice, 10 kg flour, 4 kg dals and other essentials, twice in two months. This has really helped to survive, else, my children and I would've starved to hunger death. I am waiting to get back to my job, I hope this lockdown ends soon," Marjeena, a single parent, told our on ground relief worker, Preeti.

BONDS OF HUMANITY

We meet this gentleman everyday without fail. He waits for Protsahan didi (as our grassroots social impact leaders are lovingly called) to get his food. He takes 2 packs. Eats one at 12.30 pm, one at 4.30pm, he tells us. "Two nutritious meals are good to sustain a man," he shares. We've never asked him his name, he never asked ours. There is just this bond of empathy, service, dignified giving and humanity that is now formed between him and us, our grassroots social worker tells us. Protsahan has been very lucky to work with partners who have truly understood the difficulty at the ground especially with this pandemic.



The gentleman with Protsahan Didi



Dry Ration Distribution & Linkages with the Government Schemes for most Vulnerable Children

CHILD PROTECTION DURING COVID-19

In the communities where Protsahan works, deepening poverty, caused by loss of daily wage jobs in the coronavirus pandemic, is adding further financial burdens onto already marginalised families, causing them to marry off their daughters at 10-12 years of age or pushing their children into doing hazardous work at factories or accompanying their mothers at domestic work. The closure of school and health care facilities also leaves girls increasingly vulnerable to not having access to sanitary napkins and other essential services. It's important for us to look at protecting India's children from all forms of abuse, because India also has highest no. of children in the world. This pandemic is affecting India's children massively and impacting their learning, development, and protection against violence and abuse. Amid the current situation, the children on the streets have further become invisible. Protsahan through its direct community work and with several partners across Delhi, Rajasthan, Assam & Jharkhand is helping girl children not drop out of schools, get access to sanitary napkins, grant key scholarships and more. We need to stand by our children. The ones at the margins are being further pushed and left behind.

STEM SESSIONS DURING COVID-19

Slum digital labs is an initiative by Protsahan to bridge the huge technology and information gap in the lives of marginalised adolescent girls as they're often it's last beneficiaries. By providing adequate access to technology, the girls can learn the 21st century tech skills.

Due to the Covid lockdown, our digital lab project remain shut all of April and May 2020, and restarted on June 10th with all safety protocols in place. It's been running smoothly, though at 40% capacity due to social distancing norms. Girls come, follow up on their school homework, do their projects, prepare for competitive exams post high school, learn coding, apply for government schemes online to avail other benefits for their families, etc. It's hugely successful initiative, even though in some of the 'darkest' spaces of the country-the slums, rubbished by most as ghettos. These are the spaces where we've seen creativity and confidence brewing even amidst the pandemic.



Protsahan Girl using STEM and Digilab facilities and technology



Fatima, 24

ACCESSING CONTRACEPTION DURING COVID-19

During the phase 1 relief work, our team met 24 year old Fatima who has three children and is pregnant with her fourth child. She lives with her family in a slum area near the Gurudwara Road near Hastal village in Delhi's urban slum cluster. She is in the ninth month of her pregnancy and is soon expected to go into labour. However, at this time, she is experiencing a lot of concerns, which are only exacerbated by the ongoing pandemic. Her husband is not able to work due to illness. The fear of her children contracting Covid-19 has made matters worse for her. Her children don't have food to eat and proper clothes to wear. When our grassroots team enquired about her understanding about sexual and reproductive health, she didn't understand and mentioned she is uneducated and never had a chance nor understanding to go to a school and sadly was repeating the same fate for her children by keeping them uneducated. She discussed the possibility of accessing contraceptive options and wanted to know more about family planning. She out of her own accord, then said, that only when she is equipped with knowledge on critical information will she be able to take care of her next generation.

Our grassroots worker made sure we provided children's innerwear for her kids. We gave her the dry ration kit so that she could feed herself and her family for another 30 days. She thanked Protsahan for helping her.

Stories of Dignity from the field.

COVID-19 Diaries

INNOCENCE EVEN IN HUNGER

Children wait everyday for their food packet. They take only one packet. When we ask them if they need more if they are hungry, they very firmly and lovingly tell us, to have it distributed to those who don't even have access to one packet. We also give them packs of colors and drawing books somedays along with food. A strange bond has been formed, no matter how transient in nature.



Picture from Dwarka Mor food distribution in Delhi.



Renu, 14

RENU

“My parents were discussing that since schools are shutdown, they should get me married. I am only 14. I want to study. I want to learn English and Computer Science. Protsahan teachers came to my home and convinced my father about my studies. I go to the computer center 6 days a week, to download my pending school homework and apply for government schemes for my family. I was able to get 32 kgs of basic ration from Delhi government because I learnt how to apply with my Aadhar card and phone number. I will not give up. I will defeat the coronavirus.” says Protsahan Girl Champion, Renu, 14

PARENTS ABANDONED BY THEIR OWN CHILDREN

Middle aged parents abandoned by their 6 children (all of who are married now), none of who wanted to have them live with them, had found shelter in an e-rickshaw parking lot in Hastal Village in west Delhi after their latest landlords had asked them to vacate the rented premises they were living in. They were unable to pay the rent as the gentleman had lost his daily wage livelihood as a construction worker. When our team got to know about them during lockdown, they hadn't eaten for 2 days at a stretch. We provided them with dry rations support for 30 days along with a direct cash transfer of Rs. 3000 to enable them to go back to the 1-room apartment and have access to healthy food until lockdown opens up and he can go back to his job site.



Parents abandoned by their children & forced to live in a garage being supported by Protsahan team through direct cash transfers and ration support.



Protsahan helping marginalized girls with Stationery Supplies and Educational Needs

EDUCATION CAN'T BE LOCKED DOWN

As lockdowns happened, jobs of daily wagers got severely impacted leading to their expenditure on their childrens' education drastically reduced or ended. Protsahan stepped in and supported education needs of young girls throughout the pandemic and continues to do so.

“Ma'am my notebooks are over. The new session in school has begun. Home is being run on debt. Mother says, we don't have money for stationery/education. Food is 1st priority. Our mobile doesn't have Whatsapp (it's not a smartphone). I am missing out on my education.” She called Team Protsahan, and we coordinated the effort, our frontline workers bought 3 sisters 18 registers with stationery (6 subjects each) for their new sessions. We opened our digilab for an hour to provide 3 sisters access to downloading & printing relevant school material. Learning shouldn't stop. Education shouldn't stop. Not everyone has easy access to digital classrooms. Let's understand what a child at last mile would need to not be left behind during COVID-19.



OUR PROGRAMS

Initiatives of
2020-21



Dry Ration Support With
High Protein Content

With the lockdown extending week by week in Delhi since 19 April 2021, many families have lost their livelihoods and incomes. Many children have lost their primary caregivers and breadwinners. In one instance, in less than an hour in a single day in May 2021, Protsahan's grassroots team met with 19 young widows below the age of 30 with multiple children, and no means to feed them. The team also met 43 pregnant women and nursing mothers within the same hour with no means of nutrition for themselves so as to be able to breastfeed their infants or take care of themselves during the pregnancy. Families of many girls enrolled at Protsahan have lost their livelihoods as well, leaving them susceptible to falling through the cracks to be pushed into child labour, child marriage, transactional sexual abuse, or being trafficked. Adolescent girls also face the additional disadvantage of being neglected when food and nutrition is in short supply. Protsahan is providing dry ration support wherever required to mitigate the impact of the situation that pregnant women and extremely vulnerable children are facing due to the pandemic. Critical to this support is the addition of protein elements in the ration kits as any dry ration support provided by government agencies is typically providing only wheat or rice to the families, that too if they have the mandatory documentation of ration cards and Aadhar cards etc. To stem out nutrition deficiencies that may also lead to immunocompromised individuals susceptible to illnesses such as COVID-19, it is imperative to ensure that protein elements are also added to the dry ration kits for these families.

grant laborers, and daily wage workers who have lost their livelihoods due to the precautionary lockdown, like, manual scavengers, public sewer cleaners, rickshaw pullers, sex workers, stranded truck drivers, porters, construction workers, factory workers, transgenders, tea stall operators, etc. for 1-3 months, until they get their livelihoods back. We've come across many cases where people are actually forced to eat grass and pigeon carcasses, and feed the same to their children.

Relief Kit: The simple relief kit we are distributing consists of need based customized assortment of 10 KG flour, 10 KG rice, 4 KG pulses, 2 KG potatoes, 2 KG onions, salt, sugar, essential spices, tea, biscuits, sanitary napkins. Each pack is good for about a month for a family of 5-6 people and costs Rs. 1120-1510 as of now. However, if the need is customized for a smaller amount, that is also being provided.

Logistics: Any staff at location coordinating the distribution are provided with gloves, masks, sanitizers, good shoes and soap to ensure their safety. To ensure minimum exposure, only hyper local distributions are encouraged. Locations are currently being chosen as per the urgency of the people on the ground. Our even smaller partner organizations vet and select credible shopkeepers or wholesalers who then provide the rations. Payment is made to these shopkeepers by Protsahan via bank transfers against GST invoices to maintain absolute transparency in operations. Aadhaar details of at least one member of the family along with phone number is also registered for our records. Pictures are being taken without compromising the dignity of the receiver.

Relief work started from 28th March and will continue till the end of lockdown and beyond to fight COVID related crisis. We are providing direct ration and cooked meal support. Protsahan continues to reach out to stranded families of mi-

Impact: From April 2020-March 2021, 6 lakh people were served with food to stranded truck drivers, extremely poor households where the bread earning member had lost the livelihoods, police forces on the ground, etc.





With services and programmes for Pregnant and Lactating women, Protsahan Child Protection Officers helped these women in getting proper identification documents, linkages to government systems and anganwadi care for their children along with updates on immunization schedules in local hospitals and access to COVID relief kits high in protein content for their children.



Fresh meals being cooked for distribution in Protsahan's communities for daily wage workers and vulnerable children at risk during COVID-19.

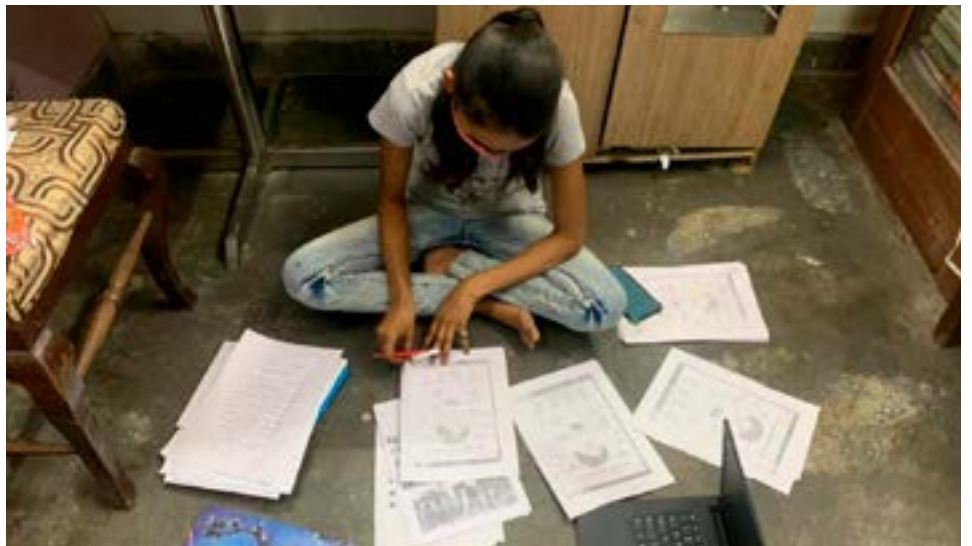


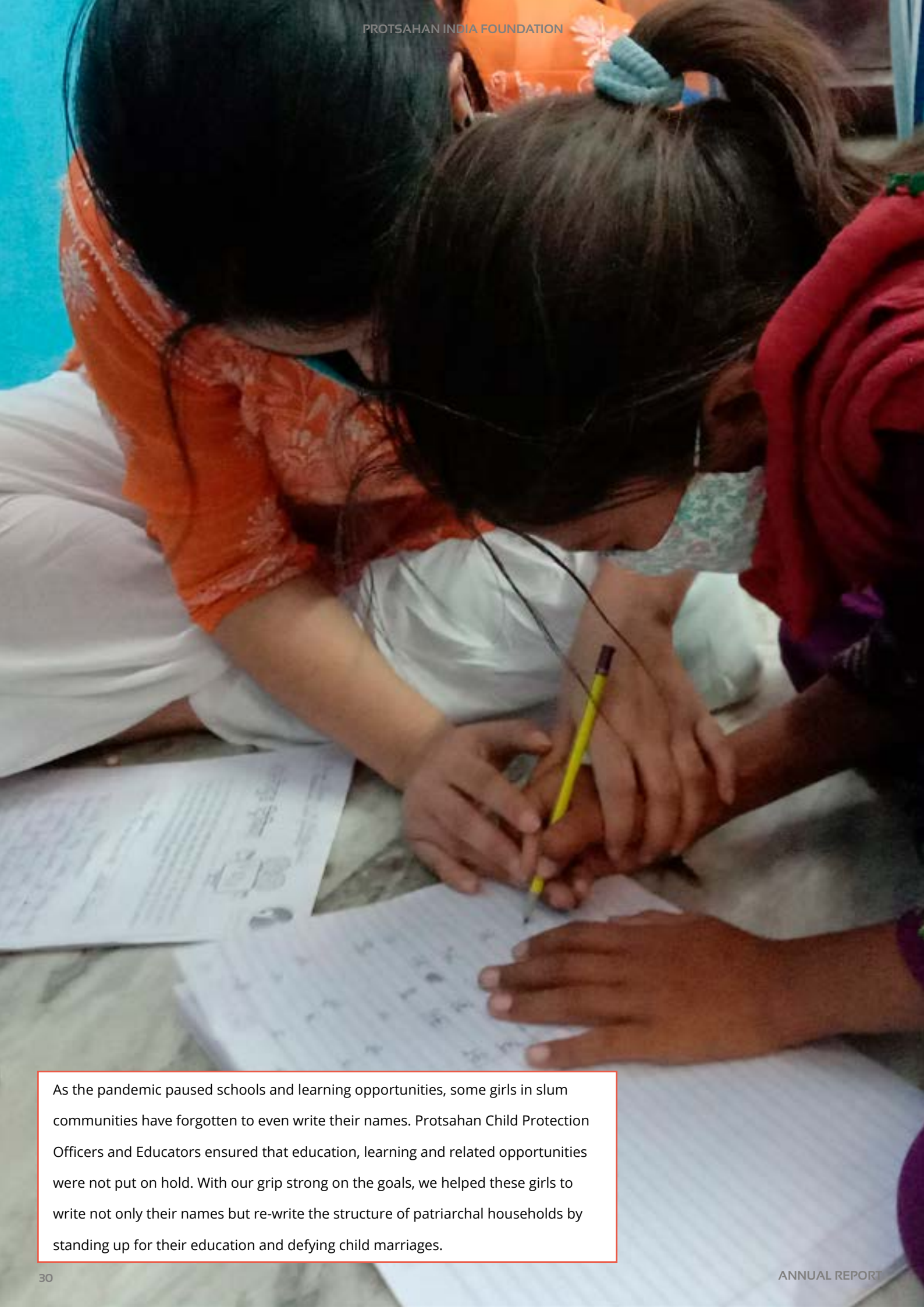
Education Support & Scholarships

Scrambling for resources to stay alive, families are cutting the education, basic healthcare and nutrition needs of adolescent girls in the family. Many a times, children as young as 6 years are forced to work as child labour in homes as domestic helps, in small factories, construction sites, etc. To ensure that these children are not pushed off the education system by their families in distress, Protsahan is providing need-based scholarships to adolescents and children especially those who have lost their parent(s) to Covid-19. These scholarships, are supplementing the government scheme payouts (which are insufficient and largely delayed), to ensure that the vulnerable children and their foster family/ guardians taking their care can tide over difficult circumstances without having to resort to extreme measures that involve severe violations of child rights.

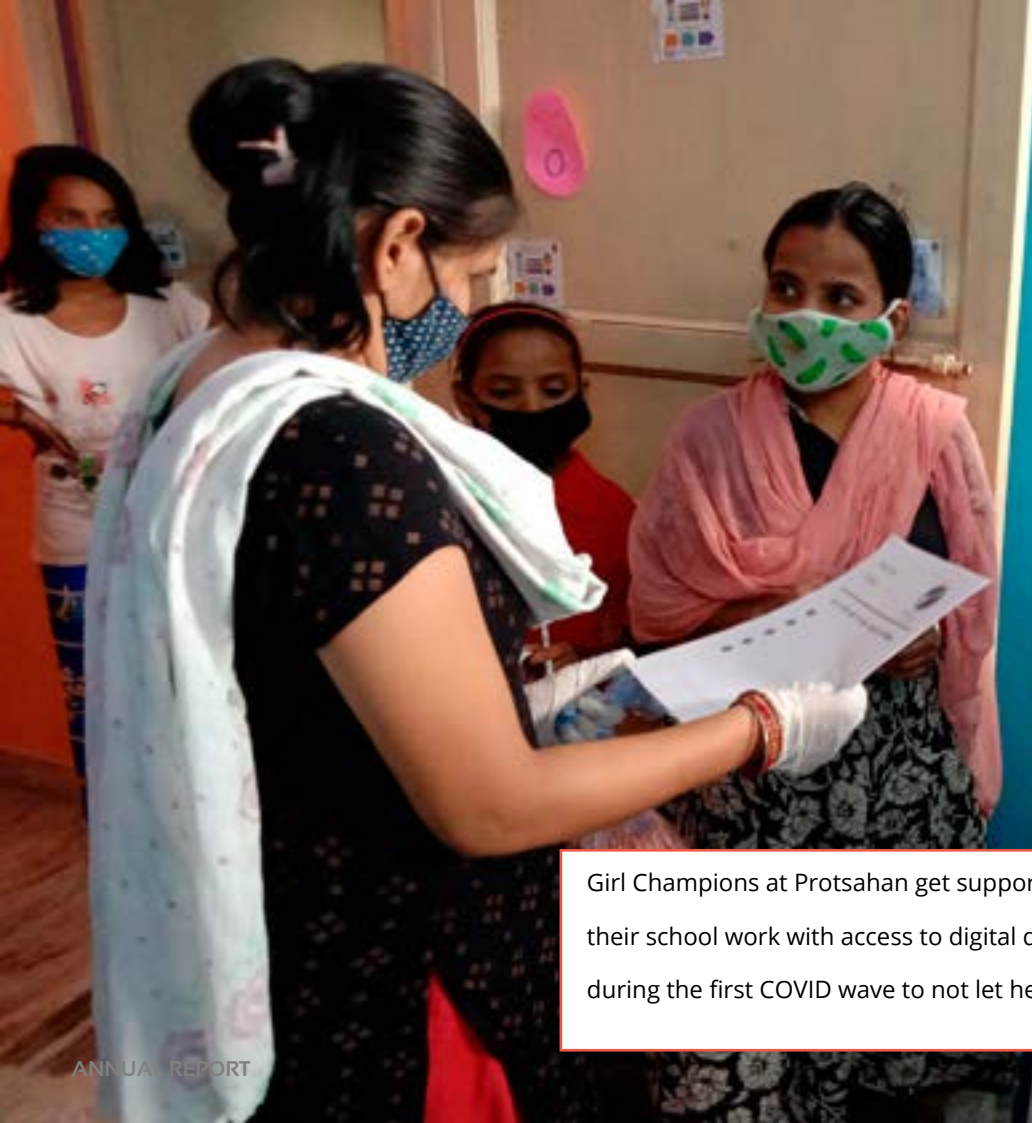
Utmost care and regular monitoring of impact on the child and her family is maintained by Protsahan's grassroots team at all times while disbursing these scholarships. In the direct 48 slums, Protsahan is also creating & monitoring creative learning kits & digital devices (grade appropriate) to make sure the vulnerable children without ready digital access don't fall off the learning system in Covid-19 aftermath of lockdowns and school closures.







As the pandemic paused schools and learning opportunities, some girls in slum communities have forgotten to even write their names. Protsahan Child Protection Officers and Educators ensured that education, learning and related opportunities were not put on hold. With our grip strong on the goals, we helped these girls to write not only their names but re-write the structure of patriarchal households by standing up for their education and defying child marriages.



Girl Champions at Protsahan get support at the Local Child Protection Center for their school work with access to digital devices and age-appropriate learning kits during the first COVID wave to not let her fall of the learning system



Grief and Loss Counseling Sessions: Group & Individual Sessions

With death or illness of a loved one, children can experience many emotions, including sadness, anger, frustration, fear, confusion, powerlessness, loneliness, abandonment, guilt and numbness. Sometimes children don't show any visible reaction at all. Grief looks and feels different for everyone and is shaped by their age, relationship with the person who died, race, culture, gender, support system, and other factors in children and teens' unique identity constellations. Protsahan is creating a repository of intersectional trauma responsive resources that can be easily disseminated across digitally as well, so that the mindset shift happens and knowledge dissemination happens appropriately for teachers, counselors and educators so that they're equipped to work better with vulnerable children in distress.



Trauma Informed Trainings for Counselors & Educators Working Directly With Vulnerable Children



Children who are being exposed to traumatic life events especially now are at significant risk for developing serious and long-lasting physical problems across multiple areas of development. Prot-sahan understands that an immediate cadre of trauma informed educators, teachers and frontline child protection staff needs to be curated in the next 3 years to begin with, who truly understands how to implement trauma-informed care to build resilience to childhood trauma as community care mechanisms.



Setting up Child Friendly Spaces (CFS) that combine Play Therapy and Art Therapy in some of the most Marginalized Spaces



Children turn to play, movement, and creativity to express themselves and make sense of their situation. Protsahan is aiding shelter homes/ orphanages/ community centers in offering opportunities for playing with dolls and puppets; creating art of all kinds; and writing, journaling, and making videos.



Creative storytelling sessions specifically for Children from across Vulnerable Spaces in the Country



Children especially from most vulnerable and marginalized spaces are undergoing severe trauma. Childhood trauma is strongly linked to mental and physical health problems over a child's adult lifespan. It negatively impacts brain development, cognitive development, learning, social-emotional development, the ability to develop secure attachments to others, and physical health; it is also associated with a shortened lifespan. Protsahan is using exciting fun filled stories with children across the country in shelter homes and other ngo networks with a creative visual angle and non-triggering words to let them know that they are not alone in the covid aftermath and that there is still hope to look forward to in life.





Linkage to Government Schemes focussed on Protection of Children:

Protsahan through its network of child protection officers and additionally through partnerships is critically supporting information and access to services and linkages with immunizations for pregnant mothers, Aaganwadi linkages for nursing mothers and children unto 6 years of age, data surveys in slums to see which child's or women's family needs immediate support and linkages, POCSO support services, CWC support services, providing counseling on breastfeeding during covid, family planning to birthing support through midwives, public health information and covid-appropriate behavior, formation of ration cards and Aadhar cards to be able to access these services, assistance with registration on Cowin for vaccination and more.





Case Management

Protsahan social workers regularly are making home visits and conducting qualitative surveys in the slum communities to bring newer girls at the last mile in the fold of education, encourage them to be enrolled in schools, handle cases of child sexual abuse/incest, intervene to stop early marriages, help young girls and women in the community to report cases of abuse if any. Child protection in communities is strengthened by case management - a way of organizing and carrying out work to address an individual child (and his/her caregivers)'s protection needs in an appropriate, systematic and timely way, through direct support and/or referrals, with constant follow ups in a strategic, evidence-based and collaborative manner.





Protsahan supported over 120 children who lost primary caregivers to COVID-19 by providing them nutritious meals, connections and linkages with the Government Schemes wherever applicable, education scholarships and psychosocial counselling and care-giving right at their door-steps. Protsahan advocated for institutionalization to be the last resort and for every orphan child to not end up in a shelter home. Instead, we supported them through constant home visits and making sure kinship-care mechanisms supported these children first.



Partnerships for COVID-19 Response

Partner organization:

Mission Shakti Foundation, Martha Farrell Foundation

Areas served: Okhla phase 2 (J.J camp and J.J.R camp), G.B. Road, Khanpur
 State: Delhi
 Beneficiaries: Families of daily wage workers, tailors
 Support Provided: Dry ration Food Survival kits for 30 days and Direct Cash Transfers of Rs. 1000 - 3000/- to 29 beneficiaries with bank accounts with direct partnership with India Fellows ad individual donors.

Partner organization: S.P. Sewa Sansthan

District: Rajasmand
 State: Rajasthan
 Beneficiaries: Women and Elderly - 1300+ people impacted
 Support Provided: Dry ration Food Survival kits for 30 days

Partner organization: Shades of Happiness Foundation

Areas served: Central Delhi
 State: Delhi
 Beneficiaries: Daily wage laborers
 Support Provided: 200 cooked meals + critical dry ration support for 30 affected daily wage workers' families for 10 days

Partner organization:

Pajhra NGO

District: Golaghat
 State: Assam
 Beneficiaries: Tea Plantation Daily Wage Workers - 51 families
 Support Provided: Dry ration Food Survival kits for 30 days

Partnering with Digital Empowerment Foundation on the Digital Daan campaign, Protsahan encouraged donors to donate their old devices to the marginalised adolescent girls in the slum community without access to digital devices to continue their education even when schools were locked down. This effort was a step to bridge the digitla divide and ensure that education and learning opportunities is available for all.







Protsahan Youth Leader, Mala, helping marginalised adolescent girls from the slums understand safe health and hygiene practices of following COVID-19 appropriate behaviour using guides creatively crafted in a colourful comic format to enhance visual cues for easy understanding by the community members and children. These guides have been developed in partnership with Noora Health. There is more work that is in progress on tackling vaccination hesitancy in large slum clusters using creatively illustrated IEC content in vernacular languages.

In the following pages Protsahan's incredible partnership with Noora Health and the resources we used in the communities is outlined.

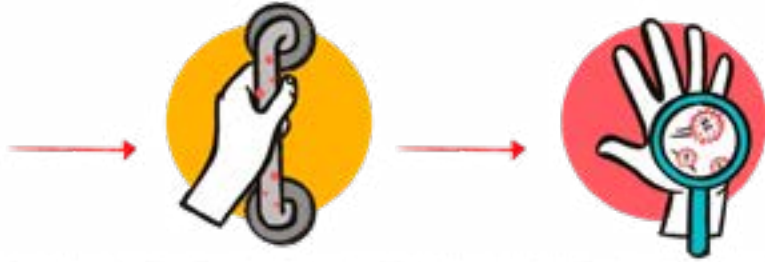
कोविड-19 परिचय

कोरोनावायरस रोग एक नया संक्रमण है। अब तक, वायरस के खिलाफ कोई इलाज या टीका नहीं है।



कोरोनोवायरस कैसे फैलता है?

- एक व्यक्ति से दुसरे में - खांसने, छींकने या पास खड़े हो कर बोलते समय निकली बूंदों के माध्यम से
- सतहों को छूने से जहां ये बूंदें गिरी हैं।



मुख्य लक्षण

बुखार



सूखी खांसी



सांस लेने में कठनाई



अनेक रोगियों में हलकी बीमारी होती है और वे उपचार के बिना ही ठीक हो जाते हैं।

खतरे में कौन है?

किसी को भी बीमारी हो सकती है, लेकिन कुछ लोगों को गंभीर बीमारी या मृत्यु होने का ज़्यादा खतरा है :

- 60 वर्ष से अधिक आयु के लोग
- ऐसे लोगों को जिन्हें पुरानी बड़ी बीमारी हो जैसे शुगर की बीमारी, हृदय रोग, या फेफड़ों की बीमारी



आपात स्थिति या किसी भी जानकारी के लिए, अपनी स्वास्थ्य कार्यकर्ता या हेल्पलाइन 1075 पर कॉल करें।



हाथ धोना

नियमित और बार-बार हाथ धोना सबसे महत्वपूर्ण बात है जो आप कोरोनावायरस से बचने के लिए कर सकते हैं।

- साफ़ पानी का कोई भी स्रोत देख लें (नल, पानी का टैंकर या टिप्पी नल)
यदि आप बाल्टी के पानी का उपयोग करते हैं, तो हाथ धोने के समय किसी और को बाल्टी से पानी डालने को कहें।
- एक साबुन लें



हाथ कब धोने चाहिए



अगर हमारे हाथ साफ़ दिखते हैं, तब भी उन पर वायरस हो सकता है। अपने हाथों को धोने के लिए साबुन और पानी दोनों बहुत महत्वपूर्ण है!



आपात स्थिति या किसी भी जानकारी के लिए, अपनी स्वास्थ्य कार्यकर्ता या हेल्पलाइन 1075 पर कॉल करें।





Psychosocial Support for Children during COVID-19

Protsahan team created a psychological support care manual with support from Unicef India. This manual was developed to support CHILDLINE 1098 however it can be used by anyone supporting children affected by the COVID-19 pandemic, including parents and caregivers. The manual is activity-based and so minimal supervision or guidance is needed. There are activities for two age groups – ages six to ten and 11 to 19. We encourage you to [download the manual](#) and to share it so that as many NGOs, service providers, parents, caregivers and children can benefit from it.



Fresh meals being cooked for distribution in Protsahan's communities for daily wage workers and vulnerable children at risk.

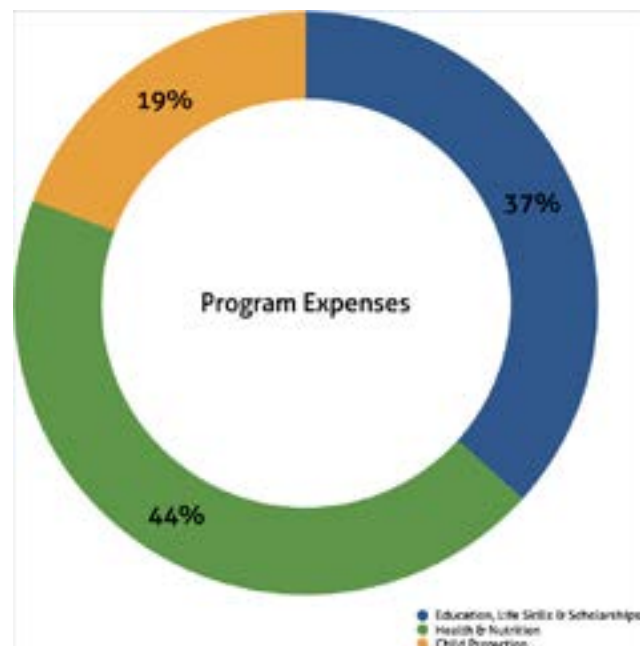
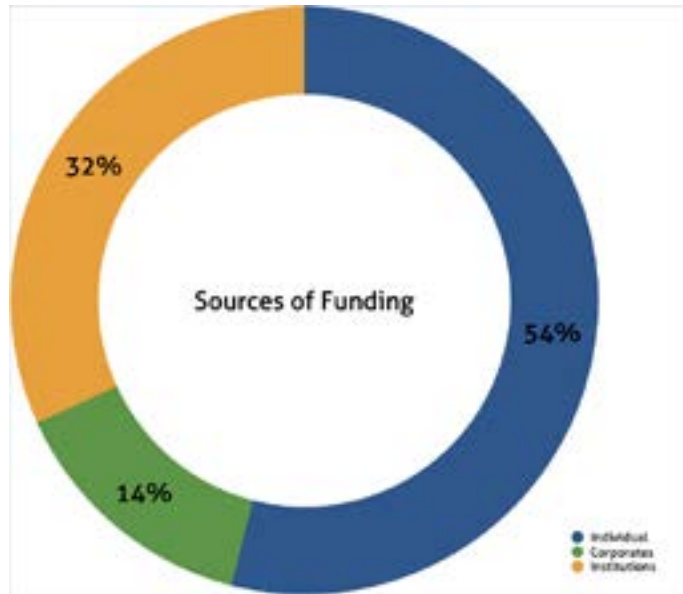
FINANCE

INCOME, GROWTH & EXPENDITURE

Our gross receipts in 2020-21 were INR 11,919,298 which was 111% higher than the gross receipts of 2019-20, showing the organization's trajectory for growth and scale in deeper and more work for vulnerable communities.

Of these funds, 54% were donated by individuals, 14% by corporates, and 32% by institutions.

Adolescent Girls Education & Adolescent Girls Health Programmes constituted a bulk of our expenditure (81%) as both these programs directly benefit the girls enrolled at Protsahan's Child Protection Centers. Remaining 19% was utilized under Technology Access & Infrastructure, Gender Equality & Child Protection, and Arts for Mental Health that enabled us to reach out to a larger number of children in distress through immersive programming comprising Science, Technology, Engineering, Arts & Mathematics (STEAM) along with strengthening our National Child Protection Program.



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.

02

BUDGETING & CONTROL

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

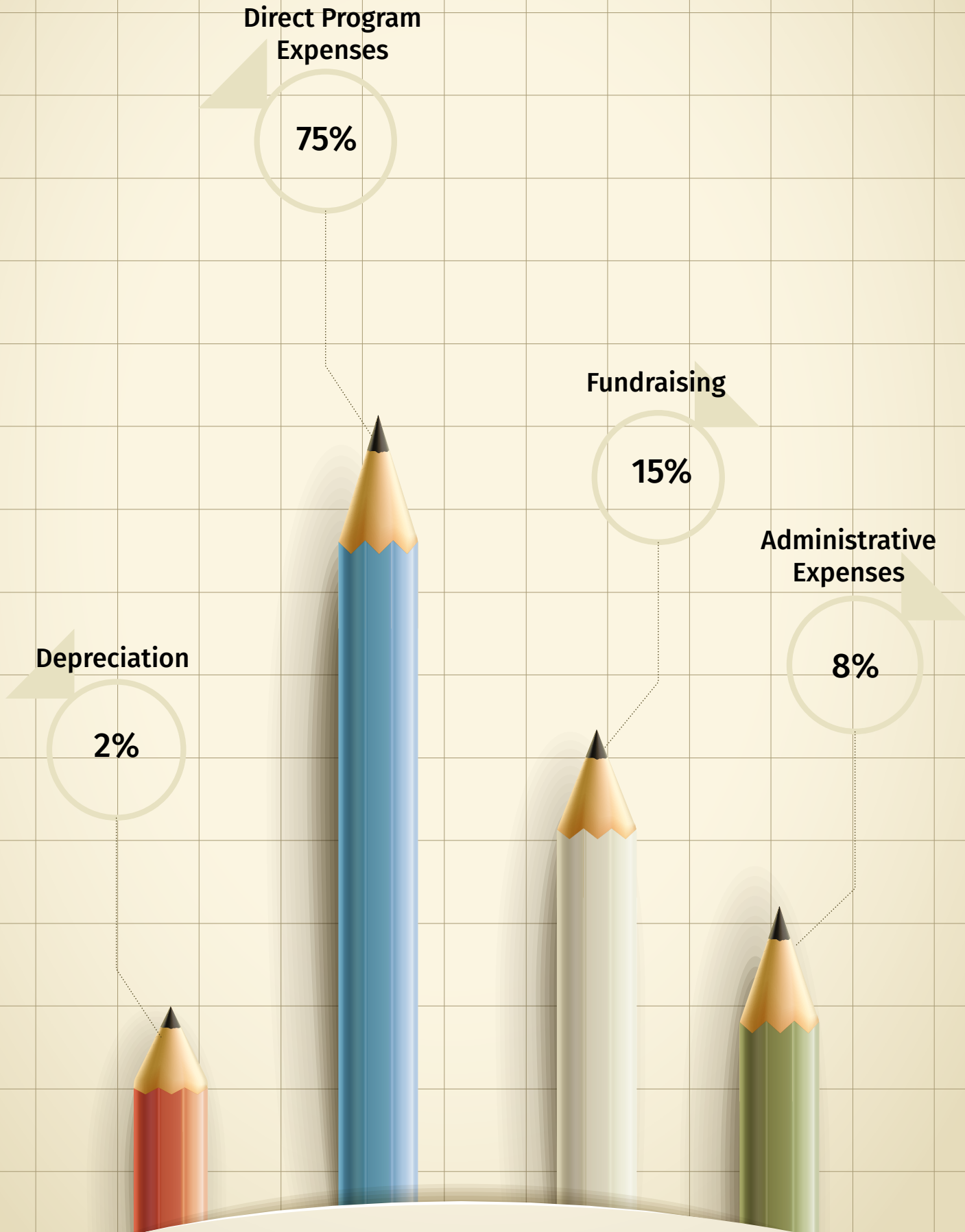
03

REPORTING & DOCUMENTATION

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

FUND UTILIZATION

2020-21





DONATE ONLINE **NOW**

Your donations encourage us to empower many more broken childhoods.



Protsahan[™]
India Foundation

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