

ANNUAL REPORT 2021-22



Protsahan[™]
India Foundation



Linking The Unlinked

PROTSAHAN

Happy
CHILDREN'S
Day





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Sonal Kapoor
Founder-Director

Founder's Message

Focussing on long term systemic Impact

For twelve years now, Protsahan has been dedicated to helping the most vulnerable children with a special focus on adolescent girls from socially excluded groups. However, the COVID-19 pandemic presented a humanitarian crisis unlike any we have ever seen. Children who were already on the margins were now falling off those margins. Despite these unprecedented challenges, Protsahan's strong fundamentals enabled us to provide hope to thousands of girls through our direct grassroots work on the ground under a holistic 'Rescue-Care-Linkages' model.

We worked tirelessly to keep strengthening our systems internally and partnerships externally as we provided relief, rehabilitation and reintegration to the children and young women in crisis. Some days felt like trying to spray a tidal wave with a spray gun, given the overwhelming need on the ground. On other days, we pioneered path-breaking work of systemic change through advocacy and linkages to critical government schemes that supported COVID-affected orphans, widows, community members who lost their livelihoods, and children vulnerable to abuse and violence. We reached over 81,000 girl children in crises situations and provided them holistic support services. We enabled government schemes and other benefits reach the families of poorest of poor children at the last mile to the tune of over 3.6 crore INR. We conducted psychosocial trainings for over 800+ state child

protection officers in Delhi, Rajasthan, Assam and Jharkhand to lay the foundations for a strong child protection ecosystem in India.

With the HEART approach of Healing with Art, we are committed to helping children facing childhood adversity and trauma of abuse and violence, not just survive, but thrive. This year demonstrated the depth of our commitment to making a real difference in the lives of those we serve.

This year was not only about resilience against the impact of COVID, but also strong, holistic interventions to do deep work, transform lives with joy & authenticity and build practices and support the system partners to take things to scale. We are very proud of our team who surpassed all odds and devoted themselves completely to combat the impact of COVID. Their empathy, compassion and resilience to reach out to the last child truly helped us come out of the pandemic much stronger and better. We have been able to build capacities of the team on child protection and partner with organizations for collaborative action. Simultaneously, we have been working on building standard operating processes, vision for the next decade and creating gamified interactive toolkits from our years of understanding and experience of ground work. In the process, we laid the foundation for a much stronger, incredibly collaborative and bolder Protsahan while retaining our ethos of empathy, and design thinking for hyperlocal solutions.

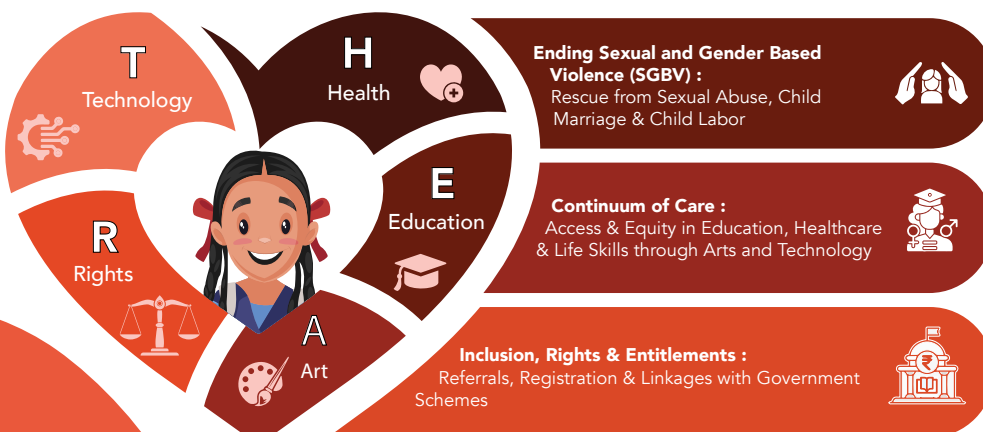
We are very grateful to each donor, organization and individual who supported us in protecting some of the most vulnerable children and girls and giving them a dignified childhood and adolescence.

S. Kapoor

Biggest achievements of COVID-19 hit 2021-22

- ▶ 5th Girl (Innovation Lab) launched, we are now reaching about 947+ girls within our centers and 81000+ in 83 most impoverished slums of Delhi. The service ambit has been increased to now include more depth of impact: digital & financial literacy courses, academic scholarships, life skills with STEM focus, enrollment for higher education, fellowships, psychosocial support services, nutrition programme and access to government linkages strengthened
- ▶ Guidestar Gold certification for highest transparency & ethical standards awarded
- ▶ United Nations ECOSOC's special consultative status awarded
- ▶ World Economic Forum recognition for Protsahan's work on the frontlines during COVID, International 60+ media houses recognized our work for covid orphans
- ▶ Plan International and UNICEF ROSA recognition of our flagship HEART model of healing childhood trauma

Protsahan's heart model is a holistic, flexible, first-of-its kind gender transformative approach to seamlessly blending physical, mental, material and emotional well-being of a survivor of sexual and gender based violence (sgbv)





Way Forward and Plans for 2023-27

- Building a strategic roadmap for 2023-2027, analyzing the work done in the past 10 years, lessons learnt and reaching more vulnerable girls, women and children at the bottom of the access pyramid
- Expanding the team to include critical hires to support building of a robust child protection ecosystem in India
- Protsahan's HEART approach has found incredible national and global recognition based on the depth of impact, next step will be to find avenues for partnerships to impact more vulnerable children, across borders
- Single point impact dashboard being created to measure the impact of ground interventions over time by bettering evaluation frameworks
- Growing and supporting our team's wellbeing and skills as we take them along in this growth phase of bringing more healing and empowerment of for the last child in the SDG framework

Awards & Recognitions



Our grassroots leaders Preeti Poddar and Payal Rani, represented Protsahan & received award from Bahai's of India on Human Rights Day for Reducing Inequalities & Advancing Human Rights for vulnerable children'.



- ▶ GuideStar India Gold Certification: Protsahan is amongst one of the few NGOs to have received “Advanced Level GuideStar India Gold Certification”, based on the level of transparency and accountability standards deemed fit for governance of charities in India



- ▶ On 3rd Dec 2021, Protsahan received it’s official UN accreditation as “Special Consultative Status with the United Nations Economic and Social Council”.



- ▶ Our Founder, Sonal Kapoor, was felicitated by Schneider Electric at it’s flagship Prerna Women Empowerment Awards 2021



UNITED NATIONS

- ▶ Protsahan’s work presented as a case study at the UN Children’s Fund on community led best practice frameworks on psychosocial support services for children. Engagement with 50 colleagues from the United Nations Children’s Fund across South Asia, East, Asia Pacific colleagues



- ▶ Protsahan shared best practice models of child care in India by spotlighting Aaganwadi system’s strengths at the Symposium on “Seedbeds for Change: Reconceptualizing the Family as a space for Fostering the Equality of the Sexes” organised by the Office of Public Affairs of the Baha’i Of India



Sonal Kapoor, Founder, Protsahan facilitated by the Rotary Club on International Women's Day



45 women radiologists from Bangalore participated in a walkathon to mark the #DayOfTheGirl and raised funds for our cause

Reader's Digest

JANUARY 2022

₹100



EXTRAORDINARY INDIANS

Five Inspiring People
Who Put Humanity First

Sonal Kapoor
(centre), founder
of Protsahan India
Foundation

INTERVIEW

In Conversation
with Naseeruddin
Shah

BETTER LIVING

Trying 70
New Sports in
My 70th Year

HEALTH

The Anti-Ageing
Maintenance
Plan

Protsahan on the cover of Reader's Digest

Media Coverage

60+ Media houses covered our work during COVID

READER'S DIGEST

Healing through Joy

Sonal Kapoor, Child Rights Advocate, 36

Even after all these years, Sonal Kapoor remembers the incident vividly. Out on a film shoot in 2010, the former advertising and communications professional met a young mother of six who was pregnant with her seventh child. Burdened with crippling intergenerational poverty, she was reduced to sending one of her minor daughters out for sex work. This

shocking act of sheer desperation moved Kapoor into action. In three weeks, she began an arts and design centre from a single room in a West Delhi slum with the idea of creating change through the power of positive reinforcement, skill development and creativity. Today, her organization, Protsahan India Foundation, has transformed the lives of about 81,000 girls. "That encounter was almost 12 years ago. But it always takes me back to why we do what we do," she says.

The central premise of Protsahan is this: "Can we put children who've



"One of the things that keeps me going is that I don't operate from a lens of sympathy or charity. Sympathy comes from a position of power," says Protsahan's Sonal Kapoor.

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pls scan the QR code on your Phone



Cover Story

faced deep childhood violence and trauma on a journey towards healing? Can we strengthen their neural pathways with hope and joy? How do we achieve that?" Kapoor says. They do that through a unique empathy-based approach she calls 'HEART.' This approach seeks to empower girls and adolescents who have either experienced traumatic events and adverse childhood circumstances or are at risk of the same through 'Holistic healing, Education, Art, Recovery, and Technology'. Protsahan provides a 10-month holistic bridge course to

worked across the country to provide thousands of hot meals, dry ration kits, and train frontline workers on psychosocial support so they could truly reach children at the last mile.

Working with local communities has also been key. The idea, she says, is to look beyond the ambit of their own organization. "The ideal world will be when we (as an NGO) no longer need to exist, and we are okay with it." Protsahan aims to impact the lives of one million girls by 2030.

The sector was never short of challenges and these have been

"CAN WE PUT CHILDREN WITH TRAUMA ON A JOURNEY TOWARDS HOPE AND JOY?"

integrate out-of-school or drop-out girls into formal schooling. While education is non-negotiable, these children also "need a lot of art and life skills in their lives". So, they learn how to use computers, and are also provided classes in meditation, photography, filmmaking, dance movement therapy, Mandala art, among others. "They offer a sense of safety and creativity which are the simplest things that can help a child," adds Kapoor.

This approach of intersectional care has meant that Protsahan's work isn't limited to one sphere but instead addresses multiple needs based on the child's circumstances. During COVID lockdowns, Kapoor's team

compounded by the funding crunch and logistical hurdles of the pandemic years. Aware of the "compassion fatigue" that caregivers face, Kapoor believes in taking care of her team, whether it means ensuring fair wages or asking all of them to take off in the last week of the year.

"One of the strongest things that keeps me going is that I don't operate from a lens of sympathy or charity. I think that sympathy comes from a position of power," Kapoor says. "But it's empathy that really requires you to get down on your knees and look somebody in the eye and realize that this could be you, if not for random luck."

—By Sarita Santoshini

THE CHILDREN LEFT BEHIND BY COVID

As our social media feeds remain flooded with posts related to 'covid orphans' and 'call to adopt', India really needs to wake up to how the young ones will deal with grief



Children can sense the changes around them, so it's best to communicate openly about the virus and its impact, and (below) walls across the country are filled with graffiti art raising awareness about keeping the virus at bay.

Pooja Singh
pooja.singh@times

R has been promised that his parents will be home soon. A week ago, the six-year-old was alone at home—a two-room apartment in Delhi—when a doctor at a covid-19 hospital declared his mother dead. A few rooms away, his father was in the ICU, bedded the next day. An uncle, quarantined at his west Delhi home, plans to visit R once he recovers fully. Till then, neighbours are taking care of the boy. Relatives spread across the country call on the hotline almost every hour, comforting him, assuring him "they will be back soon".

"What else we can say to him?" the uncle tells me on the phone. "I can't tell him the truth. There's nobody to take care of him. The grandparents are not alive. They (the parents) didn't have many friends. I will bring him home...but telling the truth now..."

Over the past year, covid-19 has killed more than 250,000 in India—mothers, fathers, aunts, uncles, grandparents, friends, adults who have left holes in families and children grieving. A recent surge in such deaths has made "covid orphans" a heading that was trending on social media. Despite Union minister Jitendra Singh and government officials reiterating on social media that citizens are legally required to inform the police, the child welfare committee or the child helpline 1098 if they come to know of a "covid orphan", people are still sharing unverified numbers to reach out to if one encounters a child in need. Foodbharati Sant Chhatri, for instance, shared two numbers. One belonged to an old age home—the person who answered the phone told me: "Please call 1098. We don't take care of children." The other number went unanswered.

Requests to adopt "covid orphans"—though clearly against the law—were also being circulated via WhatsApp forwards, sometimes with photographs and/or addresses of the children. This is illegal.

There's no official estimate of the number of "covid orphans". But it's clear that many more children are likely to lose parents in the weeks to come. Given the current trajectory of the virus, a team at Bengaluru's Indian Institute of Science has predicted about 400,000 deaths by June. The University of Washington's Institute for Health Metrics and Evaluation has estimated 1,008,829 deaths in India by the end of July.

Yet, amidst the retweets and reposts, what is not getting enough attention is the

emotional health of children whose parents are either in hospital, fighting the virus, or have lost the battle. "You have to understand that lack of physical interaction and activities were already causing severe emotional distress and anxiety among children. Now they have to deal with the loss of a parent," says Isha Patel, counselling psychologist at Fortis Hospital in Mumbai, Mumbai. It's so difficult at a young age when kids are still processing their feelings and thoughts. Without proper long-term therapy and family support, it can be very difficult to deal with grief. We need to talk more and we need to tell the truth, even if it has to do with death.

THE COST OF LIES
The truth is not enough when communicating news about the death of a parent. They are kids, they won't understand, we tell ourselves. Death is the preferred route in India, where loss and grief are rarely discussed. But, as Patel says, given the way covid-19 is ripping through the country, if we don't talk openly and honestly with children, we could have a generation that never gets closure.

A March 2020 study in *The Lancet* says children as young as two years are aware of the changes around them, which makes it all the more important to have honest and effective communication between them and adults about the pandemic, including death and dying. "Listening to what children believe about covid-19 transmission is essential, providing children with an accurate explanation that is meaningful to them will ensure that they do not feel unnecessarily frightened or guilty," the study adds. Otherwise, it notes, it can have a long-term impact on the child's mental health.

The pandemic has been a nightmare for children, especially girls. Authorities say the children's helpline reported a 17% rise in distress calls related to the early marriage of girls in June-July 2020, compared to a year earlier. There are reports of an increase in cases of incest and growing fears of trafficking.

A report by the child rights organisation Protsahan India Foundation, based on a May-July 2020 survey, found that 17% of adolescent girls in parts of

north India experienced sexual abuse during the pandemic (see "Beyond Grief"). The findings were based on the responses of 496 girls in the 11-18 age group from marginalised communities in Delhi, Haryana, Jharkhand, Jharkhand, Odisha and Chhattisgarh. "We have also found cases of incest in Delhi," Protsahan India Foundation's founder-director, Sonal Kapoor, says. "There's a rise where nar-



front-line workers found a father abusing three minor sisters during the lockdown. There are cases of transsexual sex with children, with the offer of food in return. Dangers for already vulnerable children have increased manifold, especially with photos and addresses of children orphaned being floated via WhatsApp. We know how child traffickers become more active during disasters."

Merini Mehta, chairperson of the child welfare committee (CWC), west Delhi, now believes there could be a rise in trafficking. "In the past three weeks, no child has been reported as orphaned in our district despite so many messages being shared on WhatsApp. Even I am getting such messages. Where are these children going?" To address the issue of children affected by covid-19, Delhi has set up district task forces that include members of the police and the district CWC. It is also raising awareness about Childline, the helpline, through newspapers and flashing the number 1098 in hospitals across the country more rigorously.

In badly hit Delhi, the number of cases of children in need of care and protection received in all CWCs in January-March was 2,028. Between 1 April-10 May, the figure was 500. The data on whether the cases are related to covid-19 is in the process of being collated. "Our Childline is not at all stressed, as many people believe. The number of calls (during the second wave) is almost the same as before and we are responding to each one of them," says Rashmi Singh, special secretary, director, social welfare and director of the women and child development department, Delhi government. "I would like to encourage and remind people that 1098 is the only number to call for any kind of child services and Care (Central Adoption Resource Authority) for adoptions," she says, adding, "Mental health of children is one of our biggest worries right now. That's why we have now joined hands with more NGOs and mental health practitioners."

WE SHOULD TALK MORE OFTEN
Therapy and trauma counselling are still not really encouraged in India, notes Kapoor. But "with the loss of parents, for a child an emotional home is lost. How will children heal this trauma if they don't express their feelings?"

It was this thought of what a "covid orphan" might be going through emotionally that led Delhi's Aarti Saxena to tweet last week that she wanted to adopt a child. She had lost her mother to covid-19 last year. "When I was looking for a bed for my mother, I met a father who was constantly telling his small daughter, 'Mamma will come late.' Later, she died where she was and he said she had died early that morning. I can't forget that," says Saxena, who didn't know about 1098 or Care till we spoke. "I know it adopting will be difficult (financially), I already have two kids. But the situation on the ground is so pathetic that I think more people should come forward and adopt."

That's not the best idea, says Kapoor. "It's always better to practise kinship care: the care of children by caring kin since the trust is already established," she says. "Institutionalisation (referring children to shelter homes run by governments or NGOs) should be the last resort since it doesn't offer the promise of cousins or someone the child can grow up calling their own. Also, there is not enough trauma-informed counselling to help a child deal with the grief of losing a parent."

Since last year, there has been a rise in cases related to sexual abuse, forced labour and child marriages, especially in marginalised communities. Between June-July, the official children's helpline, Childline, reported a 17% rise in distress calls related to child marriage. There are also growing fears of an increase in cases of sexual abuse.

From May-July last year, the child's rights organisation Protsahan surveyed over 400 girls from marginalised communities across north India to document how the pandemic was affecting them. Seventy-nine per cent reported knowing a child being married in a neighbourhood/family. More than half mentioned having faced gender-based discrimination and 88% said their parents had started fighting more during the lockdown, making them feel "suffocated" at home.

Such vulnerabilities put children at risk of human trafficking, as research has shown over the years.

and nature of sessions are decided based on the child's interest and need. I hope this initiative becomes useful soon because it would mean covid is gone."

While Krishnamurthy's platform is open to children across the country, Vidya Thathamangalam is focusing on her hometown Coimbatore, in Tamil Nadu, through the Bring A Smile initiative, which follows the same model as volunteer empathy. The only difference is that Thathamangalam is based in Oakville, Canada. "We started it on 2 May and within a day we were approached by three families," says Thathamangalam, who left her job in Canada over two decades ago. At present, they work with six children. Her volunteers are mostly friends and family spread across the US and India. "I don't know how this project will turn out but I really need to talk about kids' emotional and mental needs and I feel an offer some sort of comfort."

Bhadi Ramkumar is one of the parents who reached out to Thathamangalam after her son, 11, and she tested positive. "As soon as I saw the reports, the first thing I told my husband was, 'If there's an oxygen crisis, save our son. We couldn't stop crying but my son seemed calm. I didn't know what was going on in his head so I decided to enroll him for art,'" she says. Her son seems to be enjoying the art and storytelling classes and has made new friends—something he hadn't done for a year. She says, "He seems happy but I don't know... I can't think straight but I ensure

well-being everything as truthfully as possible."

That's the advice Patel has for parents and family members: Keep communicating with the child. "You need to remind them that they can trust you and share whatever they are thinking. Even matters of death, you need to find ways to tell them. It's difficult, yes, but parents should be open about concerns. Children can sense a tense home atmosphere. Best to communicate it to them."

For instance, when Whitefield Rising, a collective of resident associations in Bengaluru, started getting more distress calls about children, it issued an advisory that parents must plan for who would take care of their child if they fell ill. "We have asked people to plan. Note down all the information a caretaker may need about the child—allergies, medication, likes/dislikes, school information. Have a chat with the child about the plan," says member Ziba Jamal. "It's always better to be truthful with kids because by lying we give a false hope."

Six-year-old R, meanwhile, is waiting for his parents to return.

BEYOND GRIEF

Greater risk of sexual abuse, early marriage

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RASHMI SINGH
DIRECTOR, WCD (Delhi)

THINKING AHEAD

Realising the need to care for children's mental health, some platforms offering free online activities have been set up to engage youngsters who are alone at home because their parents are in hospital or quarantined.

Chennai's Akhila Krishnamurthy has, for instance, started fall-meets-empathy, a platform that offers online music, dance, craft and basic cooking sessions for children with the help of volunteers. "Parents can reach out to us, guardians can reach out to us. It's open to all," says Krishnamurthy, founder of the boutique arts management company Aakap. "But please don't think of it as a summer camp."

The idea for the initiative came on 1 May when a friend's sister and her husband were in the ICU, leaving their six-year-old daughter alone at home with the domestic helper. Krishnamurthy couldn't stop thinking about "what the child must be going through." Within two days, fall-meets-empathy was born. All her 26 volunteers are people she has known for years. "We are dealing with children so I need to have people I trust. The length

Dangers for already vulnerable children have increased manifold, with photos being floated via WhatsApp.

SONAL KAPOOR
FOUNDER, PROTSAHAN



Our Founder, Sonal Kapoor on Mirror Now makes a case on how govt. schemes are being delivered hyper locally with effectiveness through Protsahan

Other media that covered about Protsahan's work

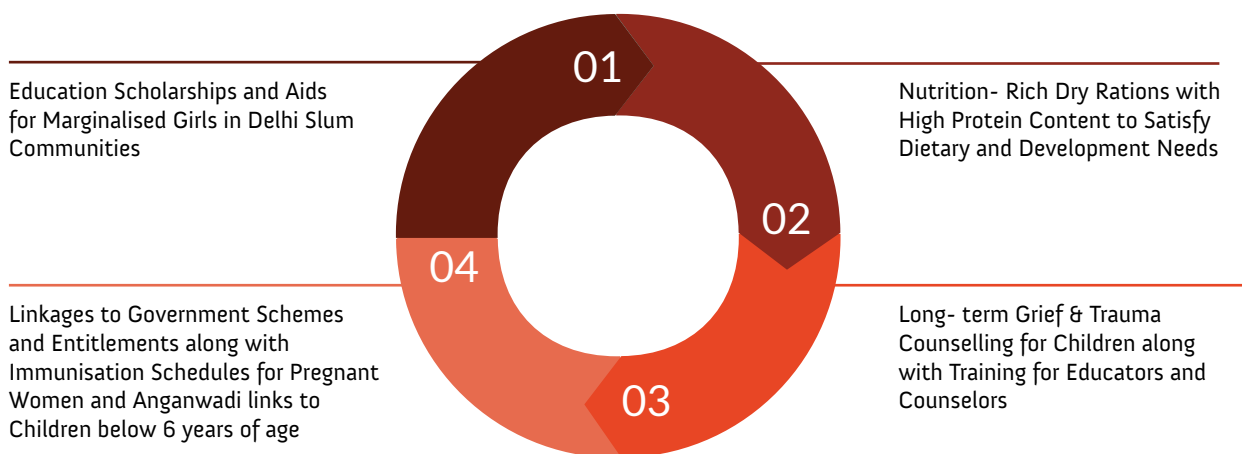




COVID-19 Emergency Relief, Restore & Re-invent

Core Focus Areas

Protsahan's focus points at the critical stage of the pandemic have been centred around identifying and intervening in cases of children who have lost one or both parents to COVID-19, and are at the brink of child labour and sexual exploitation out of poverty-driven circumstances. Our efforts have encompassed primary intervention and access to justice, provision of essentials for children rescued from these situations.



Protsahan has been working in these core domain areas to support children and their families during the pandemic.



2 ZERO
HUNGER



Action Against Hunger (SDG 2)



Voices from the ground

“ Didi, I am very scared! We didn't have anything to eat in the first and the second wave. Our parents would put us to sleep with just water in our stomach. We sustained ourselves with Protsahan's support. We have heard that the third wave has come. I don't want to remember those situations we had gone through, when would the situation be normal like before? When would we be able to hug each other at Protsahan and do meditation?

-Soniya* (14 years)

Protsahan is supporting Soniya with monthly ration support, academic scholarships, tuition support, and digital access for learning.

The loss of livelihood due to lockdown created a hunger crisis for children from families of daily wage workers. Restricted mobility during lockdown further aggravated the inaccessibility to food and other services essential for child survival. With the daily access to food disrupted, marginalized communities were impacted most deeply. Protsahan reached out to vulnerable families and children and supported them by providing access to dry ration, hot meals and protein rich nutrition kits for adolescent girls.

Impact Statistics (2021-22)

1,81,781

Individuals Received Dry
Ration from 2020-22

83

Number of Slum Communities
Reached

4,12,650

Individuals Received Hot
Meals from 2020-22

4

Number of States
Reached



4 QUALITY EDUCATION



Adolescent Girls Education Program (SDG 4)



Voices from the ground

“
Didi, my name was removed from school as I failed in exams. I failed because I didn't have a smartphone for online classes and had to support my mother at home and take care of my siblings. I want to study but our home situation is really bad. In anger, I cut my hair and clothes.

- Sangeeta* & Jyoti*

Sangeeta* & Jyoti* are 15 & 16 year old girls respectively from Uttam Nagar who now study at Pratsahan. Sangeeta is preparing for her studies so that she can get admission in another school. Pratsahan is supporting both sisters with academic scholarships, tuition support, digital access for learning, monthly rations.

”

The COVID pandemic harmed the social, emotional and physical well-being of children worldwide, especially children who come from vulnerable communities. Widespread digitalisation mitigated the education loss caused by school-closures, but the poorest children didn't have conducive home-learning environments with internet connection. Thousands of children faced the risk of never returning to school, undoing years of progress made in education. Many children forgot to even write their names. Education of the girl child was affected the most as their parents weighed the financial and opportunity costs of sending them to school versus turning them to child labor to generate income for family to feed themselves. These girls and many young children who were already at the margins pre-pandemic, fell off the margins.

Pratsahan made sure that no vulnerable girl child in 83 communities we work was left bereft of support for education during the pandemic. Our Holistic Education program continued to focus on building inclusive equitable education for every child and girl who was forgotten



in the entire ecosystem through non-formal, fun and creative methods. We constantly supported them financially, academically and psycho-socially with age & grade appropriate learning kits, access to digital devices, online and offline academic support to keep them engaged and enthusiastic for learning to ensure that these children were not pushed out of the education system by their families in distress.

Evaluating Impact of our Grassroot Interventions

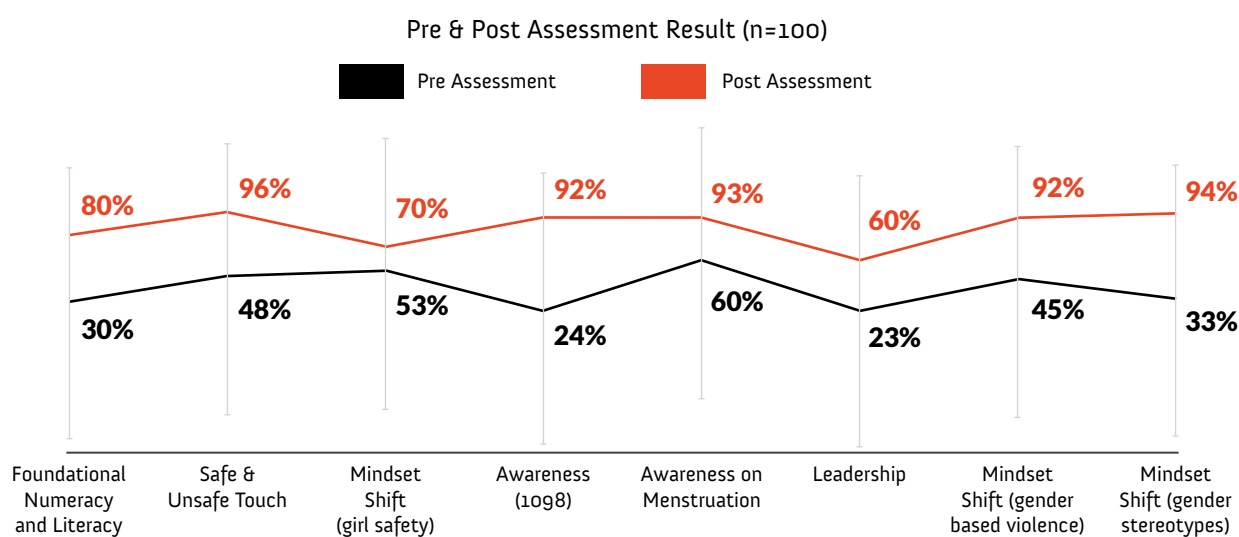
Protsahan undertook a randomised study of 100 Protsahan girls to capture and record the opinions, behavioral trends, and practices of adolescent girls in a systematic manner on the learning outcomes on themes of literacy numeracy, menstrual health & hygiene, leadership skills, gender and child protection. who attended our programs this year at the innovation labs.

The objectives of the research study were :

1. To understand the overall dimensions of education levels and other challenges, issues preventing agency of adolescent girls with very high vulnerability index.
2. Identify how best the proposed core activities of the program covers gaps for adolescent girls.
3. To assess the impact of the program through a baseline and endline assessment.



Results of Pre-post Assessment



Literacy Numeracy & Life Skills	Pre-assessment (In %)	Post- assessment (In %)	Improvement (In %)
Basic Literacy & Numeracy	30	80	50
Awareness on safe & unsafe touch	48	96	48
Mindset shift on girl's safety	53	70	17
Awareness on child helpline number (1098)	24	92	68
Awareness on Menstruation	60	93	33
Leadership Skills	23	60	37
Mindset shift on gender based violence	45	92	47
Mindset shift on gender stereotypes	33	94	61

Table: Girls' Scores and Improvement Level

- ▶ The girls showed significant improvement in their foundational literacy and numeracy levels. **From 30% in Jan 2021, 80% of the girls passed the beginners' level in literacy and numeracy in December 2021**
- ▶ When the girls had begun with us, most of them weren't aware about safe and unsafe touch. With continuous sessions on children's safety, there is an **50% increase in the awareness level of girls on what constitutes safe or unsafe touch**
- ▶ **48% Before Protsahan's programs, the girls were of the mindset that it is a girl's fault if she is touched inappropriately. When we conducted the pre-assessment, one of the girl's said ("If a girl goes out alone, ofcourse she will be raped..."), "अकेले बाहर निकलेगी तो बलात्कार होगा ही". With life skills sessions, there is a 17% improvement in the mindset of the girls wrt girls safety.**
- ▶ **Awareness of the child helpline number increased significantly from 24% to 92%**
- ▶ **Awareness on menstruation increased from 60% to 93% due to sessions and art & play based conversations**



व्याकरण





* who said MEDICINE



Cash Assistance through Scholarships for Adolescent Girls in Crisis

COVID-19 pandemic pushed the girl child and her education even further down the priority list in impoverished households. The opportunity cost of paying for the school fees of a child as opposed to having enough food on the table to feed family members caused many children to drop out of school. Additionally, the emergence of online education through virtual classes, meetings, assignments, communication all of a sudden, severely impacted the learning of children because most of them, especially girls seldom have access to digital devices and a stable internet connection.

Protsahan launched a program to identify children (primarily adolescent girls), coming from marginalized communities, in critical need of financial support and digital device to complete, resume, or begin their education.

Adolescent girls who received scholarships from Protsahan were either first-generation learners of daily wage migrant workers, with a household income of Rs. 5000- Rs. 10,000 for a family of 6-8 people or those vulnerable children who had lost a parent to Covid-19.

Many girls who had either completed their schooling or had dropped out were at a high risk of being pushed into marriage due to the pandemic but were able to get admission in schools and colleges to complete their primary & higher education, buy school books, digital devices, stationery, school bag, etc with help from the scholarship.

Impact statistics (2021-22)

1200

Girls impacted in 2021-22
under SDG 4

140

Children Supported with
Scholarship in 2021-22

60

Children Supported with
Digital Device Access in
2021-22



Voices from the ground:

“ If I had not gotten the scholarship, I would have missed my studies and my name would have been cut from school.

- Nandini, 10 ”

“ in Covid I used to eat dry roti but with the scholarship, I am able to have milk, roti, concentrate on my education with a full stomach.

- Jaswant, 12 ”

“ With the help of the scholarship I will be able to complete my studies and I learn computers so one day I can support my mother.

- Tabasum, 15 ”

“ I had outgrown my school uniform, and my teacher used to taunt me. But with the scholarship I got my new uniform. I like going to school now.

- Anjani, 12 ”

“ Pratsahan got us admission to the school and with the scholarship we no longer have to beg and do rag picking.

- Marjina and Nazrana, 14, 13 ”

“ Papa has been ill for a long time, after the lockdown, I was facing a lot of pressure to dropout and do sex work to provide for the family. This scholarship saved my dignity and my life.

- Priyanka, 14 ”

100% Passing rate in CBSE exams! More than 70 of our Girl Champions sailed through their 10th and 12th CBSE exams with an average score of 81%.





3 GOOD HEALTH AND WELL-BEING



Good Health & Well-Being Strengthening access to health (SDG 3)



Voices from the ground

“ Didi, when I used to go to school, I used to get sanitary pads and mid-day meals, now since the schools are closed, I am not getting these two things. There is not enough money at home to buy pads every month from outside, so I have started using cloth and dry grass to manage my periods.

- Sadiya* (16 years old)

Protsahan supported Sadiya with sanitary napkins, life skill sessions, academic support, scholarships, digital access, and nutrition packages rich in protein.

”

Ripple effects of the COVID-19 pandemic affected the health of the adolescents in particular, as they already had higher rates of unmet need for nutrition, health services, greater social and logistical hurdles to accessing care, and limited access to protective programs. Certain health services that children had access to through schools such as mid-day meals, sanitary pads, counseling, had also stopped due to school closures. Children from vulnerable communities also experienced consequences of the economic fallout of the pandemic with caregivers losing their jobs leading to food insufficiency and stress financial. A lot of young girls were married during the pandemic without anyone to provide information on reproductive and sexual health. Invisible emotions start to creep in and children become victims to trauma and grief without their conscious knowledge.

Well-Being Kits: To pull out children from stressing factors in unprecedented times, Protsahan came up with specialized Well-Being Kits. In the Well-Being Kits, the children are provided with art supplies and art-based learning tools to express their invisible emotions and moods through carefully designed worksheets as a part of the Art as Therapy program.

COVID-19 Impact on Menstrual Hygiene: Dry grass and rags as pads made a comeback. Menstruation continues to be regarded as a “dirty” biological occurrence, not spoken about openly especially in marginalized migrant communities we work in. Even today, many girls grow up believing taboos around menstruation. This is evident from the fact that nearly 23 million girls drop out of school annually once they hit puberty due to lack of sanitation facilities.

During covid lockdowns, adolescent girls grappled with inaccess and unaffordability of sanitary pads especially since schools stopped distributing them which forced a large percentage of girls to resort to dry grass and rags as make-do pads to absorb period blood. Protsahan stepped in, with critical access to pads and inner wear in the dignity kits for thousands of girls.

The menstruating adolescent girls were provided with sanitary napkins and clean underwear. This kit ensured that the sanitary health as well as mental well-being of children and adolescent girls remains taken care of. Life skills worksheets were also distributed to understand the mindset of the children and inculcate best practices for COVID safety. Puzzles, learning board games were a regular feature of these kits.

Nutrition: To combat child poverty, hunger, and malnutrition, Protsahan provided protein kits to adolescent girls and children coming to our centers to ensure the nutritional needs. These

kits consist of various kinds of pulses like kidney beans, moong beans, chickpea, masoor and urad dal to support adolescent growth and development.

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. At Protsahan, empathy and creativity based interventions form the core of our HEART principle of work with children. Engaging art based interventions 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 meditation, dance, photography, expressive arts and celebrating personal achievements by inculcating self-love even in the most difficult circumstances. These sessions 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 also enabled and empowered the child to make disclosures. Protsahan deeply focussed 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.

Impact Statistics (2021-22)

8046

Girls Impacted Directly
in 2021-22 under SDG 3



4 QUALITY EDUCATION



Technology Access and STEAM Learning for Girls (SDG 4)



Voices from the ground

“ घर पर पापा की नौकरी छूट गयी है और माँ को कोविड ने छीन लिया, अब जबरदस्ती की जा रही है मेरी शादी करने की ! मुझे शादी नहीं करनी, मुझे अपने पापा का सहारा बनना है ! पर कोविड की वजह से कोई काम नहीं मिल रहा और ना ही मुझे कंप्यूटर आता है !

- आरती (उम्र 19 साल)

Protsahan enrolled Aarti at the Digital Lab and helped her prepare for employment. She supported with scholarships, digital access, and monthly rations.

Nearly 16 lakh underprivileged students in government and municipal schools in the national capital faced disruptions in their education due to a lack of access to mobile phones, the internet, and laptops or desktop computers. More than 50% of Indian students, both in urban and rural locations do not have access to the internet for online studies. Lack of access to the internet and devices created a gap in digital literacy.

Team Protsahan responded to the apparent educational and employment crisis in the country by creating opportunities in the form of STEAM labs. Protsahan encourages girls in STEAM to ignite their enthusiasm in science, technology, engineering, arts and mathematics by giving them an enabling and supportive safe learning environment that rewards exploration and provides hands-on experience. At the height of the pandemic, the Digi-lab initiative by Protsahan prepped girls on digital and financial literacy, cyber security and safety & life skills. Girls coming from vulnerable spaces who didn't have access to digital devices or finances, had lost hope for their future, especially during the pandemic. They were being married



off or being dropped out of school so that they could support their families. Protsahan identified these girls and worked with them to build their skills so that they could be job ready and could sustain themselves and their families.

Protsahan is also supporting children & pregnant mothers with linkages to government schemes through the Digi-lab. Many families were registered for vaccination on the CoWin app and for Ration card, Aadhar card, and E-sharam card. Protsahan also trained the girls to prepare and appear for the government certified NIELET examination (National Institute of Electronics & Information Technology, Delhi Ministry of Electronics & Information Technology, Government of India). The girls went through sessions on gender equity, career counseling, financial literacy, vaccine hesitancy, and various government schemes for vulnerable communities.









Impact Stories

Laxmi's father was relieved from his job during the pandemic. As Laxmi's schooling neared the end, the impending financial stress of graduation fees became more and more. Laxmi joined the DigiLab in the hope of enhancing her employability skills and relieving her family's economic strain. She received her 6-month training, where she learnt the basics of computers and other life skills. **This training consists of many important employability enhancing skills such as internet basics, safe web manual, accessing govt. schemes, tally software, NIELET exam preparation, data handling, data rights for communities, and privacy protocols.**

Laxmi completed our DigiLab course in 7 months, attaining digital literacy skills, which then helped her to apply for many jobs. Now, Laxmi earns Rs. 19,000, and is not only able to help her family financially but is also able to fund her higher studies. She has been able to create a healthy bond with her family and earn a greater sense of freedom for herself. This is what she says, is her agency and path to an empowered life.

"I have secured a job after completing my course at Pratsahan. Now I am able to support my family and take care of the essentials. My family respects me more now. I have more freedom of mobility as I earn my own money."

– Laxmi, 18





Voices from the ground

“I learned basic computer and tally prime courses from Protsahan that helped me get a job and with the help of a scholarship, I was able to complete my graduation. Thank you Protsahan, Govind sir for supporting me. God bless you all!

– Nupur Dhawan, 19, working in a sales company

“After completing the course at Protsahan I feel more confident, and I learnt about finance, technology, social awareness and, how I can save my money for future emergencies. I don't have to ask anyone for money for travel, sanitary pads, text books or other essentials now, in fact I am supporting my family now.

– Moni, 20, working in a finance company

Impact statistics (2020-21)

379

Girls Enrolled Digital Empowerment Center in 2020-21:

185

Girls Enrolled in university after Passing from the Digital Lab in 2020-21

4867

Girls Impacted from 2010-11 to 2020-21 through STEM programs in govt. schools



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



National Child Protection Programme (SDG 16) Thriving Children



Voices from the ground

“I can't leave my sister alone after the death of my mother. My father drinks and he isn't conscious when he is drunk. My brother goes for labour work and during this time if something happens to my sister then what will I do?” Pooja (25 years old)

- Pooja* (25 years old)

Protsahan enrolled Pooja* and her sister at the innovation lab in Dwarka looking at her family situation and safety issues. She is supported with academic scholarships, tuition support, digital access for learning, monthly protein kits.

In the last two years of the COVID pandemic, an entire generation of children were in jeopardy of losing their safety and their childhood. The ripples of COVID go far and wide, wreaking havoc in children's lives: starting with loss of livelihood from parents unable to work, malnutrition from lack of basic necessities, ultimately being pushed into child labour and sexual exploitation out of economic distress. Rise in cases of child sexual abuse, child labour and transactional sex only heightened the need for intervention: both short-term as well as long-term, societal-based reforms in tackling issues of child abuse and child labour.

Protsahan fights Child Abuse through Arts, Play & Technology based interventions with a specific focus on adolescent girls. In partnerships with organizations working directly with children, parents and teachers, anganwadis (day care centres) under the integrated child protection scheme and government schools, we conducted safe and unsafe touch workshops, personal safety education trainings. Protsahan's child protection program has

now reached 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.**

Using our HEART approach, Protsahan reached out to more children by building the capacity of educators, teachers and frontline child protection staff on creating trauma-informed spaces for the healthy growth of a child. And with the long lasting impact of the pandemic on children, it has become more crucial to prepare adults to take responsibility for children and respond to their needs from an informed space. Protsahan has been engaging continuously with children from Child Care Institutions to bring more healing through storytelling and theater. We have also created a right based & trauma informed toolkit for educators and caregivers through which we plan to train the trainers and create more safe and informed spaces for children.

Impact statistics (2021-22)

28,000

Children Impacted through Child Protection Workshops & Trainings in 2020-21

840

Educators & Caregivers Impacted through Child Protection Workshops & Trainings in 2021-22

1,50,000

Children, Educators & Caregivers Impacted through Child Protection Workshops and Trainings from 2010-11 to 2020-21



Protsahan has conducted child protection workshops in partnership with:
Government Schools, Shades of Happiness Foundation, Parwarish Cares Foundation,
Delhi Commission for Protection of Child Rights (DCPCR), UNICEF, Young Warrior,
Educate Girls, Enfold Proactive Health Trust, Odisha, Jharkhand & Assam Childline



Protsah
India Foundation

गहरे मुद्दों पर सीखें



PROTSAH

Child Protection
बाल संरक्षण

In Schools, Colleges, And
ग्राम, कॉलेज, आगवारी पठशाला



www.protsah.org



10 REDUCED INEQUALITIES



Access to Government Schemes Linking the Unlinked (SDG10)



Voices from the ground

“I had filled out the form in 2019 to get my ration card, but it has not been made till date. We are daily wage labourers. Our life has become worse than that of an animal because of Covid.”

- Asha (30 years old)

As the COVID-19 pandemic broke out, migrant workers were placed at a distinct disadvantage. Millions of migrant workers in labour-intensive occupations, from domestic work to construction lost their jobs, while also shouldering the responsibility of caregiving. The pandemic brought to light a range of challenges around food security, caregiving, income security, and social protection. It showed the impact of existing inequalities of gender, migration status, and class on access to government schemes, which had implications on the long-term repercussions of the current economic crisis. Most of the migrant workers didn't have access to government schemes like ration card, aadhar card, labor card to access essential services like ration, healthcare, education. Children and women suffered the most because of the inaccessibility of the government schemes.

Our social protection officers supported the communities with critical linkages for ration cards so that they could access ration support from the government. Aadhar cards were made for the children so that they could be enrolled in the school. Awareness sessions were conducted with pregnant women on vaccination and myths around it. We also supported local influencers like the aanganwadi workers with the correct information about linkages to government schemes for women who had lost husbands to COVID. Medical supplies were distributed to the healthcare workers to distribute it in their communities.

Impact Statistics (2021-22)

INR 3.6 crore

Worth of government benefits reached the last child
and her family in social protection

50

Children rescued from the rag
picking and begging enrolled in
government school in 2021-22

185

Covid Widows with Registration
INR 50,000 for Chief Minister
Scheme in 2021-22:

30

Widows received INR 50,000
from the scheme in 2021-22

30

COVID widows supported with
INR 30,000 each by Pratsahan
in 2021-22

2364

Migrant families supported
with Cowin registration and
vaccination

204

Aanganwadi equipped with
Medical Supplies in 2021-22

118

Migrant Pregnant Women linked
with Govt. Schemes and COVID
Vaccination

प्रोत्साहन द्वारा उठाये जा सकने वाले कदम -

→ प्रथमिक स्तर → पर प्रोत्साहन जागरूकता
पीडित को देगा।

→ Counseling

द्वितीय स्तर → पर प्रत्यक्ष रूप से सहायता

→ स्वतंत्रता में जोड़ना

→ शसन देना

→ स्वास्थ्य किट प्रदान करना

→ कार्यात्मक सहायता, जरूरत पड़ने पर

तृतीय स्तर → पर हमारी मदद कि हम सरकारी
व्यवस्थाओं से जोड़ना/अलग कराना।

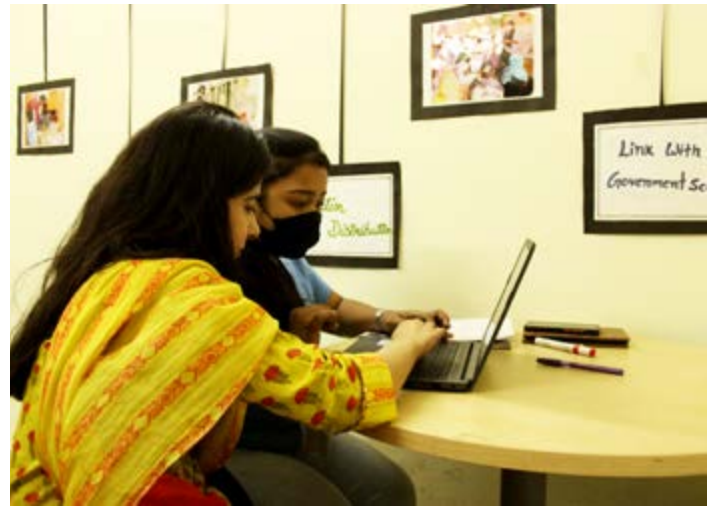
→ सरकारी तंत्र के साथ के साथ मिलकर
ICDS Centers के साथ जोड़ना और मिलकर

→ School, जागरूकता,

→ मोहल्ला क्लिनिक से स्वास्थ्य सेवाएं ले सकते हैं।

→ DBAOCWB से जोड़ना।

और सरकारी सुविधाओं का इस्तेमाल के लिए
उनकी जानकारी देना।



5 GENDER EQUALITY



Gender Transformative Life Skills (SDG 5)

Learning Through Art and Play

There is evidence through Protsahan's grassroots work in communities with migrant girls and children. that psychosocial competencies, including resilience, personal agency and self-confidence, can help an child move out of poverty and life skills can enable her to protect herself from a multitude of vulnerable social environments and risk-taking behaviour. Protsahan's multiple pathways approach with a focus on formal education delivery as on non-formal and informal education channels including the road to life skills, has ensures equity and inclusion for the migrant children we work with.

Life skills training sessions were conducted with the children, mothers and educators on various themes to enable them to become empowered changemakers.



Voices from the ground

“ ऐसा लगता है की अपनी कोई इंडिपेंडेंस ही नहीं हैं, जैसे मेरी फ्रीडम किसी ने छीन ली है पर मुझे अपनी जिंदगी की खुद जिम्मेदारी लेनी है और आगे बढ़ना है और मेरी जैसी और लड़कियों को भी हिम्मत देनी है अब, बस !

- says 16 year old Pooja in the leadership session about freedom and agency

“ The responsibility of child safety rests with adults, not children, and it is important that our ground staff have the right information and understanding to protect them so that we can take better care of them!

- says our Head, Ground Operations Preeti Poddar in the Child Protection session





“
We can talk about our eyes, ears, and mouth comfortably but we don't talk about vagina, penis, they are also part of our body, so there should be no shame in talking, there should be respect and openness. It is necessary! Because of this shame, everyone keeps silent on exploitation!

- says our Child Protection Officer, Payal Rani in the Sexual & Reproductive Health & Rights Training Session

“
I love to read but my father tells me what girls will do by reading and writing. Today listening to Nasreen's story has given me the courage to fight for my dreams!

- says 12 year old Tarannum in the storytelling session



8 DECENT WORK AND ECONOMIC GROWTH



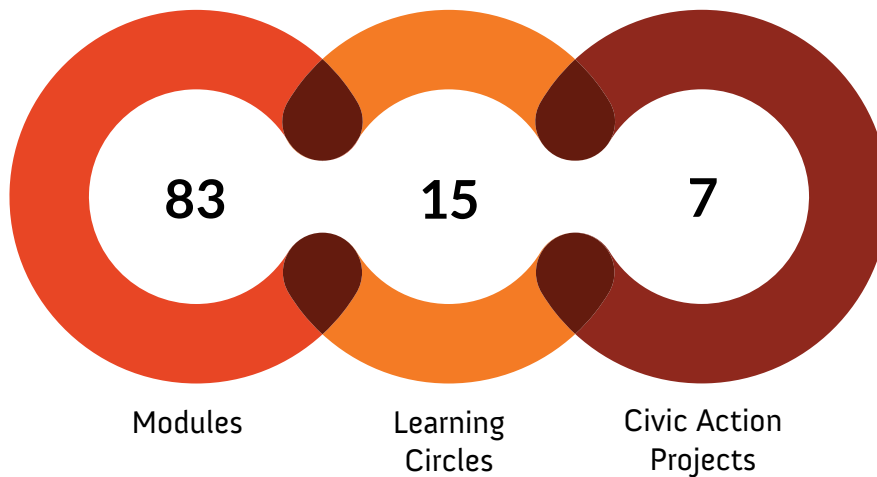
GIRL CHAMPIONS FELLOWSHIP (SDG 8)

Meeting the girls where they are: The **Girl Champions Fellowship Program** is a new program under the Girl Champions umbrella and was launched in September 2021 to address continuing societal and structural inequities faced by older girls in the migrant community. The program was initiated as a response to the Covid-19 pandemic and its impact on the alumni community of Protsahan. The Covid-19 pandemic exacerbated existing inequalities in areas such as the job market, educational inequity, and digital access. The objectives of the fellowship were thus far-ranging to increase the quality of life for girls in a variety of target areas.

Objectives of the Fellowship:

1. **Provide** platforms that support skills-building for girls to **enhance their employability quotient.**
2. **Support** girls facing intergenerational poverty, trauma, and violence, **build their own pathways to self-sufficiency through access to higher education, life skills and experiential learning.**
3. **Enable** young girls to become **socially aware** and become **community leaders.**
4. **Amplify the voices, leadership, and agency** of young girls by focusing on their personal leadership journey through **social action projects.**

Through an innovative, modularised curriculum (with topics such as digital literacy, civic participation, financial literacy, self-awareness, vision mapping, leadership development, and spoken English) Protsahan India Foundation has **partnered with 5 resource organizations** to see a myriad of positive outcomes for the **30 Girl Champion Fellows.**

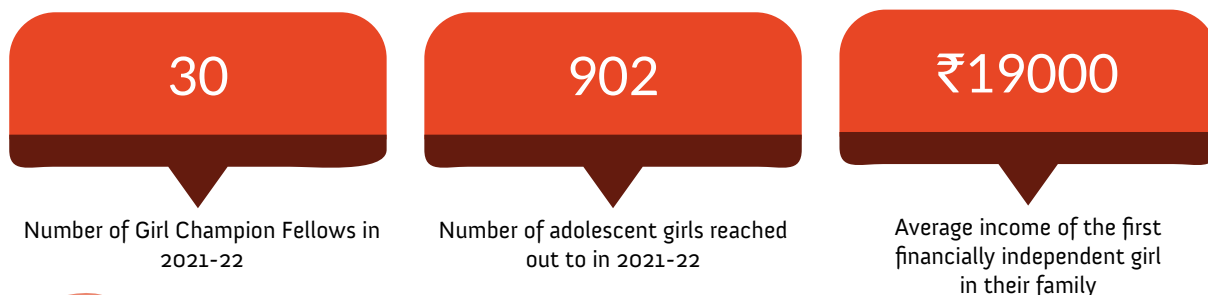


On the occasion of International Day of the Girl Child celebrated every year on 11th October, a research study was led by our Girl Champion Fellows on the theme 'Gendered Digital Divide'. To read the report infographic, scan the QR code:



The journey our fellows took in 2021 has been nothing less than magical. Their courage, resilience, strength, and willingness to learn to inspire us and thousands of other adolescent girls in the community every day. We can't wait to see how our 30 Girl Champion Fellows will pave the way for hopes and dreams for the thousands of adolescent girls in their communities.

Impact Statistics (2021-22)





Voices from the ground

“ मैं प्रोत्साहन के साथ पिछले 10 सालों से एक विद्यार्थी की तरह जुड़ी हुई हूँ और आज मैं यहाँ एक साथी हूँ। यह यात्रा मेरे लिए बहुत खास है।

- Anju* (Aspiring Social Worker)

Anju* has four sisters and two brothers, her mother works as a domestic worker and her father is a e-rickshaw driver. Anju joined Protsahan in 2010 as a student and her journey with the organization has been nothing less than magical. In one of our conversations with Anju she shared, 'Jaise jaise main badi hui, vaise vaise Protsahan bhi bada hua.'

At Protsahan, Anju got the opportunity to explore herself and found joy and happiness in working with children in her community. She aspires to become a social worker and work towards creating a gender-equitable world.

Anju joined as a Girl Champion Fellow in September 2021 and has been working with the socially excluded group of adolescent girls pushed into begging in the Dwarka community. She has reached out to 50+ adolescent girls directly in the last few months and wishes to continue her journey of empowering thousands of more adolescent girls with Protsahan for many more years to come. She is also the first woman in her family to pursue higher education.

“ We are so proud when we see Poonam working on her laptop! When her father was alive, she could not study, I am happy that now she is learning so much by coming here! Standing on her feet! This gives me a lot of courage!

- Geeta Devi, Poonam's mother

“ Sometimes I just can't believe I'm here today! I'll be able to study again, I never thought I would

- Poonam (Aspiring Computer Operator)

When we first met Poonam* at one of our Girl Empowerment Centers, we asked her, “what do you want to learn from the fellowship program?” She quickly replied, “Typing fast on a laptop. I love the sound of typing on a laptop.”

22 years old, Poonam, left school when she was in 10th grade as her father believed that girls should stay at home and learn household chores. In the second wave of Covid, Poonam lost her father who was the only bread earner of the family. As a result, Poonam started taking jobs as a domestic worker in the neighborhood communities.

As we launched our Girl Champion Fellowship program, we met Poonam's mother, Geet Devi, and after several conversations, she agreed to send Poonam to our Girl Empowerment Center.

Poonam joined us as a fellow in September 2022 and started her journey of fulfilling her dreams again. With the support of our Child Protection Officers, Poonam was enrolled back in school and is now completing her 12th from open schooling. Alongside, Poonam is supporting our team in managing child protection cases and community mobilization. She has actively led covid vaccination campaigns in her community and supported community members to book their vaccination slots online.

”



Voices from the ground

“ I am confident to now start my own beauty parlor and become financially independent ”

“ I paid my college fees myself with the scholarship money I got from the fellowship ”

“ For the first time I spoke in fluent English in front of an unknown person and know how much confidence I have ”

“ I complained on SDMC online portal and resolved waste issues in our community ”

“ I have secured a job with a salary of Rs. 25,000 as a sales executive, and I am not going to look back from here ”

Refreshing SGBV

Response

on by: Tar
and 8th of



Child Rights Fellowship Program Building the child-rights ecosystem

The Child Rights Fellowship is Protsahan India Foundation's umbrella research-based training program for young professionals and college students.

The objectives of the fellowship are thus far-ranging to support young minds to get hands-on training and understanding of child rights and protection issues and train them to be able to better contribute in the field of child rights and protection in the future.

The students partake in brainstorming sessions with the senior leadership of the organization, spend time on the ground observing grassroots work, research on critical areas to get an in-depth understanding of the child-rights sector with a focus on psychological, legal & social issues affecting vulnerable children in India while receiving training, mentorship, and support for professional development from Protsahan mentors. Refresher training on subjects related to policy, legislation, and governance were organized throughout the fellowship period. Protsahan India Foundation partnered with IProbono and Tata Institute of Social Science, Mumbai for the program.





Impact at a glance

Number of Child Rights Fellow: 7

Projects:

- 1 Trauma-Informed Safe Spaces for Children
- 2 Pandemic and POCSO Cases: Impact and Assessment
- 3 Sexual and Reproductive Health and Rights: Challenges faced by adolescent girls and women from Urban Slum Communities
- 4 Socio-Emotional Learning
- 5 Marriage Age Bill: Critical Analysis

Number of States: 6: Assam, Delhi, Uttar Pradesh, Bihar, Chandigarh, Hyderabad

Partner Institutions/ Colleges: IProbono, TISS Mumbai, University of Hyderabad, DAV College Chandigarh, Chanakya National Law University, Bihar, Symbiosis Law School





Impact Stories

STORY OF DREAMS AND HEALING

Aisha* had joined Protsahan's Girl Empowerment Center (Dwarka 04) in January. Her family had migrated from Rajasthan. Her father does boot polish and mother does begging to sustain the family. Aisha also used to accompany her mother and sisters for begging, until Protsahan intervened for begging with her mother and sisters. Her parents were reluctant to send her to the Center as they didn't want to let go of the income she brought through begging. Through continuous counseling sessions with her parents and scholarship support, she joined the Center. When we had asked Aisha in January just when she had joined what she wanted to become, she said, "Nothing, I have been begging since I was 3, I just want to feed myself and my family. I have no dreams."

From then to now, Aisha has been regularly coming to the Center. She has learnt basic literacy and numeracy and now confidently writes her name and teaches her siblings also. She has also been now admitted in a government school. She is the first child in her family to go to school. As she learns to write her name, eager to learn everyday and dreaming of saving other children from begging, our heart fills with hope for her better future and many more lives she will change along the way. She exclaims, "I will be like Rekha ma'am and become a Science teacher one day. I like to do battery experiments with LED lights!"





RIGHTS, CAMERA, ACTION !



Jannat joined Protsahan as a student when she was 13 years old. Through our HEART approach, she was introduced to Photography, Art, Meditation, & Technology in addition to academic support. From here she chose photography and has been documenting Protsahan's on-ground stories as a Youth Peer Leader. Jannat wants to pursue her passion of photography and recently received her scholarship from Protsahan to pursue a diploma in Photo Journalism. She says, "I belong to a family where photography isn't seen with respect, especially for girls. When I joined as a student, I didn't have any aim or dreams but my teachers here encouraged me to do photography and soon it became my passion. Now I am working as a Photographer and also pursuing a professional Photography course. My father still doesn't support my passion but my mother and Protsahan believe in it and that's enough for me to be the best photographer in the world. Now I am a few steps closer to my destination."





COVID WIDOWS AND COVID ORPHANS

When grief felt like fear

During Covid-19, we worked with marginalized children who were either facing severe child rights violations like hunger, abuse & loss of education or had lost one or both primary caregivers or parents to the pandemic. Due to our strong presence in the urban slum communities, we very quickly also saw the deep pain being experienced by the women left behind by Covid-19 with the sudden death of their husbands. No one seemed to notice them somehow. Though we have been supporting them with direct linkages to government schemes, financial assistance along with academic scholarships and access to digital devices for their children, we also understand that grief and trauma is more difficult to cope with negligible resources at hand. When our social protection officers offer them psychological first aid counseling, they bare open their stories and cry for hours and hours together. For most of them, grief also feels like fear. These women are not literate nor skilled, have barely been out of home, and even meager work as a domestic helper or a factory worker is difficult to find. To get access to state welfare schemes, they don't even have enough to pay for travel to and fro offices for dealing with bureaucracy & paperwork, and already find themselves in deep debt. There is very little sustainable institutional support for them.



Voices from the ground

“Covid has taken away everything from me. My husband, my father, and one child. I don't know if I can ever find the will to survive and take care of my other children. Within 3 days, everything was devastated. Even if I wish to rebuild, who will stand with me? My own brothers disowned me. Didi, samay hi aisa hai. (Didi, time is such.)”



Voices from the ground

“ Suman*, a young woman who lost her husband to covid, has 3 sons, 2 in school and one who had to drop out of college leave his preparation midway and his prep for competitive exams to get a meagre Rs. 7000 job to support his family. Protsahan linked Suman’s family with INR 50,000 pension under the CM relief scheme. Suman says, “Preeti didi not only helped me access my government benefit of Rs. 50,000 but also provided counseling and made sure my sons continued their education. She also supported them with a cricket kit, just like their father would have, if he was alive. ”

Our Valued Partners

FUNDERS



PROGRAM PARTNERS





Funder Testimonials

The Power of Collaboration and Community

Divya Modi

Divya Modi, Managing Partner, Interweave Ventures



“Protsahan’ in its literal meaning means ‘giving encouragement’, and that’s exactly what each and every member of Protsahan’s team does. They encourage some of the most underprivileged women and girls of our society, to get the courage that they need to change their lives. The passion and dedication with which the entire team works is outstanding. They are not only impacting the girls who come to their centres but working with the communities around them to reach a much larger intersection of people that most need their support. They are a grassroots organisation that are creating real impact every single day within the communities they work with and creating real change in people’s lives”

Ashish Srivastav

Associate Director, EY Foundation



“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.”



Srichandana Sanjeev

Programs Manager, Philanthropy - APAC Salesforce

“I had the most wonderful day yesterday at Protsahan and it was a beautiful reminder of why I do what I do. One thing that stood out for me was the dignity and respect with which the girls were treated at Protsahan. Most girls the non-profit works with experience abuse and violence. I spent an entire day going around the different learning centres Protsahan runs in Uttam Nagar and not one team member introduced a girl with their story of abuse. I speak to a ton of non-profits and this is definitely not the norm. Intentionally or unintentionally, a lot of non-profits tend to play a huge part in making the trauma faced a part of their beneficiaries’ identities and fail to realize that this can have deep impact on the child and their sense of self while also subjecting them to triggers that can cause them pain. Sonal, I am incredibly grateful for all the work that you and your team do. It filled my heart to see how every member of your team treated every girl who walked into the centre with such love, empathy and respect. And I am amazed by how your entire team strives to support the girls in a deep and holistic way. Words cannot do justice to what I experienced interacting with the Rockstars you serve and work with. More power to you, your entire team and every girl you help find light.”



Finance at a Glance: Income, Growth & Expenditure

Our gross receipts in 2021-22 were **INR 2,45,22,649** which was 106% higher than the gross receipts of 2020-21, showing the organization's trajectory for growth and scale in deeper work for vulnerable communities. Of these funds, **41% were donated by individuals, 26% by corporates, and 33% by institutions.** Adolescent Girls Education & Adolescent Girls Health Programmes constituted a bulk of our expenditure (77%) as both these programs directly benefit the girls enrolled at Protsahan's Girl Empowerment Centers. Remaining 23% 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.

INTERNAL AUDIT

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

BUDGETING & CONTROL

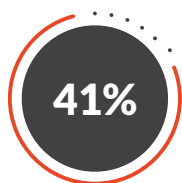
Requests for approving budgets for grassroots activities are submitted in advance and are stringently monitored.

REPORTING & DOCUMENTATION

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

GROSS RECEIPTS in 2021-22: 2,45,22,649

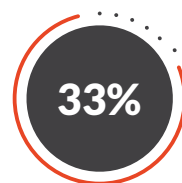
Sources of Funding:



Individual

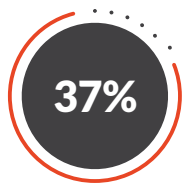


Corporate

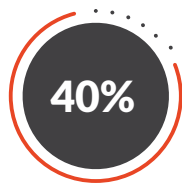


Institutions

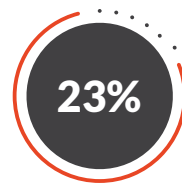
Program Expenses:



Education, STEAM, Life Skills
and Scholarships Programme

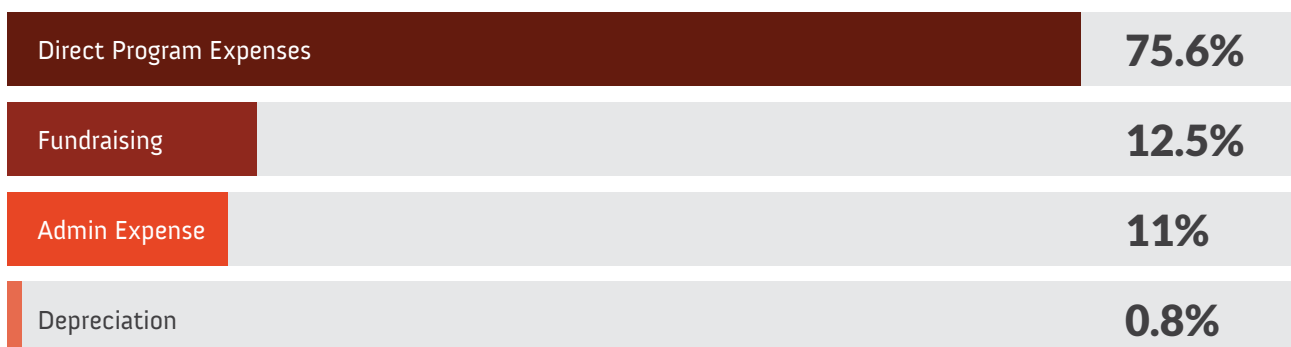


Health and Nutrition
Programme



Gender Justice and Child
Protection Programme

Fund Utilization:





Protsahan
India Foundation

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



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