

Years of Empowering Girls and Strengthening Child Protection Systems in India





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#### Protsahan India Foundation

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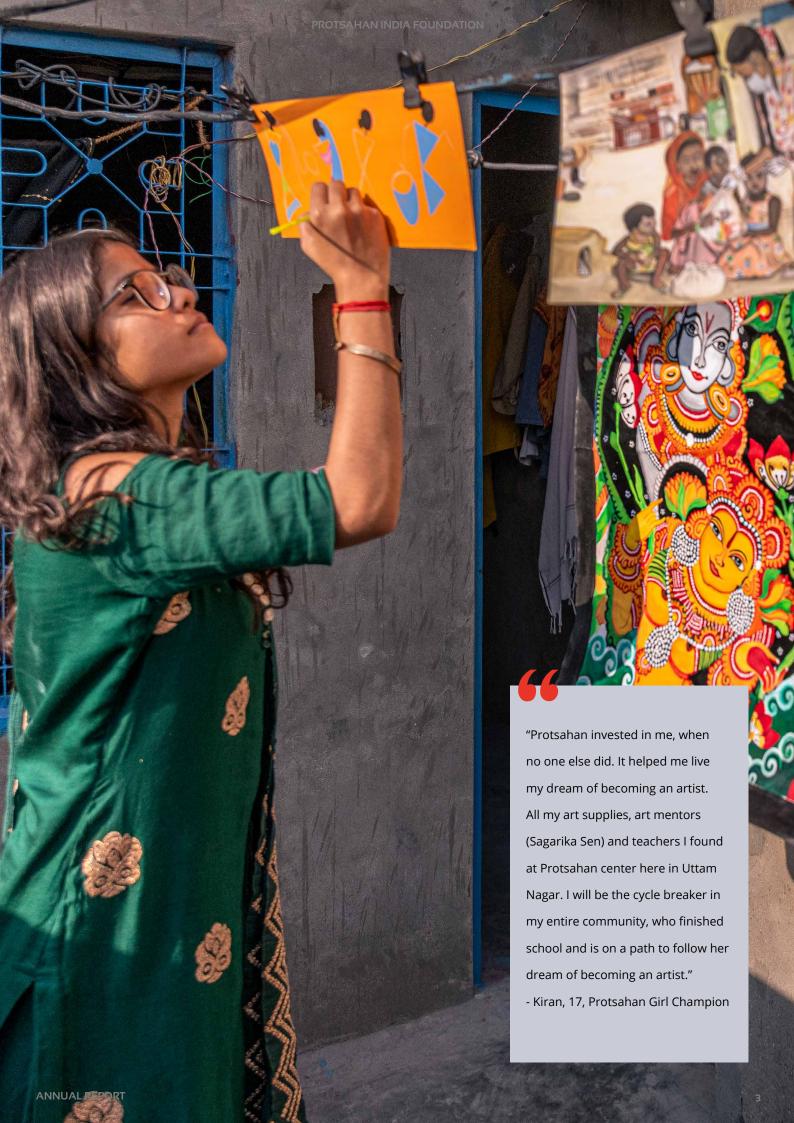
**Photo Credits:** Protsahan Girls and volunteers through the year & Vinay Joshi

Cover Photo: Vinay Joshi

**Editor:** Jaswinder Singh, Executive Director, Protsahan India Foundation

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Designed by: Atulya Venkatesh



#### FOUNDER'S MESSAGE

**66** Childhood adversity and trauma disproportionately affects adolescent girls and children by destroying their agency and sense of self worth. Protsahan's holistic response set in the H.E.A.R.T. approach meets survivors' urgent psychosocial needs while simultaneously empowering them with access to quality education, healthcare & gender justice to help them not just survive, but thrive and reach their full potential.

Strengthening Child Protection
Systems Across India in
Collaboration with Key
Stakeholders: Government, Civil
Society & Educators at Scale





**Sonal Kapoor** Founder - Director

rotsahan understands 'Empowerment' as the process by which those who have been denied the ability to make strategic life choices acquire such an ability. This implies having material, social and human resources to make strategic choices, and the ability of the girl child to exercise agency, participation, voice and negotiation in decision-making, in order to gain achievements or meaningful improvements in life and well-being.

This was the year when empowerment of the most vulnerable and marginalised adolescent girls and children from socially excluded backgrounds was beginning to reach scale through our interventions. We continued to strengthen our processes and governance structures in 2019-20 and as we had envisioned in our organizational roadmap exercise last year, we very gradually began on a journey of scale - reaching more vulnerable

girls and children in need of care and protection. The organization also completed a decade. This decade made us only more resilient and stronger in our fight on violence against children in all its forms, with a very strong focus on empowering adolescent girls. Our innovative approach of using the H.E.A.R.T method won international and national honors and recognition, most noteworthy of them being from HundrED (Helsinki, Finland), Childhood Innovations (U.K), Cambridge Institute of Sustainable Leadership (CISL), UNICEF Regional Office of South Asia and Women & Child development Ministry, Government of India.

One of the highlights of 2019-2020 was when our girl champions from the slums won the 7th Delhi state grappling championship 2019. Protsahan girls won 2 golds, 3 silvers, 2 bronze making their families and communities proud. One of our girl champions' Sonam Sahu's voice,



got published in 'The Lancet' in a journal on menstruation. Our girls won district and state honors for classical dance, making art, and 18 of them also performed a musical theatrical piece live at Alliance Française with celebrated contemporary artists from Mumbai. Protsahan also launched the 'Stories of Resilience' story book celebrating 10 powerful stories of positive impact. The end of the year around March 2020, also saw the onset of COVID-19, where within 6 days of lockdown, our team started providing support through cooked meals and dry rations to most vulnerable children and their communities as the migrants didn't have savings to last them just a few days into the lockdown. Not just slums in Delhi, our team also made sure the nutritional support reached Rajasmand district in Rajasthan and Golaghat in Assam, along with several hundred thousands of more daily wage workers and their children as the year progressed and lockdowns were reinstated.

This year Protsahan started focussing manifold on helping create linkages of vulnerable children and their families with Government of India programs like Integrated Child Protection Schemes, and strengthened the access to rights & entitlements of marginalised children from vulnerable communities. The core 6 programs at Protsahan were structured further: Adolescent Girls' Education Program (SDG 4), Adolescent Girls' Health Program (SDG 3), Arts for Gender Justice & Healing (SDG 5), National Child Protection Program (SDG 16), STEM & Life Skills (SDG 4), Training & Research for Capacity Building (SDG 17).

On behalf of Protsahan India Foundation's entire team, I thank the unflinching support of all the individual and institutional donors to our cause.

#### Awards &

#### **Recognitions**



The Ministry of Women and Child Development in collaboration with NGO Breakthrough India and social media giant Twitter India ran the campaign #WebWonderWomen to salute the undying fortitude of Indian women stalwarts from across the globe who have used the power of social media to run positive & niche campaigns to steer a change in society. Protsahan India Foundation Founder Director, Sonal Kapoor got facilitated as a Web Woman of Wonder in the 'Child Welfare' Category. `

#### UNILEVER YOUNG ENTREPRENEURS AWARDS





Cambridge Accelerator Programme for the Unilever Young Entrepreneurs Awards 24 November - 28 November 2019 at King's College, Cambridge

The Unilever Young Entrepreneurs Awards, delivered by Unilever and Cambridge Institute of Sustainable Leadership, celebrate inspirational young people from all over the world who are tackling some of the planet's biggest sustainability challenges for communities at last mile by focussing on long term ecosystem impact. Our Founder Sonal Kapoor, was one of the 8 global winners for her work for vulnerable girls in India.



Protsahan got felicitated at the Faculty of Law, University of Delhi, in the presence of Senior Judges from the High Court and the Supreme Court for its path-breaking work in realising Child Protection especially with the focus on implementing of POCSO Law (Protection of Children from Sexual Offences Law) and the Juvenile Justice Law in India.



At the NASSCOM Foundation CSR Leadership Conference 2019 with Corporate Social Responsibility Heads from Adobe, Dell, Magneti Marelli, etc. discussing best practices for bringing STEM at the grassroots.



# ABOUT US

Everything you need to know about us and more from 2019-20!

#### **Protsahan India Foundation**

**ENCOURAGING CREATIVE EDUCATION & LIFE SKILL BY ART & TECHNOLOGY** 

#### WHO WE ARE

### "Protsahan" is a Hindi word which means "Encouragement".

rotsahan'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 which is a unique empathy-based model developed by Protsahan in 2010 for working with children and adolescents who are at-risk or have experienced traumatic events. It strives to break the intergenerational 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.

The creative power of Technology, Photography, Filmmaking and Cinema, Design, Performing Arts, and Meditations is used in a Protsahan classroom to heal and transform broken childhoods of adolescent girls who are either survivors or are at high risk of abuse. Elements of the program are designed to work cohesively to nurture girl champions from underserved communities by bringing 21st century skills that endorse self-learning, and drive social and economic growth to enable an enriched and sustainable future for a young girl.

Re-imagining A Future For Girls Lost In A Cycle Of Abuse & Childhood Adversity



#### WHAT WE DO

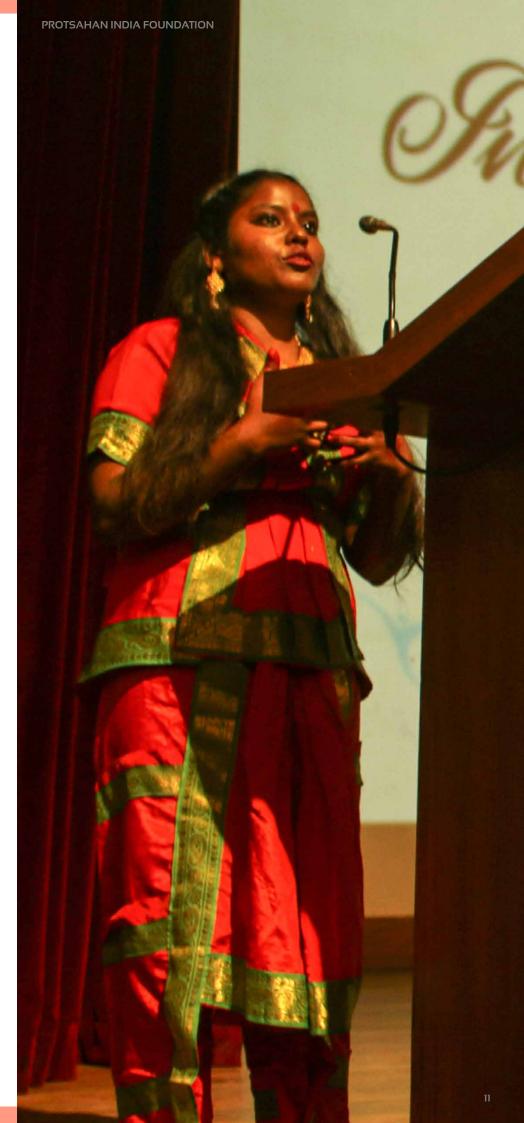
Fighting Child Abuse through Arts, Play & Technology based interventions with a specific focus on healing trauma of at-risk and survivor groups of adolescent girls.

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.

#### **OUR WORK**

- Adolescent Girls' Education Program (SDG 4)
- Adolescent Girls' Health Program (SDG 3)
- Arts For Gender Justice & Healing (SDG 5)
- National Child Protection Program (SDG 16)
- Stem Program for Girls (SDG 4)
- Training & Research (SDG 17)

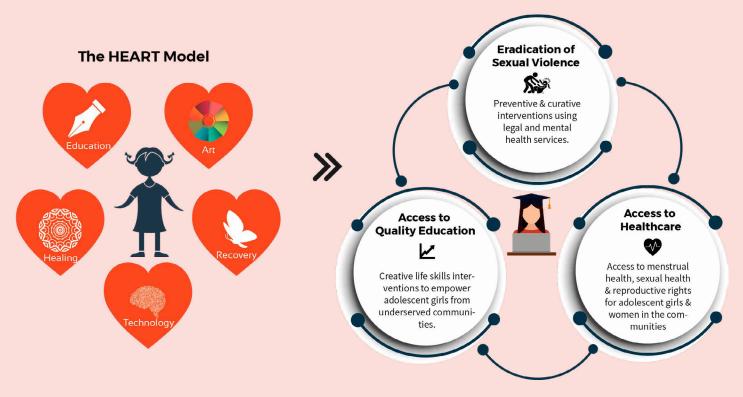


#### Encouragement at the

#### **HEART of Education Innovation**

by Jaswinder Singh, Executive Director, Protsahan India Foundation published in Childhood Innovations, U.S.A. Journal

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



s the clock strikes 1:30 p.m., young girls in **The Beginning of Protsahan** the age group of 8-18 years start trickling into a modest, three-storied building deep inside the slums of West New Delhi, India. While most of them are coming straihad any access to formal schooling.

The 135 girls are divided into four main groups—caterpillar, cocoon, butterfly, and fairy—according to their age groups and IQs as assessed through baseline tests conducted at the time of their enrollment. At 1:45 p.m. sharp, the older girls lead the group in a 15-minute music meditation session before the day starts and the girls break off into small groups to study. They learn mathematics, science, social sciences, arts, accounting, and computer science for the rest of the day until they reis Protsahan.

Protsahan, a Hindi word that literally translates to encouragement, was started in 2010 when 23-year-old Sonal Kapoor met a family with six daughters under the age of 10 and a seventh child on the way. The oldest ight from their schools, others have not child in the family, a 10-year-old girl, was being forced by her pregnant mother into prostitution to help feed the rest of the family. The idea of Protsahan was born in that moment to rescue that child and many more like her from systemic, intergenerational poverty and abuse by providing a safe space for girls inside the slums that would offer access to quality education, health care, and justice. Since then, Protsahan has successfully mainstreamed 828 girls into formal schools, rescued 68 girls from forced early marriage, and reaches 30,000 girls annually through its programs in India. Many of the girls with whom Protsahan works have neturn home in the evening. This is their safe space; this ver been allowed to attend school. Those who do are systematically discouraged by the entire community

from completing their education. As many as 83% of girls living in these marginalized communities find it nearly impossible to access higher education, health care, sanitation and menstrual hygiene roducts, clean drinking water, and access to justice. All of these issues, although seemingly disconnected from each other, are deeply interconnected, with education being the common thread.

Due to a severe lack of education and employable skills, girls are often married at an early age, many times forcibly, and thus become dependent on the men in the family for everything. This situation inevitably perpetuates a cycle of poverty and abuse among women in these communities. To address these issues that have a direct and highly negative impact on the lives of young girls and women in India, it is essential to address the intersectionality of the issues with education at the core of the solution by enabling young women to gain 21st-century skills.

Protsahan has gathered a team of highly dedicated and experieced grassroots social workers and teachers who work tirelessly at the forefront of education innovation using the HEART principle. HEART is an acronym that Protsahan developed to describe the foundation of their work—Holistic Healing, Education, Art & life skills, Recovery from trauma, and Technology.





#### Trauma-Informed, Compassionate Care

Girls who are living in extreme conditions that lack basic amenities and are marginalized by society invariably are left to fend for themselves through myriad traumatic experiences, starting early in life. Their fathers are often not interested in their lives, believing that it is beneath men to get involved in matters of compassion. Many times, they simply abandon the family to their fate and move elsewhere. The mothers, who themselves have been raised with the belief system that women are inferior and are supposed to suffer, and that a girl should accept this suffering from an early age, help perpetuate this cycle, leaving the child susceptible to a number of mental health issues.

To heal such severe trauma, and bring a child back into the mainstream, it becomes essential to bring in a trauma-informed model, instead of a trauma-focused one. To understand the difference between the two, let me share a typical scenario that we often encounter. When a child first comes to Protsahan, we have observed that it can take up to 18 months in some cases for her to speak her first words in the classroom. She may not be participating in the classroom at all. This kind of behavior is evident in children who have experienced violent psychosocial or physical trauma at a young age. In order to begin the process of healing, it is imperative that the teachers and social workers maintain an environment of encouragement around the child. The teachers and social workers are aware of the child's traumatic experiences, but never prod her to reveal those circumstances or ask her to overcome the emotions that emanate from those experiences (the trauma-focused model). Instead, she is encouraged to focus on the

present moment—one where she is surrounded by her friends, is in a safe space, is free to learn, and is free to grow. This is the foundation of the trauma-informed model.

In this process, empathy from the teachers and social workers plays an important role in the child's growth. It is the key ingredient in understanding her possible circumstances. Home visits, counseling, and trauma-informed care of a child would be incomplete if administered without the foundation of empathy. This forms the backbone of the HEART Model at Protsahan, and is applied at each stage of the program.

#### **Creative Engagement**

Formal education is non-negotiable for each girl enrolled at Protsahan. However, a disengaged child is not open to learning, and no amount of healing or restorative interventions can have a lasting impact on the child's future. Engaging them in the classroom through art-based learning activities that also have the power to heal, therefore, becomes an essential step of the program. Girls are introduced to LEGO, group activities, art, dance, music, theater, and photography if possible. Each child's motor and cognitive skills are observed and assessed through these activities. It also allows the teachers and social worker to set a baseline for each child based on her individual learning needs.

Following this assessment, a Bridge Course is prepared for the child based on recommendations of the school education board curriculum. This course is designed to prepare her for a formal classroom setting. It is a critical step for many girls who have never been to a school before, and may not possess the social skills to navigate





a large group of children or learn effectively in such a setting.

School learning outcomes are suplemented with the art-based interventions to maintain the girls' engagement in the learning process. They are also provided with extensive life skills training during the course of the day through such arts-based interventions as:

- Personal safety education (safe and unsafe touch, training against child sexual abuse)
- Critical and creative thinking
- Menstrual hygiene management through board games designed specifically for the purpose
- Effective communication and social skills through group activities
- Coping with emotions and stress through guided music meditation sessions
- Awareness of rights and entitlements through access to computers.

This process ensures higher retention of learning through creativity and continued practice. Each child is allowed adequate time (ideally 18 months) to complete the Bridge Course. Once she acquires consistency in her performance during practice learning sessions at Protsahan, she is considered ready for enrollment in a formal school. Her family is encouraged to enroll her at the nearest government-run school with support from a Protsahan social worker, who sometimes assists in the necessary paperwork for the enrollment. Once the child is enrolled in a school, she has the option of continuing to come to Protsahan after school. Most girls choose to do so.

## Handling Disclosure of Trauma With the HEART Model of Healing with Art

The teachers at Protsahan find that reintroduction into a formal classroom setting is a most critical time. As the girls begin to regain their agency, they are more likely to make disclosures about abuse and traumatic experiences. They have formed a bond of trust with the teachers/social workers at Protsahan, and it is this trust that allows them to open up about their past experiences. Thus, this is a time when they require the most delicate care and attention from the teachers in addressing the trauma of abuse that they might have endured in the past or are still facing in their everyday lives. Trauma-informed, compassionate classrooms ensure that any trauma that resurfaces through the practice of art, especially one that had been repressed over time, is addressed properly and leads to complete recovery.

Protsahan's HEART model supports trauma-informed, compassionate classrooms. In many cases, children unknowingly repress the memory of traumatic experiences. Education, whether formal or informal, fails to have any real impact on a child unless this trauma of past experiences is healed and the process of recovery has begun. Art and technology-based interventions help children concentrate, often reaching a meditative state where they can finally accept the trauma, and thereby begin the healing and recovery process.

Teachers and social workers must be well trained and aware to facilitate this process by identifying and addressing the various stages of grief, anger, and acceptance that follow the realization of abuse for each child. They also must be trained to address the intersectionality of health, nutrition, and life skills in children from





underserved communities who may need that extra attention. Protsahan provides specialized training to teachers, social workers, and caregivers in setting up trauma-informed, compassionate care classrooms that address the intersectionality of child abuse. The entire process demands investment of time and resources on each child. However, the potential results outweigh the rigors involved in implementing the program at the grassroots level.

#### **Happy Beginnings**

The Protsahan program, though still in its infancy, has yielded excellent results over the last 10 years. In communities where 83% girls had no access to basic education, now more than 88% have access to higher education through our programs. Protsahan girls improved their scores by 84%, and 92% of them are less likely to be married as child brides. They have increased their economic productivity by 72% as well, and 86% demonstrated higher resilience, healing from trauma, and a higher sense of self-worth than their peers. Many girls who have now cleared through their high schools are pursuing higher education in law, psychology, and arts. Some of the girls trained at Protsahan in art forms such as photography and film making, theater, and folk arts are shattering patriarchal and religious stereotypes by earning more than the male members of their families. They've even made feature films on social issues that impact their lives directly, and through those films have changed the outlook of men within their community toward girls. They've taken these films to the international stage, winning accolades at the BRICS International Film Festival and triumphantly claiming their spot under the sun.

#### **Testimonials**

#### Words of Encouragement from our Well-Wishers!



Protsahan girls have created very beautiful Madhubani art, showing a woman cricketer who is not afraid to follow her dreams. Thank you for your work to empower girls through education and creativity.

M.S. DHONI

Former Captain - Indian Cricket Team

"Protsahan is an incredible idea; built with persistence, commitment and a hunger to create a better world. Their contribution towards building a manual on Psychosocial aid for children during COVID-19, will help the CHILDLINE network of frontline workers reach out to children in distress with more tools, more skills and more clarity! We look forward to doing more together in the years ahead."



Harleen Walia

Deputy Director - Childline India Foundation



I thank Protsahan India Foundation for their valuable contribution in developing the manual for psycho-educating parents and caregivers of vulnerable children. The manual is a very useful resource for providing psychosocial support to children and uses simple tools for the same. I also thank Sonal Kapoor for supporting UNICEF as a resource person in child protection and in rolling out the manual and training CHILDLINE and NGO functionaries on the same to achieve impact at scale. We look forward to working with Protsahan India Foundation in the coming days.

#### NIRMALA PANDEY

Child Protection Specialist - UNICEF India





Protsahan is doing very important work to fight child sexual abuse and to empower adolescent girls through the power of education and creativity at the last mile. They have created very powerful resources like the colorful magnets, posters and more to build advocacy on the issue. They believe not just in prevention, but healing children by providing them safe spaces to be and thrive in.

#### MRS. JYOTI DUHAAN RATHEE

Member - Delhi Commission for Protection of Child Rights

I am so happy that Protsahan is spreading joy & art in the lives of young girls, lighting the lamps of empowerment and breaking their silence around violence through photography, music, dance and painting to encourage them. I believe in the power of creativity & musical slogans and with my young friends, I am getting inspired to do more and be more.



#### SMT. KAMLA BHASIN

Celebrated Feminist Activist & Social Scientist



I find myself deeply engrossed in the stories of resilience of young girls in whose journeys both Jaswinder, Sonal and their entire team has made a remarkable contribution. Protsahan is doing important and impactful work to bring encouragement, empowerment and enlightenment in the lives of adolescent girls to enable them to dream and build a vision for themselves. Many dreams ahead, and many miles to travel... in 2020 & beyond!

#### DR. RAJESH TANDON

UNESCO Chair & Founder President - PRIA

#### Protsahan Rewind:

#### Top 10 Best Moments in Protsahan's 10-year Journey



#### FIRST COMMUNITY CHILD FRIENDLY SPACE SET-UP

Protsahan starts it's first community child friendly space that gradually evolves into a flagship & model child protection center focussing on the healing of children facing violence and abuse using arts and technology in India based in New Delhi



2011

#### WORLD BANK RECOGNISES PROTSAHAN'S WORK

Protsahan India Foundation is selected to represent India at the World Bank-IMF Annual Meetings 2011 and our Founder, Sonal Kapoor is chosen as the most inspiring youth delegate from India to be the youth advisor to the World Bank for that year, spotlighting issues of young adolescent girls from South Asia that needed global concern.



2012

#### FIRST CHILDREN'S FEATURE FILM BY OUR GIRLS

Protsahan girls direct and act in and produce a first of its kind children's feature film, made by children, for children and their communities. This was to be the beginning of producing 3 motion pictures after that, one of which (on Ending Child Marriage) also ended up winning the 7th BRICS International Film Festival later in the next few years!



2013

#### MISS INDIA WORLD, ADITI ARYA WITH US!

Miss India World, Aditi Arya visits Protsahan girls, listens to their challenges and stories and makes a promise to work for girls and use her platform and privilege to voice their concerns so that more girls get a fighting chance for education and a dignified life.



2014

#### UNICEF INDIA APPLAUDS OUR WORK

Protsahan girls get felicitated by UNICEF India Chief Caroline Den Dulk at a beautiful ceremony at the Instituto Cervantes in New Delhi. 10 Girl Champions from Protsahan got top honors as bravehearts, community child champions and crusaders, STEM champions and more!



#### Protsahan Rewind:

#### Top 10 Best Moments in Protsahan's 10-year Journey



#### FIRST MASS COMMUNITY SCREENING IN SLUMS

Protsahan begins mass community screenings of positive social films to spread awareness on ending open defecation, child marriage and gender based violence. Young girls in the communities show a lot of excitement and enthusiasm to carry the movement on these issues from here on!





#### PARLIAMENTARIAN FELICITATES PROTSAHAN GIRL CHAMPIONS

Smt. Sonal Mansingh, Hon'ble Member of Parliament, Rajya Sabha, and India's most celebrated Odissi and Bharatnatayam dancer, feliciates 25 Protsahan Girl Champions from that year. She along with noted dignitaries from Indira Gandhi National Centre for the Arts (IGNCA) and Delhi Commision for Protection of Child Rights (DCPCR) make a special appreciation for our HEART model of working with vulnerable girls using art, cinema and technology.





#### FIRST ILLUSTRATED PUBLICATION TO END CSA

Kamla Bhasin, India's most celebrated gender activist, Debjani Ghosh, President NASSCOM and IPS Chhaya Sharma, the noted woman police officer who nabbed all the criminals in the Nirbhaya case, felicitate top 40 Protsahan girl champions for their excellence and innovation in standing up for gender equity and financial independence by choosing careers in STEM. They also released Protsahan's first publication - an illustrated storybook to end Child Sexual Abuse (CSA) - 'Can I Tell You Something?' Stories of Survivors of CSA.





#### 'STORIES OF RESILIENCE' STORY BOOK RELEASED!

Protsahan releases 'Stories of Resilience', written by Ramendra Kumar, to inspire more girls across the globe to pick up battles and fight them phenomenally in spite of all odds. We were joined by UNESCO Chair, Dr. Rajesh Tandon, DCP-CR Member, Jyoti Duhan Rathee, Protsahan Advisory Board Member, Ashima Saini, Protsahan Executive Director: Jaswinder SIngh and more dignitaries.





#### INDIA'S MOST LOVED CRICKETER APPRECIATES US

India's sensational cricketer M.S. Dhoni bats for Protsahan's cause and paints in solidarity with Protsahan girl champions at a mega Indigo Paints event. He applauded our work and especially showed appreciation for the painting of 'Madhubani girl cricketer' that they presented to him as a symbol of 'Gender Equality'.





IMPACT STORIES FROM THE GROUND & GRASSROOT INITIATIVES

## Impact **Stories**

#### PREETI PODDAR

"If I could save a single girl today from a dreadful life, from practices that numb, crush the spirit and rob girls of their dignity, I would have done my life's mission," says Preeti before resuming the day's work at Protsahan. Preeti is the Chief Centre Manager at the organization and supervises work across all the Child Protection Centers. From this year, Preeti has been nodal to forming and growing a fabulous partnership with Chakmak magazine where each month voices of Protsahan's adolescent girls find a creative platform. She has led the efforts directly with the founding team on strengthening community child protection systems and reimagining futures for most vulnerable adolescent girls with creative empowerment programs. She was able to exceed Protsahan's results framework deliverables beyond what we had envisioned. Instead of 180 enrollments at the one of the child protection centres, she made possible over 202 enrollments of adolescent girls from most socially excluded groups and gave a new life to them through direct services and linkages with the government schemes. If anything during the pandemic, her resolve has only become stronger by strengthening the delivery of programmes with all covid safety protocols in place through at the last mile where the girls found empowerment & healing through access to education, creative arts based therapy, life skills, information about access to govt. schemes, and child protection. "For me, Protsahan is my family. I have found a voice, a platform and the vision to bring more dignity and healing in the lives of young girls facing violence and adversity through this healing space. I owe everything in my life to my growth here and no one can take that away from me now."



Preeti Poddar, 27, Child Protection Officer



Pinki, 12

#### **PINKI**

Pinki is a 12-year-old girl. That one day she came to Protsahan with a deep fresh scar on her right cheek. We enquired. This little child assured us with unshaken confidence that she had hurt herself while taking out a utensil from a top shelf, at home. That day she wasn't her usual self, so we sat beside her, engaged her with art and fingerprinting and talking about family casually. An hour into the art process, she makes a disclosure that her mother had inadvertently cut her right cheek with a knife that she threw at her in a fit of rage as she was playing and not listening to her mother. We had made a home visit, and engaged with her through the process of art. She made this, as she explained, a conversation between a mother and a daughter bird on a tree top. She released her anger, her fears, her scared innocence that day. Art doesn't make you get great scores in Maths (or maybe even that eventually), but it heals. Wounds are places perhaps, where light is trying to get inside us. Post this session Pinki and her two sisters are getting regular counseling sessions and psychosocial support at Protsahan child protection centre regularly. We have also connected Pinki and her three sisters with protein kits from the centre every month.

#### **SANEHA**

"I come here because I can play here and no one judges me when I do."

Saneha is 10. Everytime she sits in a Lego session she constructs a home, piece by piece. She comes from a broken family. Playing is serious business for her. It's what helps her learn about the world around her and sets her up for the future. Many children like Saneha have trouble learning how to speak and communicate fluently owing to childhood adversities of different kinds we have seen, do extremely well with art and play at Protsahan. With various modalities of art and play as therapy, Saneha's mind and brain is developing well, making it easier for her to learn and use language, through school as she grows into adulthood and helping her with expression and making friends. "Khelna mujhe sabse acha lagta hai, yahan par. Ghar jaa ke sirf chote bhai behen ko sambhaalna aur mazdoori karti hoon." ("I love playing the most here at Protsahan. At home, I have to take care of my younger siblings and do nonstop laborious work.")



Saneha, 10



Lalitha

#### LALITHA

"Today's session was quite informative. We learnt about POCSO act and types of child abuse scenarios through real-life case studies that were used to train us. All the 180+ teachers from Deepalaya today learnt very importantly what all constitutes mental and physical abuse with a child and how to identify and report it by being an active bystander at all times. We have to become the voice for the children. The onus of their safety should be on us as adults not them. In addition to this we also learnt about the legal aspects of the Juvenile Justice act and about children in need of care and protection. The workshop by Protsahan enriched our knowledge about the ways a child can be abused, the law and the reporting mechanisms in detail and how we can protect the child as an educator. Through this workshop we learnt how important our role is in a child's life as a primary educator at school. Today, I learnt about ways to become more empathetic in my classroom. It will be etched as a day when I evolved as a teacher for thousands of children I will educate in this lifetime," says Lalitha, Educator, Deepalaya Learning Center, Sanjay Colony.

#### PARVATI DEVI

"My baby was born last month (in February 2020) just before lockdown in March. I hope she can survive until the lockdown opens now," Parvati, holding her baby, tells the Protsahan team at the Uttam Nagar food distribution on 4th May 2020. She is from Madhubani zilla, Bihar, working as a daily wage worker in Delhi. Her husband is unwell and every evening she meets us at this same area and takes 2 food boxes home. Protsahan has been supporting lakhs of women like Parvati Devi with dry rations and/ or cooked meals support all throughout the lockdown as the migrant and daily wage worker community came under extreme difficulty during this time."



Parvati Devi. 25

#### **OUR PROGRAMS**

## Initiatives of **2019-20**

#### Adolescence

#### **Health Programme**







#### Impact statistics (2019-20)

- Girls Impacted in 2019-20: **560**
- Girls, Educators & Caregivers Impacted from 2010-11 to 2019-20: 17195

rotsahan partners with credible Food Banks and local kitchens to provide healthy hot meals or proteinaceous snacks to the adolescent girls and children coming to our centres. During the migrant crisis of Covid-19, Protsahan reached out with cooked food and dry ration food to over 4,00,000 people in marginalised communities struggling with basic survival needs and continues to reach adolescent girls in some of the poorest spaces with access to protein (soyabean, dals and eggs) to help them improve their health metrics. Stunted children who are too short for their age due to lack of nutrients, suffer irreversible damage to brain capacity.











#### Stopping Hunger Deaths of Domestic Workers and their Children During Lockdown by Access to Food Security





Two weeks into India's initial 21 day-lockdown - which has since been extended to over 90 days and stays on partially - to prevent the spread of the coronavirus, Manorahi Devi, a domestic worker in Dwarka area of Delhi is worried how to feed her three children through the rest of the lockdown. Manorahi 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, as no-one else came to this area, she mentions. "We got 10 kg rice, 10 kg flour, 4 kg dals and other essentials, four times in five months. This has really helped to survive, else, my children and I would've starved to hunger deaths. I am waiting to get back to my job. I hope this lockdown ends soon," Manorahi, a single parent, told our on ground relief worker. Protsahan continues to reach out to stranded families of migrant 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.

The simple relief kit we are distributing consists of a need based customized assortment of 10 Kg flour, 10 Kg rice, 2 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 for a smaller amount, that is also being provided.







#### **Menstrual Hygiene Advocacy and Initiatives**





#### Impact statistics (2019-20)

Educators & Caregivers
 Impacted through
 Menstrual Hygiene
 Workshops and Trainings
 in 2019-20: 635







The onset of menstruation means a new phase – and new vulnerabilities – in the lives of adolescent girls. Yet, many adolescent girls face stigma, harassment and social exclusion during menstruation. Discriminatory social norms, gender inequality, cultural taboos, poverty and lack of basic services like toilets and sanitary products can all cause menstrual health and hygiene needs to go unmet. This has far-reaching consequences for millions of people. It restricts their mobility and personal choices. It affects attendance in school and participation in community life. And it compromises their safety, causing additional stress and anxiety. These challenges are particularly acute in humanitarian crises. Menstrual health and hygiene interventions can help overcome these obstacles. Not only do they fulfil the unmet demand for menstrual hygiene products; they also protect dignity, build confidence, and strengthen sexual and reproductive health, particularly among adolescents. Protsahan works in 3 key areas for improved menstrual health and hygiene:

- Knowledge and skills through art based workshops to break stigma and taboos around menstruation
- Access to sanitary supplies (sanitary napkins and innerwear for adolescent girls in impoverished communities)
- Insights and recommendations on the issue to enable the organizations working in the sector

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 Hastsal 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.

## Providing access to Sanitary Supplies and Underwear for Adolescent Girls to

#### **Menstruate with Dignity**



ehana is Protsahan's Child Protection Center Coordinator at the Dwarka Slums. She single handedly was able to provide 281 girls sanitary napkins and innerwear along with 24\*7 access to digital devices so that they didn't fall off the margins during the school shutdowns. Rehana says, "I believe that it's not up to us to decide for the adolescent girl what sanitary supply she is comfortable with. During times of disasters such as this pandemic, there has to be dignity in giving and that dignity, in our humble opinion, truly comes from "choice". Sustainability as a concept is a conversation of privilege. For someone who doesn't get 2 square meals a day, menstruation products are a luxury. We made sure that adolescent girls had access to clean cotton cloth sanitary pads and other disposable ones as well as per their comfort and need."





## 4 EDUCATION

#### Adolescence

#### **Education Programme**

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

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

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

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

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

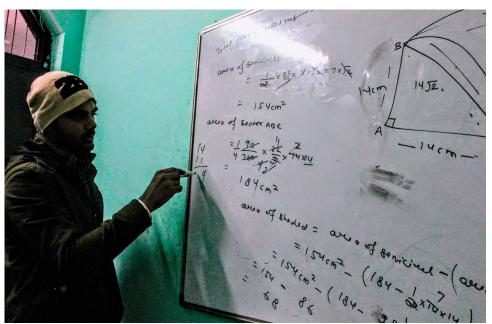


#### Impact statistics (2019-20)

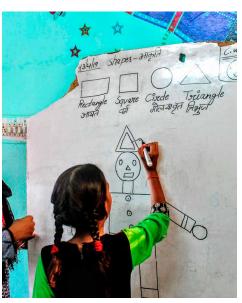
- Girls Impacted in 2019-20: 300
- Girls Impacted from 2010-11 to 2019-20: 1.340















## Technology Access and **STEM Learning for Girls**



rotsahan provides technology and life skills training for girls in the slums and other marginalised clusters to help them get access to practical knowledge and information through employee volunteering programs, innovative technology programs supported by corporate CSRs and case based scholarships. The girls also critically learn four categories of skills necessary for their successful transition into adulthood that has agency. These include foundational skills, digital skills, transferable skills, and job-specific skills that help them with quality learning in tackling day to day problem-solving, negotiation, communication, financial literacy, digital literacy, internet safety and employability enhancement.

Protsahan encourages girls interested in STEAM to pursue activities and classes 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 experiences. Moreover, stereotyping girls and women as caregivers and homemakers has often restricted their fields of study to teaching, nursing, fine arts, home economics and the like. There are of course exceptions, but they are too few and far in between. It is worth questioning, as to why young girls are gifted 'kitchen sets' on their birthdays while young boys in the same family are given engineering sets? Protsahan is trying to balance this out by providing access to innovative STEM education for girls in the remotest slums of the country with access to games and project based learning through interactive expert sessions. The core idea behind this program by Protsahan is to foster job preparation through apprenticeship, mentorship and entrepreneurship, increase and improve the number of quality work opportunities available to girls post higher schools and to qualitatively engage young women and girls as problem-solvers and agents of social change



#### Impact statistics (2019-20)

- Girls Impacted in 2019-20: 150
- Girls Impacted from 2010-11 to 2019-20: 4,200

#### Performing Arts: Reimagining Quality Education at Bottom of Pyramid

#### **Healing the Trauma of Abuse & Violence**



rotsahan uses arts and theatre to reimagine quality education at the bottom of Pyramid. Education through the Performing Arts, a Protsahan program that uses the healing and creative power of arts to help reimagine education and foster lifelong learning by focusing on building confidence for girls left behind at the bottom of the pyramid, especially between the ages 8 to 18, to process and speak about feelings related to trauma and displacement. It guides adolescent girls to develop critical skills through multimedia, sculpting, theatre, dance movement therapy, art and poetry. This project is at the very core of Protsahan's HEART Model of Healing with Art for working with 'invisible forgotten adolescents' at the last rung of the social ladder. We believe that art has the power to heal, inspire, provoke, challenge and offer hope. Arts for Gender Justice at grassroots is desig-ned to create awareness to bring gender equality and social justice by cultivating artistic expression to address issues affecting young girls and their communities and to challenge harmful norms and beliefs about girls and women. Protsahan encourages girls to take up photography and filmmaking and speak up issues that matter to them beautifully depicted in this film. The four events that was conduc-ted by Protsahan in 2019-20 include:

- Photo Exhibition by Protsahan girls at Indira Gandhi National Centre for the Arts (IGNCA) attended by 300+ people to Raise Awareness on Child Marriage
- A Theater & Dance Performance at Alliance Francaise supported by Shalini Passi Art Foundation, and attended by 350+ people to raise awarenss on Violence Against Women and Girls,
- Completion of Madhubani Mural Painting by Protsahan girls with contemporary artist from Mumbai, Meera George,
- Dance Movement workshop with volunteer Kathak trainers at Protsahan that could not be performed on stage because of COVID-19)



#### Impact statistics (2019-20)

- Girls Impacted in 2019-20: 300
- Girls Impacted from 2010-11 to 2019-20: 68,000



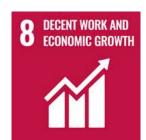


Empowering the Mothers and Widows of the Vulnerable Children for

## Sustainable Impact and Financial Independence









rotsahan is empowering women, widows and mothers of vulnerable children from socially excluded communities to become financially sustainable. This enables them to achieve 100% financial independence and re-write the patriarchal family structure. Women from these families are usually dependent on men, who are usually breadwinners of the family. This makes them unable to make decisions on their own and leave out on life skills and empowerment opportunities.

Protsahan distributed 10 sewing machines to needy women from who had a skill but no machines to put those skills to become financially reliable. Some of the women who were selected were mothers of the girls we work with.





#### Building the Capacity of the Sector on Child Protection Laws and Sector Best Practices with

#### Martha Farrell Foundation & Deepalaya Staff















# 17 PARTNERSHIPS FOR THE GOALS

#### 5<sup>th</sup> Asia Pacific Partnership Meeting of Children's Rights Coalitions and Networks

Sharing best practices in child rights advocacy spaces: BANGKOK, THAILAND 23-25 July 2019



epresentatives of various child rights organizations including Protsahan India Foundation, CRY, India Alliance of Child Rights and PECUC, Odisha represented India at this flagship conference in 2019 along with academic institutions from 22 countries joined this year's Asia Pacific Partnership Meeting of Child Rights Coalitions and Networks (APPM) held on 23-25 July 2019 in Bangkok, Thailand.

Since 2015, Child Rights Coalition Asia (CRC Asia) has been organizing the Asia Pacific Partnership Meeting to contribute to improving the understanding of emerging child rights issues and situations, develop ideas to strengthen child rights advocacy, and engage with child rights stakeholders at the national and regional levels, including the Association of Southeast Asian Nations Commission on the Promotion and the Protection of the Rights of Women and Children (ACWC).

This year's meeting served as a venue to learn about emerging issues as well as good practices at the regional, national, and local levels through the sharing of the speakers and the participants. The coming together centers on cross-cutting issues and concerns that are crucial in the realization

of children's rights in the Region which includes justice for children, public budgeting for children, children's rights and the environment, children in the digital environment, and the discussions on the ongoing efforts for the upcoming 30th United Nations Convention on the Rights of the Child (UNCRC) Anniversary and the assessment of the previous and forthcoming APPMs. Protsahan India Foundation actively participated to build the global narrative and direction for stakeholders for Children's Rights in: i) Digital Environment ii) Justice iii) Public Budgeting

#### Children's Rights in the Digital Environment

International child-led actions and movements are gaining ground because of children and young people's access to digital media and their online connection with other individuals across countries and regions. Increasing online connectivity poses both benefits and risks to children. On the one hand, digital medium allows children to gain access to information, education, communication, entertainment, and culture. On the other, it can be a platform on which violence against children perpetuates. In response to this, the Committee decided in 2018 to develop General Comment No. 25 on children's rights in relation to the digital environment (GC 25). This will clarify how this rapidly evolving environ-

ment impacts on the full range of children's rights in positive and negative ways. The GC will help strengthen the case for greater action and elaborate on what measures are required by States to meet their obligations to promote and protect children's rights in and through the digital environment and to ensure that other actors, including business enterprises, meet their responsibilities. Ms. Jinyi Park, Advocacy Adviser for Global Advocacy and Partnership of ChildFund Korea served as the moderator for the APPM session on children's rights in the digital environment.Mr. Anjan Bose and Ms. Maria Luissa Sotomayor, Child Protection Specialist and Communications and Advocacy Specialist for Digital Safety at the UNICEF Headquarters in New York, respectively, joined the discussion via video call and discussed the snapshot of the findings from the 2017 UNICEF State of the World's Children Report: Children in a Digital World [download the e-copy here] and the Institution's advocacy goal and priority actions. The report showed how digital technology is changing childhood. While connectivity poses risks and harms to children's safety, privacy, and well-being, such as exposure to violent images, sexual abuse and exploitation victimization, cyberbullying and harassment, among others, there are also opportunities for enhanced learning, social inclusion, new relationships, and now more than ever, for improved civil participation as social media serves as a platform for children to amplify their voices and seek solutions to problems affecting them and their communities.

In the course of the meeting, Atty. Mikiko Otani, a member of the UN Committee on the Rights of the Child shared the UNCRC Guidelines on the implementation of the Optional Protocol to the Convention on the Rights of the Child on the sale of children, child prostitution and child pornography (OPSC). The Guidelines aim at fostering a deeper understanding of the substantive provisions of the OPSC and of the various modern forms of sale and sexual exploitation in light of developments in the digital environment as well as of the



increased knowledge and experience developed with regard to the sale and sexual exploitation of children since its adoption; enabling a more effective implementation of the OPSC by State parties; and ensuring that the OPSC remains an instrument that enhances the protection of children from the sale and sexual exploitation, whether facilitated by Information-Communication Technology (ICT) or not. Mr. Wanchai Roujanayong, the Chair and Thailand's Representative on Children's Rights, ASEAN Commission on the Promotion and Protection of the Rights of Women and Children (ACWC) and shared the effort of the ASEAN in coming up with the Declaration on the Protection of Children from All Forms of Online Exploitation and Abuse, anchored on various State goals and commitments such as the UNCRC, Sustainable Development Goals, ASEAN Human Rights Declaration, among others. The Declaration seeks to address the "borderless nature of the production and sharing of online child sexual abuse material are dangers to vulnerable children.

### **Justice for Children**

Children may come in contact with the justice systems as victims; as witnesses of crimes or cases related to custody and care; or through being in conflict with the law. In any case, measures should be in place to reduce children's vulnerability and ensure the enjoyment of their rights. In the Asian region, several efforts have been made to ensure that children have access to a functional child-friendly justice system. Recently, the Khyber Pakhtunkhwa province of Pakistan, in partnership with stakeholders, set up its first-ever child protection court in March 2019. The court is designed to handle child protection and welfare cases related to violations, legal custody, reunification, and the properties of children who are orphaned. It also handles cases of children in conflict with the law, aiming to provide a reformative approach to juvenile justice.

Implementing appropriate measures for children in conflict with the law is one of the areas that was also discussed. For instance, 13 countries in the world allow children to be sentenced to death, and 33 countries allow corporal punishment, including whipping or amputation. Additionally, detention and institutionalization of children in conflict with the law are still considered as the first response and not as a last resort.

Protsahan's founder, Ms. Sonal Kapoor and CRY's Advocacy Director, Ms. Priti Mahara, spotlighted the best practices of India on institutionalization of children in conflict with the law by highlighting the key sections of the Juvenile Justice Law from India with the dignitaries present. There was open discussion on Global Study on Children Deprived of Liberty, which aims to assess the magnitude; document good practices, experiences, and views; raise awareness,

and provide recommendations to safeguard the rights of children concerned. Moreover, the Committee expressed concern over the moves of States to lower the minimum age of criminal responsibility (MACR). In Southeast Asia, only three out of ten ASEAN Member States have a MACR above 12 years old, the acceptable MACR set by the Committee in the UN CRC General Comment No. 10 (2007) Children's rights in juvenile justice (GC 10). In 2018, the Committee decided to update GC 10 to reflect developments and address negative trends relating to juvenile justice. The upcoming UN CRC General Comment No. 24, replacing GC 10, seeks to emphasize the UN CRC requirement to develop and implement a comprehensive juvenile justice policy; provide clarity on the setting of a minimum age of criminal responsibility, the upper age limit of the juvenile justice system, and related matters; encourage the establishment and full implementation of alternative measures that can be applied at all stages of the process; ensure the guarantees for a fair trial for children who are not diverted to alternative measures; and ensure the application of appropriate dispositions for children who are convicted and the avoidance of deprivation of liberty, except as a measure of last resort, and if used, for the shortest appropriate period of time and in appropriate conditions. Protsahan's founder, Ms. Sonal Kapoor shared about the innovative H.E.A.R.T model of healing children who are in need of care and protection and children in con-

flict with law, which is based in the core tenets of empathy, creativity and intersectionality of access to education, healthcare and gender justice, which got immense interest from members of UN and CRC. Ms. Kapoor focussed on how effective justice systems are critical for healing from trauma in children and how justice for children needs to mandatorily include healing from psychosocial lens along with legal lens.

For the session on Juvenile Justice, Prof. Manfred Nowak, Independent Expert for the UN Global Study on Children Deprived of Liberty, through a recorded video message, shared updates on the Global Study on Children Deprived of Liberty. Among the key points discussed, were the following: replacement of the long-used terminology "juvenile justice" into "child justice system," setting a higher minimum age of criminal responsibility, promotion of diversion of a child throughout the proceedings, and the direction towards building a multi-disciplinary, comprehensive child justice system and setting up of child justice courts.

### **Public Budgeting for Children**

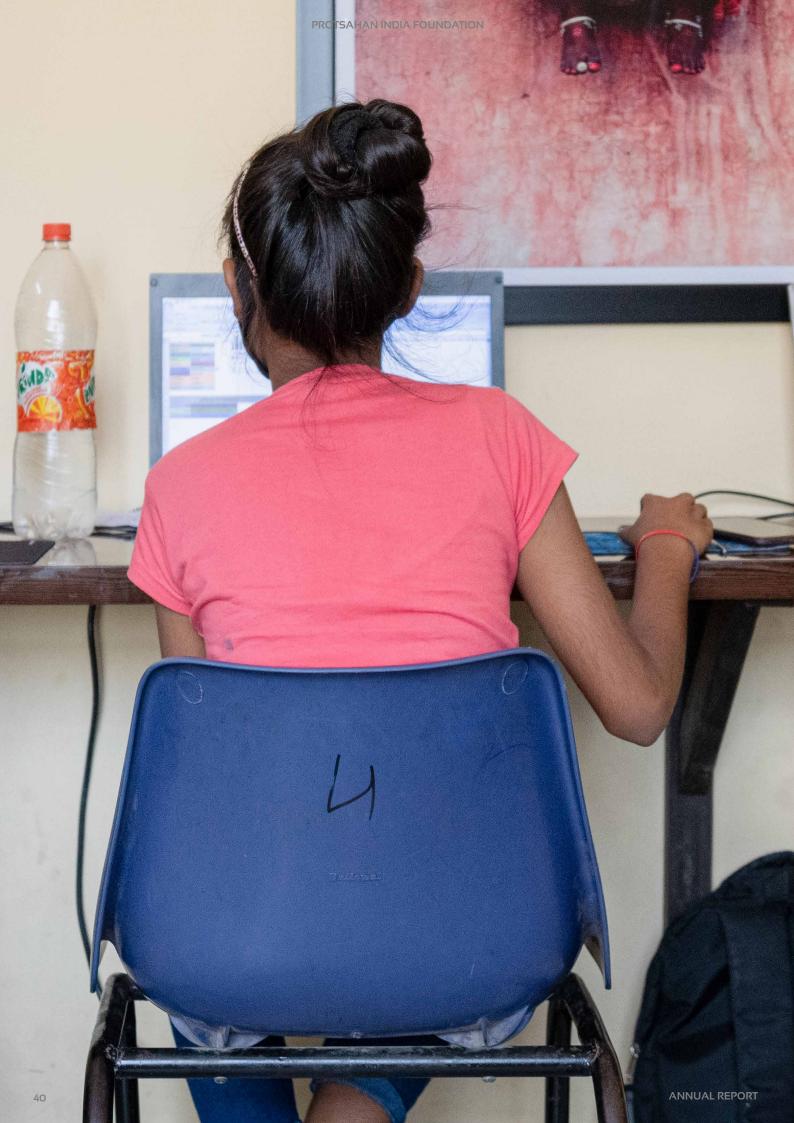
Government budgets are the clear articulation of a country's priorities. Mobilizing sufficient financing remains a major challenge in the implementation of the Sustainable Development Goals (SDGs) 2030. In addition to the challenge of



underfunded SDGs, integrated financing framework and plans, including public financial management systems addressing the growing inequality and vulnerabilities, should also respond to these challenges. The Article 4 of the UNCRC mandates Governments to "take measures within their budget processes to generate revenue and manage expenditures in a way that is sufficient to realize the rights of the child." The UN CRC General Comment No. 19 (2016) on public budgeting for the realization of child rights (GC 19) recognizes that having sufficient resources for realizing children's rights can be achieved through the exercise of principles of public budgeting for children's rights: effectiveness, efficiency, equity, transparency, and sustainability. Since the issuance of GC 19, the advocacy for public budgeting for children's rights has been gaining momentum. However, it is worth noting that the efforts on this have been on-going and several civil society organizations in Asia have had experience in influencing the public budgeting process to put child rights at the forefront of governance. Session moderator Mr. Christopher Peñales, Focal Point, Mindanao Action Group for Children's Rights and Protection, emphasized the importance of ensuring that child rights programs get the needed funding for implementation and realization. Recently, CRC Asia has been engaged in child rights public budgeting advocacy in the Philippines. Ms. Luz Indah Abayan, Policy Advocacy Officer at CRC Asia, shared the Coalitions' efforts and the development of resource material on public budgeting for children's rights, envisioned to help equip and empower child rights advocates in engaging the various levels of the Philippine Public Finance Management (PFM) System. The Resource Material also aims to empower the child and human rights CSOs and the actors in the PFM System to speak the same language. This is one way for CSOs to ensure that the "language of children's rights" is understood by duty--bearers. In terms of local advocacy, Mr. Marc Joseph Alejo, Convenor and President of CRC Coalition Philippines shared the baseline study on the allocation and expenditures on child protection in the Philippines, showing that after analyzing the programs, activities, and projects for children by way of clustering into the four categories of children's rights: survival, development, protection, and participation. The findings show that of these four categories in the Philippines showed, children's budgets in the local government study sites for child protection are low, even falling short of the mandated 1% of a local government's Internal Revenue Allotment (example of vertical intergovernmental fiscal transfer from national to sub-national level), while there is no budget allocation for child participation.

Investments in the strengthening of prevention programs and the conduct of child rights situational analysis (CRSA) to facilitate the development of child responsive programs, among others, were among the recommendations to the national and subnational/local government units. Mr. Ali Aulia Ramly, Child Protection Specialist, UNICEF Indonesia, shared via video call another example of work on public budgeting for children at the national level. Mr. Ramly discussed Child Protection Financial Benchmarking in East Java and South Sulawesi, Indonesia. The result of financial benchmarking at the central government level and in the three provinces in Indonesia shows that child protection expenditures, especially that of prevention services, are low. A little reprioritization of funding from other sectors of government can make a significant difference to CP services, a need to strengthen the cross-government policy frameworks for CP services, more robust, evidence-based coordination in budget processes may be required, the data provide an opportunity to identify gaps in service delivery, or the financing of services, particularly with regards to preventative services and to some types of harm, are recommended to the policymakers. For both the Philippines and Indonesia, the availability for collection of appropriate budget allocation and expenditure data could significantly strengthen the confidence with which conclusions on expenditure can be drawn. In addition, budget coding for programs, activities, and projects for child protection should be advocated at the national level, as well as the indicators that can capture rights-based child protection interventions from which the coding will be based. Dato Junaidi A. Rahman, Brunei Darussalam's Representative on Children's Rights in ACWC, provided his reactions, insights, and recommendations. He emphasized the need for sustained and long term support to sustain child protection operations that should primarily be government-funded. He mentioned that government expenditures allocated to an agency or agencies (public or private) to uphold the rights of children are dependent on political will in providing protection for children, the capability to disburse funds (PFM systems and absorptive capacity), and the gravity of issues related to children affecting social order.

Team Protsahan shared best practices from the child rights space from India with the world and also imbibed and learnt the best practices from across the world for informed work with children in our country. We were very grateful to India Alliance for Child Rights for giving Protsahan a platform like this for collective brainstorming and innovative ideas on the ground so that every child achieves his or her full potential for India.



# GLIMPSES OF OUR WORK ACROSS THE YEAR

# Protsahan Girl Champions breaking Taboos, Conquering Stages and Winning Accolades Everywhere

rotsahan believes that children and young girls should be at the centre of all our work. Because when they participate and share their stories and learning they grow by a mile, than when they're just passive receivers of benefits or programs. Protsahan's girl champions are incredible stories of inspiring girl champions who fought the adversities and barriers in their own lives first and are now working to empower more girls and women, and achieve gender equality in their communities. While both adolescent girls and boys experience challenges in making life choices, including about marriage, girls especially from socially excluded backgrounds continue to face increased socio-economic barriers and vulnerability. When they learn life skills at Protsahan, they develop critical thinking and problem-solving skills that build their sense of personal sense of self-worth and agency, and teach them to interact with others constructively and effectively, and have transformative potential. In fact, in our work on the ground we have seen that different types of skills reinforce each other. For example an adolescent girl with good social skills is more likely to apply herself to acquiring cognitive skills, as well as to have positive relationships in her life. Thus, even though personal empowerment is considered an outcome of implementing life skills, it is also a process that can facilitate achievement of cognitive and social skills (e.g. making informed choices, setting plans and goals, and communicating, collaborating and/or negotiating), which are necessary to achieve transformational change.

"I realized the harm I would be causing myself if I agreed to get married," says Saniya Kumar, 11-year-old girl Protsahan works with in Delhi slums. Saniya is enrolled in a Protsahan-supported child protection programme that provides out-of-school girls with basic numeracy, literacy and life skills and prepares them to join a mainstream government school. "When I first joined the class, I didn't know that children had rights, or that child marriage was a violation of those rights... I told my mother that I didn't want to ruin my future by getting married so young. I told her that I wanted to complete my studies, become a police officer." She was surprised. She looked at me endearingly and then all of a sudden hugged me.



Protsahan Girl Champions win top honours at the 7th Delhi State Grappling Championship 2019



Protsahan Girl Champions pointed together with India's Celebrated Cricketer M. S. Dhoni



Protsahan Girl Champions overcoming Gender Violence through the power of theatre, music and art

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"I will be 21 when the Sustainable Development Goals (SDGs) will end. This means my generation is responsible for holding adults everywhere in key roles accountable for delivering these promises." - Khushboo, 13, Protsahan Girl Champion













### Creative Interventions for Children Facing Childhood Adversity and Difficult Situations

hildren that Protsahan work with usually lack the emotional, cognitive and verbal abilities to address their feelings. Their emotions get trapped and suppressed. We've seen that children may restrict their feelings' vocabulary to "happy", "sad", etc. We have seen that where children come from extremely troubled backgrounds and have experienced violence at home, school or neighborhood, they are most unlikely to express themselves openly, for they fear ridicule, irrelevance of their story or triggering of associated shame.

At Protsahan, empathy and creativity based interventions form the core of our HEART principle of Healing with Art. Art and music based education and activities help children to put in words these invisible feelings and verbalize their anxiety. Across the year Protsahan conducted several such therapeutic art interventions that involved photography, filmmaking, expressive arts, dance and theatre and more to facilitate discussions on various pertinent issues, such as change and loss, family relationships, dealing with broken families, handling rejection, navigating and manoeuvring through deeprooted patriarchy and celebrating achievements by inculcating self-love even in the most difficult circumstances. For children to have a happy childhood, it is necessary to put a survivor centric approach to produce a systemic change in the communities and this is possible only when collaboration with all the key stakeholders is successful.

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

Meditations, Reflection Circles, Dance Movement Therapy, Body Movement Therapy, Kathak, self-learning through Online Webinars are a some creative interventions used by Protsahan to help children facing adversity and difficult situations.









"Young girls have immense potential. Talk to them the path that they are supposed to walk, they themselves will navigate and become cycle breakers of patriarchal systemic violence. Give them the chance to show their abilities. Don't hold them back." - Anju, 18, Protsahan Girl Champion













### Art and Craft as a form of Expressing Invisible Emotions of Children in Distress and facing Trauma

rotsahan innately believes that during early childhood, the socio-emotional and cognitive capabilities can be heightened through developmentally appropriate programmes and activities based in arts. Drawing, painting, music, craft, photography, dance movement, theater, cinema, working with clay and performing arts are aspects of arts education for young children. The benefits of arts education are universal and researchers have identified some of its key returns when included as an educational feature during the early years. Here are six reasons why Protsahan believes that quality education based in arts is key to building resilient community mental health care and strength especially amongst invisible adolescents:

- 1. The Arts develop children's motor skills. This is essential for many activities including writing letters and words. Playing an instrument, using a paint brush or shaping modelling clay develop gross and fine motor dexterity and control.
- 2. The Arts help children appreciate numeracy. Art is not only about emotion, colour or aesthetics, but also about patterns and problem solving. Number concepts and classification can be introduced while children work with simple collage materials and beads. This helps children better understand the concepts surrounding numeracy.
- 3. The Arts accelerate brain development. The areas of language acquisition and reading skills benefit tremendously through arts based learning. Learning to play an instrument has been found to improve mathematical learning, boost memory and even lead to better academic test scores (Bright Horizons, 2017).
- 4. Arts Education helps adolescents find a voice for advocacy of their local issues. In low income communities, arts and culture contribute to strengthening cultural identity, healing trauma, and fostering shared vision for community. It creates an environment and safe space where children and adolescents are listened to and supported to develop action plans to achieve their needs and wishes and provide them with a form of support, which enhances the ability of participants to cope with everyday life
- 5. The Arts build children's self-esteem & collective well-being by giving them the autonomy to express themselves. Protsahan girls come from difficult backgrounds

where violence and abuse is an everyday phenomenon. Art is a refreshing change from that part of life experiences. Art also provides them the opportunity to give each other feedback, which aids in learning how to receive criticism and praise from others.









"Empowerment of the otherwise invisible adolescent girls is the entry point for promoting civic participation & nurturing leadership in communities." - Jaswinder Singh, Executive Director, Protsahan India Foundation













# Protsahan Girls Create a Madhubani Mural with Contemporary Artist Meera George

ej Art outreach program led an artistic intervention between the girls of Protsahan and **Meera George**. A huge 7ft/10ft Madhubani mural was painted by a renowned contemporary artist from Mumbai. The work strived to open discussion on current social issues marginalised adolescent girls face and their means to overcoming them. The work further visually portrayed hopes and dreams of our next generation of girls and women through Madhubani style of painting through contemporary symbolism. The art form of Madhubani primarily created by women folk in certain regions of India was used as the voice of this project. The project aimed to be the means of verbal and visual expression for the girls.

An integral part of the project involved listening to the girls' aspirations and their dreams for a better future, not just for themselves, but also for their communities. Through the workshop, they were exposed to means of visual communication and storytelling through art. They were exposed to new skill sets, mediums and techniques in art through interaction with the artist. By strengthening confidence and expression skills, such art programmes can help adolescent girls to initiate conversations in society about their health, freedom and development in myriad ways!







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"Life skills and CSE interventions are crucial to empowering adolescent girls at risk of and affected by gender based violence to equip them with the knowledge and skills to effectively make their own informed decisions and choices regarding marriage, education and sexual & reproductive health." - Payal Rani, Social Protection Officer, Protsahan India Foundation













### "Still I Rise": Powerful opera piece by girls of Protsahan India Foundation brings gender & caste issues to the forefront

irls from Protsahan participated with performance artist Meera George, whose works are mainly inspired by gender and caste issues, in 2019-20 in an operatic piece, entitled Still I Rise. The title was taken from a Maya Angelou poem, and the piece itself was a celebration of "the unsung heroines" from Kerala, who stood up against patriarchy and caste hierarchy. Still I Rise' was supported by the Shalini Passi Art Foundation

The performance took place at Delhi's Alliance Française. The play was about a 19th-century woman named Nangeli, who belonged to the Ezhava community in Kerala. This community required women to pay a "breast tax" in order to cover their breasts. Nangeli had cut off her breast to avoid paying the tax. The sacrifice of Nangeli, as well as that of the other two women protagonists of this piece, Thatri and Unniyarcha, was

from Protsahan instrumental in bringing the progressicipated with perunce artist Meera that was enacted by Protsahan Girls on the, whose works the stage.

"This is a sequel to my previous performance work made in Japan. It was about the story of the abuse of Draupadi, set in Japanese classical theatre Kabuki. I believe that issues like gender bias and caste prejudice still exist in the present times. And I wanted to comment on them," says Meera.

The musical performance further took a dig at such social ills by incorporating largely male-dominated art forms—such as Kathakali, Kalaripayattu and Chavittu Nadakam—into the performance. Everything from the costumes and makeup, too, were an attempt to challenge the patriarchal norms of Indian society. The musical used white and red on all performing girls' and artists' faces. These colours are primarily otherwise used by men to portray strong emotions on stage.

from the Protsahan Foundation, were an integral part of the performance that comprised four acts which came together. It was interesting because the young girls had never worked with opera and such fine expression in theater before. Different art forms were used together, like Kathakali, Kabuki and Kalaripayattu, to make the opera come together really well. In the words of the Protsahan girls, "I will never forget this experience. Meera didi is such a wonderful mentor," said Preeti. "I learnt how just my face and body language is enough to express my anger and my calmness. When the entire auditorium filled with people applauded our performance I couldn't stop my tears. I was so happy. I don't remember being so happy in last 5 years," said Anju Das, a 16-yearold performer from Protsahan at the event.









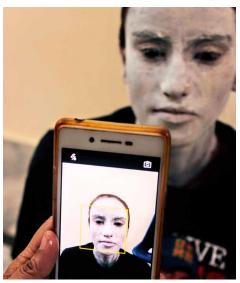
You may write me down in history With your bitter, twisted lies, You may trod me in the very dirt But still, like dust, I'll rise.











# Creating Child-Friendly Safe Spaces in Impoverished Slums for Girls to grow up with Happy Memories of Childhood

rotsahan has four child protection centres which double up as child friendly spaces in otherwise dark impoverished slums, and provide a safe space for girls to access a range of varied services ranging from stationery, digital devices for quality learning, tuition support for academics, sanitary supplies, community library, cinema and so much more. Child friendly spaces are created at Protsahan with the following objectives:

- Protection from risk: To provide a protective environment for children vulnerable to abuse, exploitation or violence
- Promotion of psychosocial well-being: To effectively provide psychosocial support to children in safe happy environments so that they feel seen, heard & validated. To provide a safe place where children can come together to play, relax, express themselves, feel supported and learn skills to deal with the challenges they face.
- Strengthening of community child protection capacities: To build a shared sense of accountability towards child protection & safeguarding in communities; increased awareness of referral mechanisms & linkages with government services like anganwadis, etc.

























### Music and Dance as a form of Expressing Invisible Emotions of Children in Distress and facing Trauma

usic and dance are universal acts of joy and happiness, but for children living on the streets or in extreme marginalizations, it can be a truly life-changing tool of learning, unlearning, evolving and shedding inhibitions. It helps manage pain, sleep better and be more attentive in classrooms. Trauma is the result of an assault on a child's being and the consequences of trauma can be complex and far-reaching. They may even include complete disruption of life, isolation from others, anxiety, depression, PTSD, dissociative disorders, addictions, eating disorders, and a range of physical illnesses, as well as a loss of identity due to dislocation from the body. To survive the ordeal of serious trauma at any age, the challenge is not only to heal the body, but also the mind and soul. The possibility of experiencing safety and pleasure in the body are impaired with events of violence and abuse in children. If the body has been wounded, long after the body has physically healed, some survivors may continue to cope with emotional devastation, as well as re-negotiation of their identities in bodies that have suffered profound changes. Recovery can be all the more difficult because the innate life coping skills of the survivor are seriously affected. At Protsahan, we use music and dance to work with children from very difficult backgrounds.









### Skills4Girls: Girl-Centered Skills Development

Closing the gender gap requires tapping into girls' creativity, providing encouragement (Protsahan), and connecting STEM subjects to real-world examples

rotsahan encourages girls interested in STEAM to pursue activities and classes 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 experiences. Moreover, stereotyping girls and women as caregivers and homemakers has often restricted their fields of study to teaching, nursing, fine arts, home economics and the like. There are of course exceptions, but they are too few and far in between. It is worth questioning, as to why young girls are gifted 'kitchen sets' on their birthdays while young boys in the same family are given engineering sets? Protsahan is trying to balance this out by providing access to innovative STEM and STEAM education for girls in the remotest slums of the country with access to games and project based learning through interactive expert sessions. The

core idea behind this program by Protsahan is to foster job preparation through apprenticeship, mentorship and entrepreneurship, increase and improve the number of quality work opportunities available to girls post higher schools and to qualitatively engage young women and girls as problem-solvers and agents of social change equipped with their own financial independence as a non-negotiable.







# DigiLabs and Science Technology Engineering Arts and Maths (STEAM) Opportunities for Protsahan Girl Champions

Girls Innovate for Tomorrow: A joint Initiative by Intel India, NASSCOM Foundation and Google to encourage the 'Spirit of Innovation' in school going girls from underserved communities

rotsahan's senior batch of girl champions underwent a successful training in July-Aug 2019 with expert teams from Nasscom and Intel, which encouraged and motivated them to become solution providers, and get engaged in self-learning which eventually would lead to discoveries, innovations and generating further interest in technology as a career choice.

The program engaged 742 girls from 12 schools and NGOs through five separate hackathons. Out of these, 81 girls with 15 innovative solutions to basic community problems were finally selected for mentoring sessions. Protsahan's 8 girl champions made it to the last round where they showcased their solutions built on Arduino, Node MCU etc. at the NASSCOM Foundation headquarters in Noida where they were judged by some of the leading minds from the Technology Industry. They also got to share the same space as some of the best startups housed in the NASSCOM Start-up incubation centre.

Some of the innovations at showcase were: Monitoring and Control of household water utilization, Driver drowsiness detection, Weather monitoring and alarm system, Elder/Disabled home monitoring system, Automated river cleaning system, Gas cylinder management, monitoring and automated refill ordering, Farming automation: Ploughing and seeding, Personal Women safety alarm system. We are so proud of our innovator girl champions!

Over 100 girls from Protsahan were hosted at Google in 2019, they participated in Doodles for Google challenge.

Protsahan Girl Champions get specialised training from STEAM Digilabs. Simran Sharma is a story of a STEAM girl Champion. She completed Protsahan's 6-month STEM course during the pandemic. When she had joined she was extremely depressed as the financial situation of her family was deeply troubling. She wished to have a job so that she could support her family and her own dreams. Through Protsahan's support, Simran not only cleared the NIELET CCC exam of Govt. of India but also took training for job readiness and appeared for interviews for the post of Tally Operator. We're so happy to report that she's cleared her interviews and will be joining her first job soon at about 12000-14000/- per month as a fresher.



Protsahan Girl Champions undergoing a 6-month STEM course to equip them with 21st century lifeskills



Protsahan Girl Champions after winning the 2<sup>nd</sup> round of the NASSCOM-Intel Hack-a-thon



A Google Employee, Subhi Bhardwaj, painting the Protsahan Girl Empowerment Center in the Slum

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Shweta Khurana, Director, Corporate Affairs, Intel India said "Girls Innovate for Tomorrow is a special initiative to encourage girls to ideate, explore, create and tinker to solve the challenges they see around their communities. We believe that programs such as these are essential to eliminate the biases that deter young women from making better informed decisions about their interest in technology-related studies and engineering. Intel India aims to catalyze change for girls who are often excluded from accessing opportunities and closing the technology gender and social equity gaps. We would like to thank NASSCOM Foundation for implementing this program and inspiring girls to innovate for a better world."













# Protsahan helping India's effort to provide early childhood care, nutrition and education to children through Anganwadis

n "anganwadi" means 'courtyard shelter' in India. The system of anganwadis was developed in 1975 by the Indian government to alleviate malnutrition in children. The anganwadis provide millions of meals each day to the slum children under 6 years old but also provide lessons in health, hygiene and literacy in a simple yet nurturing preschool environment. Typical anganwadis are run for a few hours a day in local houses but are often overcrowded, sweltering in summer and have little or no light or ventilation, making it impossible for the children to learn and play. Currently, a total of 13.77 lakh anganwadi centres are operational in the country with a strength of 12.8 lakh workers and 11.6 lakh helpers, as per the official data.

Aaganwadi workers are overburdened, because they are expected to provide pre-school education to 4-6 year olds as well as nutrition services to all children under six. There is often a need for constant capacity and skill building and community workshops on specific issues of child protection.

Protsahan's work is helping bridge the

gap between the policy intentions of ICDS and ICPS systems and its on ground effective implementation in India's remotest corners for its children.

Aaganwadi Workers are one of most important frontline workers, who own major responsibility for delivering an integrated package of services to children & women and building up the capacity of community, especially of mothers for child-care and development. Protsahan supplements the impact of their work through Participatory Capacity Building workshops at grassroot to share information, knowledge and skills from a legal and psychosocial lens about evolving child protection response mechanisms of the government and other critical health schemes like immunization services, safe delivery services for pregnant and lactating women, improving nutritional and health status of vulnerable groups including pre-school children, pregnant women and nursing mothers along with early joyful learning opportunities to children in the 0 to 6 years age group. Protsahan's community women champions spread awareness of prevention of incidence of child abuse, exploitation, violence and neglect of children like commercial sexual exploitation, trafficking, child labour and harmful traditional practices such as child marriage through comic books, large community gatherings and storytelling as well through these spaces. Protsahan also provides critical Referrals and linkages to the community women to access the right government schemes to make the government services reach the last mile.











"Protsahan has helped me get connected to the local anganwadi service and helped me access rations and immunizations for my new born child even when the lockdown happened. How will I ever thank Payal madan from the Protsahan team for being there for me, even when my own family was not?"











### Notes from the Protsahan Staff for all our Volunteers!

"It's hard to come up with adequate words to describe how much your support means. You are dedicated and focused. You are hardworking and full of innovative ideas. I hope that the good work you do will come back to you many times over"

- Kiran Khalap, Trustee Board, Protsahan India Foundation

"Thank you so much for your volunteer work. Even though you're not in the spotlight, you are the backbone of each and every event. Please know that we could not do this without your hard work. We are forever thankful for the time you have given us. You have made an unforgettable difference."

- Mala Kumari, Youth Peer Leader, Protsahan India Foundation

"You are the gears that help the mechanism run smoothly. We are very thankful for your outstanding work in arranging the 'Stories of Resilience' event on 8th Dec 2019. It couldn't have been better organized. Thank you for being an inspiration to us all."

- Jaswinder Singh, Executive Director, Protsahan India Foundation



























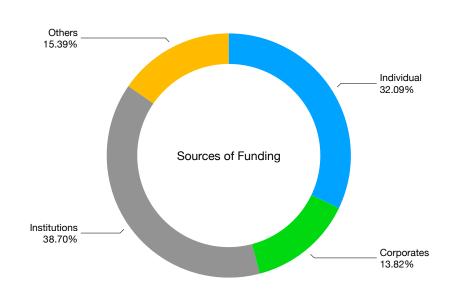
### FINANCE

### **INCOME, GROWTH & EXPENDITURE**

Our gross receipts in 2019-20 were INR 56,48,616 which was 172.96% higher than the gross receipts of 2018-19, clearly showing the organization's trajectory for growth and scale in deeper and more work for vulnerable communities of children and adolescent girls.

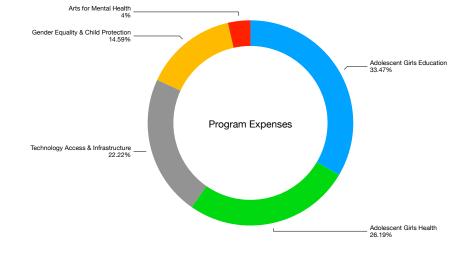
Of these funds, 83.61% were donated by individuals, corporates, and institutions.

Adolescent Girls Education & Adolescent Girls Health Programmes constituted a bulk of our expenditure (59.60%) as both these programs directly benefit the girls enrolled at Protsahan's Child Protection Centers. Remaining 40.40% was utilized under Technology Access & Infrstructure, 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

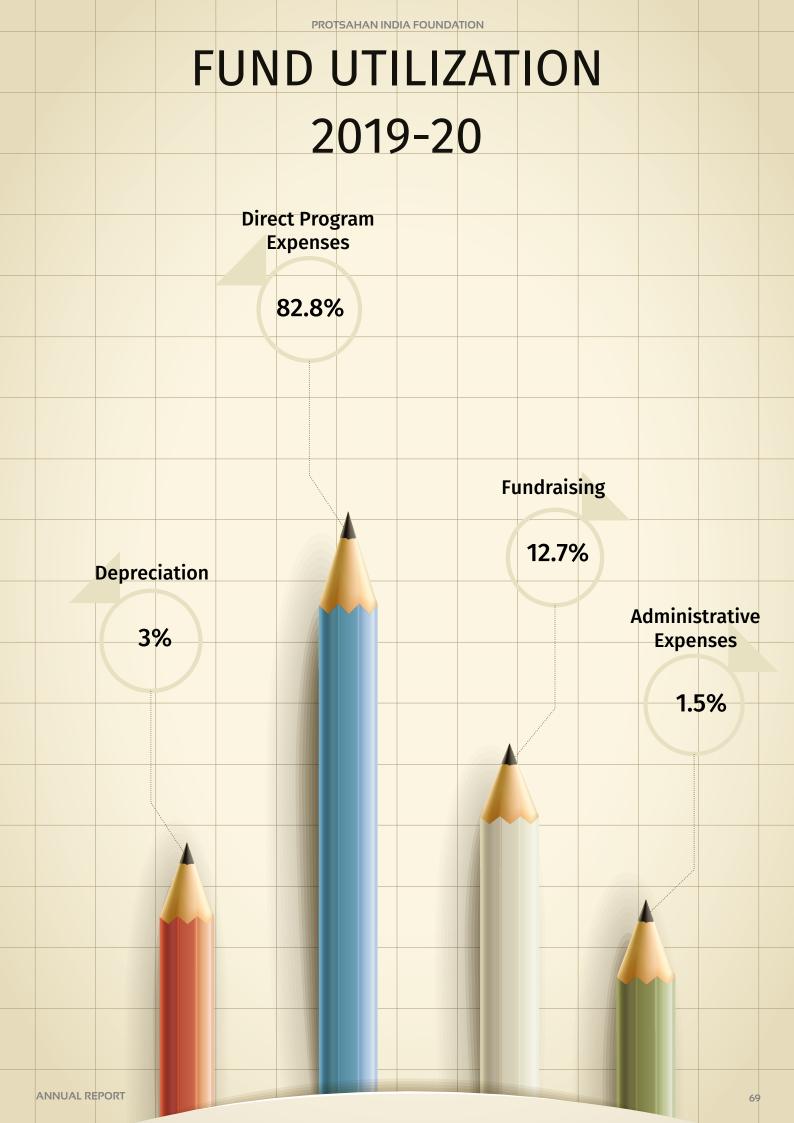
We follow international industry standard GAAP guidelines with respect to administrative costs and allocation of salaries and overheads to projects based on actual effort and time spent on execution of the projects. Our complete audited financial statements for all years are available on request. We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













# DONATE ONLINE **NOW**

Your donations encourage us to empower many more broken childhoods.



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