

Mountain Children's Foundation



Annual Report 2020-2021

*Change a child: change a community,
empower the future.*



63-A Vyom Prasth, G.M.S Road, Dehradun, Uttarakhand 248001, India
Phone: 91-9045032937 Email: mcfglobal@gmail.com
Website: www.mcfglobal.ngo

Letter from the President



It has been a year like no other!

COVID 19 defined our presence and our work during the pandemic, and still does, as we continue to be a community resource and an aid organization for the mountain children of Uttarakhand.

The year posed challenges that we had never seen before. As an organization we have always been able to respond to disasters that have occurred in different parts of Uttarakhand but COVID presented us with unprecedented challenges. We were unable to meet our children; we were unable to meet our communities. Our way of working, through real contact and communication with our people was severely disabled, with lockdowns, isolation, social distancing.

Our communities were gripped by fear and the uncertainty that comes when health, livelihood and education are on shaky ground. Children were affected most adversely: disruptions at home, the loss of socialization, the closure of schools, the absence of structure and continuity: all these factors added to their anxiety and stress. Apart from the real issues of providing material resource and real aid, MCF teams have now been adding mental health to their work with children.

Our teams stepped into the breach.

The MCF CHILDLINE team put their own fears of contracting the virus aside and went to distribute rations to those who needed it the most and were often not receiving any other help. The field teams reached out to communities and ensured that *everyone* was safe. We connected those in need to schemes that could help, and CHILDLINE stepped in with support for those who fell through the gaps. Our teams also reached out to the children and provided mental and emotional support to children in lockdown who were struggling. We did the critical work of reaching each child and ensuring that each child felt connected, secure and valued.

Internally we built back our staff, interacting with them on a regular basis so that they too felt connected and not abandoned or isolated. As conditions improved we were able to meet our children and communities in small groups but we continued with the messaging of masks, social distancing and hand hygiene, as we were sure that this pandemic had not run through its full cycle.

We learned to use all kinds of technology, connecting through Zoom, Google meet, Microsoft teams, WhatsApp calls, and conference calls: new words never heard before became the language of the day, our connection to the children and our window to the world. Each team member met the challenge of finding internet connections: we climbed trees and sat on roofs, walked many kilometers, whatever it took to establish connection.

This was the year that also saw challenges to the way we operate as an organization. The Union Government of India enacted new FCRA and Income Tax rules for NGOs. Our Board members were very supportive and provided all the information required for the MCF to open a new FCRA account in SBI New Delhi, file for renewal of our FCRA certification, and file for the renewal of our 12 A and 80 G certificates. We were also required to register under the Ministry of Corporate Affairs to enable us access CSR funds.

I am proud to say that our donors and partners stood by solidly by us during this difficult time. They stood shoulder to shoulder with us to reach out to the most vulnerable and allowed us to change our programs to adjust to the time and situation.

I would like to thank SOIR-IM, Indians for Collective Action (ICA), CHILDLINE India Foundation, IRIS KPO Resourcing (I) Pvt. Ltd, Nucleus Software Foundation, Lisle International and Himmotthan (an initiative of Tata Trusts) for their continued support. We are deeply grateful to Madhu ji, Sameer Shah, PS Kochar, Leaf Bird Foundation, Mrs. Aneel Bisht and Puru Indu Trust for the extra support to help us fend off the COVID attack.

My sincerest thanks to each one of you for standing by us and allowing us to support the children and their communities.

While all around us people were losing their jobs, our donors were amazingly supportive of us, not only continuing to pay salaries, but also actively supporting our work during the most challenging times.

It has been a difficult year, but one in which we discovered new strengths, true purpose and loyal supporters who have all responded with courage to the herculean task of working with the children in our villages during a pandemic. With all of you, we have learnt new ways to build even stronger and more resilient children and have affirmed our promise to a better future.

I would like to highlight two significant achievements this year: the creation of a manual for child protection at the village level to ensure protection and prevention of abuse at the village level itself (the source area) as well as the creation and documentation of local folklore and cultural heritage oral narratives. These were done as part of a project to connect the generations in a sense of belonging and pride in their own traditional knowledge.

These recorded stories are now being sent to the “Slow App” under Stories of the Mountains. Some of these stories are also being shared in booklet that has stories from grandparents from another district as well: <https://theslowapp.com/share-app?6094a855d05b232b3cc2ad03>

I would like to thank Sonia Mehta for creating this report and being ready at all times to edit reports, also a huge thank you to Smita Patel who is untiring in her efforts in fund raising for the MCF.

Take Care and Stay Safe

Aditi P. Kaur

TABLE OF CONTENTS

MCF Vision and Mission.....	5
Year Of COVID and MCF Response.....	6
1098 an Emergency Helpline MCF /CHILDLINE.....	7
Inclusive and Equitable Education for all - MCF / SOIR IM	9
Bridging the Generation Gap - MCF/ LISLE Foundation and MCF /IRIS Foundation	12
Strengthening Community Sanitation and Nutrition - MCF ICA.....	15
Education and Sports Initiative - MCF/ Himmothan.....	17
Remedial Education for Primary School Children - MCF /NSF Foundation.....	19
PABAM and Special Collaborations	22
Our Supporters	24
ANNEX 1: Case Studies... ..	25
ANNEX 2: Prevention of Sexual Harassment Report.....	26
ANNEX 3: Board and Governance / Year 2020-2021.....	27

OUR VISION

To empower children through knowledge, training, and the power of collective action to change their communities from the ground up.



OUR APPROACH

The idealism and energy of youth is the best antidote to the forces of marginalization, corruption, helplessness, and apathy under which most rural communities struggle to survive.

We tap that energy to help young people create a better world for themselves and all around them. It is nothing less than a revolution in how the people—especially young people—of the mountains perceive themselves and how they address problems in their communities.

OUR MISSION

- To enable children to become committed, effective citizens who are empowered through collective action to build a foundation of trust and respect for one another and become agents of change in their communities.
- To create spaces for child participation wherein the individuality and rights of the child are respected:
 - By working closely with government systems to make programs more efficient, effective and responsive to the needs of children.
 - By nurturing communities that give children the opportunity to develop their full potential.
 - By identifying and solving the challenges to a child's full growth and potential.

THE YEAR OF COVID-19 and the MCF Response

A countrywide 'lockdown' was put in place after March 22, 2020, to stop the spread of the corona virus. Many migrants had to return to their homes in Uttarakhand, and soon many villages that were initially free of the disease began reporting COVID 19 cases. The virus had reached our villages. The lockdown included the closing of all schools and children were required to isolate at home. MCF's response was to reach out to the children and their communities to help them understand the need to follow all safety protocols, to keep their education going, and to take care of themselves and their communities in every possible way.



We were able to provide support for the mental health of the children, staving off depression and anxiety with focused tasks to keep them busy when they could not go to school, and keeping them connected during the isolation. In this way, our work took on a new, more urgent imperative and continued despite the stress and hardships of the pandemic situation. In the lockdown months we:

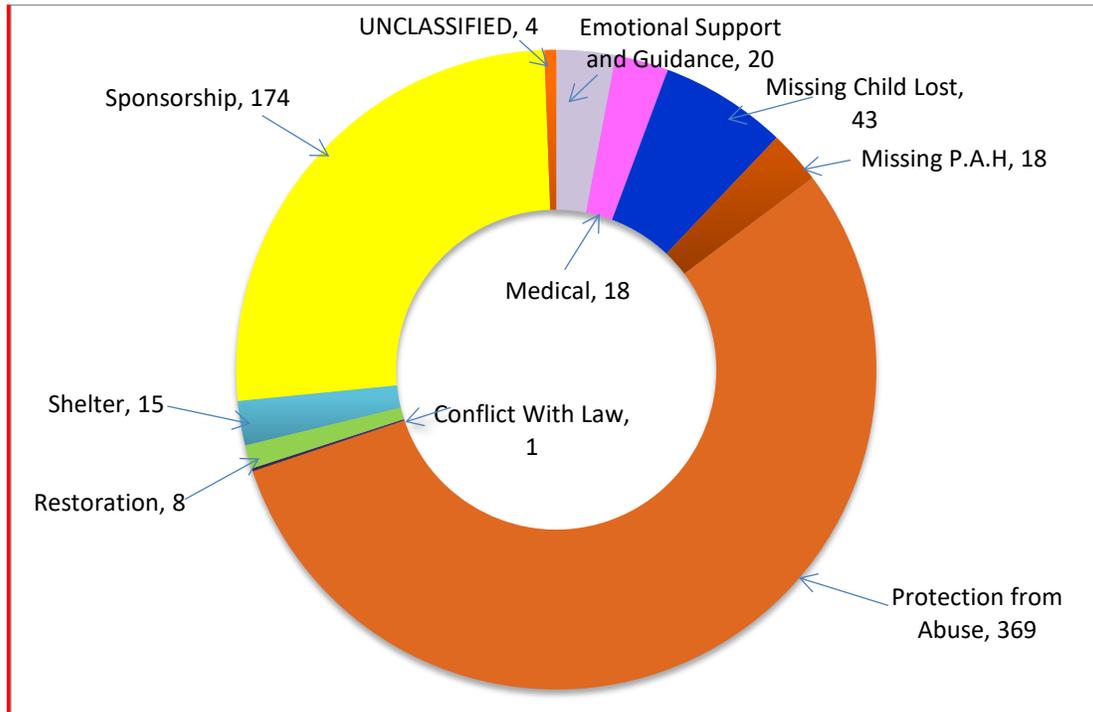
1. Reached out to the children and our team via telephones and other internet services
2. Printed a poster on protocols to be followed for protection from COVID. These were displayed in the city as well as the villages.
3. Distributed ration to 200 families who required immediate support
4. Organised online art competitions with 598 children, awards to children who participated in our PABAM contests.
5. Tree planting by the children of over 1500 trees
6. Education on health and sanitation
7. Distributed 236 sanitary pads and discussed of feminine hygiene with the women and children.
8. Education Technology Support to 326 primary school children



1098 an EMERGENCY HELPLINE FOR CHILDREN IN DISTRESS

CHILDLINE India Foundation

April 2020- March 2021



Helped 670 children in distress

Prevented 16 child marriages

Rescued 143 children from child labour: FIR filed against offending businesses

Educated 6303 children and 20041 adults

In 2020, MCF CHILDLINE saw an uptick in the incidents of child marriage attempts, child labour and sexual abuse of minors. (See our outreach in this area on the graph above). Not only does CHILDLINE come to the aid of children in traumatic situations, we also take action to bring the offenders to justice (filing complaints against offenders) and take steps to prevent further abuse (raising awareness in the communities about these offenses against children)

In keeping with our mission to build stronger communities, our outreach took the form of educational films, theatre, leaflets (print media), and child-friendly games. We used radio broadcasts to educate the community, particularly in the ill effects of child marriage. We conducted an online session on child labour and how to prevent it. We focused on the systemic

nature of ongoing child abuse, exploitative work, drugs/alcohol abuse, begging etc., and how these lead to further and cyclical abuse. Children reported seeing drug transactions take place where they lived. MCF Childline partnered with the district probation office, local NGOs and the police department to discuss the abuse of drugs. We celebrated Nutrition Month with widespread discussion of nutrition for slum communities and in Anganwadis (pre-primary centers)

The MCF CHILDLINE team was active through the COVID lockdown months: preventing child abuse, child marriage, providing emotional support and guidance. We distributed masks, sanitizers and a fruit drinks to 439 members of the police on the road, in police stations, in police chowkis and booths, who were on duty.

The SCPCR (Uttarakhand State Commission for Protection of Child Rights, the MCF CHILDLINE team, and children from the slum areas are now collaborators in the campaign for prevention of drug abuse.



Distribution of Sanitisers, Masks etc to Police personnel



Discussion by one of our children on drugs and drug abuse especially in the slums organized by the Uttarakhand Commission for Protection of Child Rights



Games with children at a CCI



Ration Distribution by MCF CHILDLINE Team

Inclusive and Equitable Quality Education for All

SOIR IM

January to December 2020

What we did

The effects of the SOIR IM programs covered broad participation and improvement in education, access, quality, participation and awareness across many of our sectors; Bal Sangathans; the Mata Samitis, Anganwadis, and School Management Committees. We saw dramatic improvement in our socially marginalized communities and groups: women and young girls, Muslim and Gujjar communities as well as with children across the board. In an era of pandemic isolation and disruption, these groups stood to lose the most, and to be most adversely affected by the exacerbated exclusions imposed on communities. Our outcomes encompassed the following:

1. Increased awareness, deeper analysis and engagement with environmental issues and solutions in the communities through the children of the Bal Sangathans.
2. Improved quality early child care and education and primary education through community education and participation
3. Increased and engaged community participation in anganwadi centers
4. Improved and strengthened knowledge of 195 members of the Mothers Groups/ Mata Samitis in 29 anganwadis
5. Increased awareness of Right to Education(RTE) and RTI (Right to Information), and facilitated action with 1051 community members including pradhana and ward members on community issues
6. Gender equity and inclusion marginalized communities
7. Empowered youth with communication, leadership and organizational skills

Children who are often treated as a subset of families and are often unheard were mobilized to organize themselves into Bal Sangathans and understand the existing systems and power structures so that they could work as a pressure group to demand inclusive and quality education for all. The Bal Sangathans also became a place to hold open and healthy discussions effectively to change some attitudes towards gender discrimination.

We saw a great improvement in communities, once uninvested or unaware of the importance of education, now taking an active interest in school for their children-: 555 Children who had dropped out of school returned to school because of parental support and encouragement, and familial understanding of making space for their students. The project has established a link between the communities and the education system by strengthening School Management Committees initiated community participation in education.

The continuous relationships that were maintained with marginal groups like Muslim women, Gujjar communities and children, were essential to being as inclusive as possible, and our team reiterated to them that their voices, their needs and their participation were necessary to uplift *all*

communities. They understood that, for a better future for their children, they must break the tradition of silence and express their views by participating in organization like School Management Committees, Mata Samiti and through other forums. These groups were also educated about the Right to Education Act.

School Management Committees were able to identify issues in their schools and take actions to demand solutions.

How we did it

We Empowered 1218 young people with communication, leadership & organizing skills that will help them become effective advocates for their right to education, trained them on child rights, sanitation and hygiene and climate change education for adaptation.

We put women in positions of influence and parents in responsible, functioning groups (Mata Samiti, Anganwadis,) so that they were involved and engaged in any process of education and change to do with their children. The School Management Committees and Mata Samitis were taken through series of meetings/ trainings along with individual interactions to strengthen them.

During the COVID lockdown period we continued to communicate with the community members, SMC members, Mata Samiti Members and the children of the Bal Sangathans through the telephone connecting with them as often as possible. The team personally visited those who did not have access to a phone. Everyone, even the pradhan rallied to help the team reach the children and their families

We also engaged in the following change strategies:

Gender Mainstreaming: recognizing that promoting only “girl’s enrolment” in school may mask underlying social resistance to gender equality, we worked on changing underlying social norms and engaged rather in mainstreaming gender issues, lifting both boys as well as girls with a view to their individual social and familial situation. We are still working on full gender parity.

Environment mainstreaming: It is best to teach children about eco-friendly habits and sustainable way of living as changes brought by making them aware are sustainable. In last six months, the Bal Sangathans were taught about sanitation and hygiene and they have already shown improvement in their habits, cleaning up areas that are dirty and asking the community to support them as well and asking the Pradhan’s of their village for saplings to plant during the monsoon season.

Conflict Sensitivity: We made our training session spaces of sensitivity towards all participants, understanding that there were interests that might be at odds with each other. We focused on the collective idea of progress and maintained inclusive conversations where all participants’ inputs were taken into consideration.

Internally, we also prepared our own team through a series of training sessions on climate change, referral services, health and nutrition etc., and how these are linked with child empowerment, child rights and sustainable development goals.



Reaching out to Gujjar Children in village in the forest



Discussing Sanitation and Hygiene using picture cards



Mata Samiti President understanding the importance of growth monitoring



Supported by the Pradhan Bal Sagathan members planting trees



Training of the MCF Team on Climate Change and what our response needs to be – How green is our carbon footprint?

BRIDGING THE GENERATION GAP

LISLE Foundation and IRIS Foundation Program

Lisle February 2019-Jan 2020

IRIS April 2020 – March 2021

To establish and support activities and events that create a sustainable community that draws from and values its own resources, to create and support connections between the generations, so that traditional wisdom, knowledge and skills are preserved, while at the same time enabling these connections to foster a sense of pride, belonging and empowerment within the community.

The Lisle Program was conducted in 5 villages of remote Ghat in Chamoli, in the Indian State of Uttarakhand.

The IRIS Program was conducted in 12 villages in Vikasnagar Dehradun

What we achieved

A total of 84 stories were collected, all shared in children's magazine PABAM

690 Children and 372 Elders participated in this program

500 Booklets with 20 Stories from the villages shared with neighbouring villages

Stories enacted in BAL MELA celebration of cultural heritage

Stories in Hindi on the **Slow App***. See <https://theslowapp.com/share-app?6094a855d05b232b3cc2ad03>

How did we do it?

In Children's Groups:- MCF addressed the growing gulf between the elders and the youth by helping them find common ground in their shared culture. The children engaged with their elders to learn and document old folklore, songs, art and stories of their community. The project helped preserve those rapidly vanishing elements of the culture and is still building a sense of pride and connection among the youth and their elders. In the process of reaching out to their elders, the children helped alleviate their loneliness found the support to reduce their own hardship.

Through Workshops that brought together the children and the senior citizens around discussion, games and other activities. Here they learnt to listen to one another and learn about the forgotten songs, stories, dances and art of their village. 690 children and 372 elders participated in this program (IRIS 458 children and 232 elders and Lisle 229 children and 143 elders)

Community fairs and stories collected from every village were arranged by the children for their seniors as a culminating celebration of what was learned. Neighboring communities were invited to join and hear the songs and stories the children and their elders had showcased. Eighty four (84) complete stories were collected (24 under the Lisle program and 60 under the IRIS program).

Bridging the Generation Gap: In this program, which was meant to bring the generations together through stories and art, children met with their community elders to listen to old, traditional and historical stories. This kind of storytelling has always been oral; in this program, the children wrote down the stories, read them back to their elders and then rendered the completed stories as written text, sometimes recording them in their own voices. As a celebration of this process of valuing local wisdom and fostering a deep sense of appreciation and belonging, the elders were invited to listen to the children's work at a 'Mela' or Community Fair. There was much enjoyment on all sides, connection and pride shared at the mela which wrapped up with traditional dances, cultural songs and music which children learned and shared.

These recorded stories are now being sent to the "Slow App" under Stories of the Mountains. Some of these stories are also being shared in booklet that has stories from grandparents from another district as well. <https://theslowapp.com/share-app?6094a855d05b232b3cc2ad03>

Some feedback from our community

1. "Our culture and traditions are slowly getting lost. But this time the children spoke to their elders about traditions and festivals. I felt very good to see the new generation is learning about our traditions and festivals." *Mr. Mohan Lal Singh an elder from village Mallawalla*
2. "We like it when you phone and talk to our children and ask them to do things at home, like making drawings, dustbins, washing their hands regularly and looking after the trees they have planted." *Rekha Devi, a parent from village Papdiyaan.*
3. "It feels good when the children come time and again to learn about our festivals. Children are giving us their time." *Mr Babu Singh an elder from village Pasta*
4. "When the children told us that they had asked their grandparents about our traditional clothes and made a story on it we felt that we must wear our traditional clothes and participate in the mela/ fair. Not only did we wear our traditional clothes but we also danced our traditional dance that most are forgetting called the 'Jhumelo' *Mrs.Saraswati Devi and elder from village Bijar*



Bridging the Gap village Lwani- Ghat Chamoli



Collecting Stories – Village Pashta – Vikas Nagar



Bal Mela Kurud – Ghat Chamoli



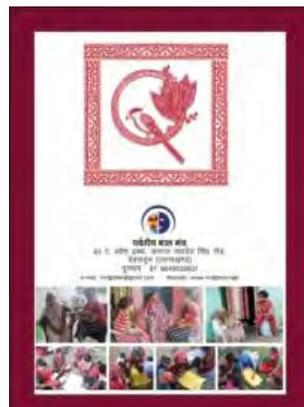
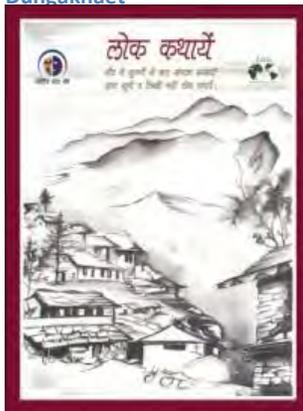
The Slow App on which the stories have been uploaded



Ensuring Covid Protocols -
Dungakhaet



Traditional Jhumela Dance Mallawalla



Our Booklet that has 20 stories that the children wrote after listening to their grand parents

Strengthening Community Sanitation and Nutrition through Child Participation and Early Child Care

Indians for Collective Action

January 2021 to March 2022

16 Villages of Vikasnagar, Dehradun

To Strengthen Preprimary Education, support the Bal Sangathans, with a focus on health, hygiene, and sustainable environmental practice during the disruptive time of the pandemic, to build upon the progress from SOIR IM, and to provide continued support for activities instituted with SOIR IM

What we achieved

Built on past environmental activities and refined them

Education outreach on COVID preparation and prevention

Mapped village sanitation practices and secured support from leaders to remove trash from public spaces

Equipped community with masks and handwashing soap

Conducted Mata Samiti training on nutrition and documenting growth and development in children.

How did we do it?

Reviewed past environmental activities with 738 children in the Bal Sangathans and checked the health of trees planted before, 624 trees were still alive and being taken care of.

Before the next COVID wave, MCF **arranged educational sessions** and follow-up check-ins about the virus, the importance of hand washing and mask wearing and social distancing.

Bal Sangathans made ‘hygiene maps’ of their villages indicating how some areas could do better in sanitation. Shared with the pradhan of the village, securing his support for trash removal on the public roads.

MCF conducted workshops on healthy homes, and distributed masks and soap donated by the Red Cross.

Four ‘healthy home’ surveys were conducted by the children with 505 community members participating, thus involving a significant participation. Public awards and congratulations to the clean homes set an example and encouraged participation.

MCF conducted workshops on the importance of good nutrition on brain growth development and overall good health, eating locally grown fresh produce and, making simple, nutritious and balanced meals

MCF involved the Mata Samitis in 13 trainings sessions in which 230 people took part. Training was done on preparing for anganwadis (pre-primary centers) in each village, preventing malnutrition, measuring and ensuring the healthy growth of children and focusing on the ‘seven colours’ on your plate as a way to ensure a healthy diet.



Pradhan of Rudrapur discussing Covid Protocols with the Bal Sangathan using the MCF Poster.



Looking after the trees that were planted – Village Ambadi



The team visiting Anganwadi children – Village Mengwalla



Trash Receptacles made by the children – Village Haddowalla

Education and Sports Initiative

The Himmotthan Trust: a program of the Tata Trust

February 2020 – January 2022

Conducted in 15 villages, with and covering a population of 3930 people

Early childhood education and school readiness: Measurable uptick in enrolment in Anganwadi centers, transition from AWCs to formal school, and increase in school readiness as determined, development of 7 Anganwadi centers as Model Anganwadis and documentation of the same in the form of a published study/report.

Community Mobilization: Activating Mata Samitis (105 Mata Samiti members) and Bal Sangthans (15 Bal Sangathans with 446 members) to function as active stakeholders in education, and support AW/schools while holding them accountable

What we achieved

The Himmotthan Society succeeded in linking the MCF team and the children to many online activities, despite many internet and technical challenges

Specialists and artists like Mr. Jai Krishna Painuly ‘Mati’ logged in to talk with the children about art, showed them how to make art out of different colored mud and reconnected the children to earth. Some children took inspiration from this and made small toys for the younger anganwadi children that they baked in the sun and painted.

Online art competitions and waste material art workshops teaching the children to recycle and ‘up’ cycle. We celebrated **International Yoga Day**, and a **‘Rakhi’ competition** (in a traditional ceremony, a *rakhi* is tied on a brother’s wrist by his sister as a mark of his protection).

The Himmotthan society conducted a **“Man ki Baat”** (*Hindi*: speaking your mind) with the children to help them understand and explore their feelings, and continued to be in touch on a weekly basis to keep this important connection, their opportunities, what it means to be part of their groups, and on the mission of Children’s Rights and their advocacy.

Training for mata samiti (mother’s group), and for the anganwadi workers and anganwadi helpers on their roles and how to run a more effective Anganwadi with a focus on early child care and education.

With all COVID protocols in place, the mothers were able to bring their young children and feed and look after them during our training sessions. This eliminates the need for mothers to find care elsewhere for their children, and makes the environment of learning a stress-free space for the children as well.

How we did it

The MCF team did everything to meet our children and communities where they were despite the lockdown. When there was no connectivity, our team climbed trees to find a phone signal.

At the Anganwadi Workers and Helpers trainings we had 100 % attendance because we had obtained permission from the department and requested them to send a letter telling them to join the training. In this way, collaboration helped the robust participation.



Climbing a tree to find connectivity



Mata Samiti Training – 2 members from each Mata Samiti



Staff Early Child care education Training



Bal Sangathan Children - Physical Activities are important too



Understanding the importance of growth monitoring



While Anganwadis were closed our team reached out to children who should be going to Anganwadis, connected with them and carried out different activities with them through tactile learning about nature, colours, names and location of flowers

REMEDIAL EDUCATION FOR PRIMARY CHILDREN

Nucleus Software Foundation

To support the Mountain Children's Foundation in 16 villages of the Vikasnagar block of the District Dehradun, 2020-21.

What We Achieved

March-April 2020: The MCF NSF team did not let anything deter them, continuing to work with the children outside of schools, through phone lines. By the first of April our team had started reaching out to 57% of the NSF students who had access to phones. **The MCF NSF team was the only team to connect with the children regarding their education at this time.** The team helped the children to understand the pandemic, the need for physical distancing, washing hands and wearing masks. Slowly they began giving the children activities and homework to do via the phone. The MCF NSF team also helped us reach children who were in need of food support and we were able to get food rations to them

In June, the MCF NSF team started physically visiting the children in their homes, ensuring physical distancing wearing masks and washing hands and / or using sanitizers.

In September-November the NSF management met with the MCF NSF team and celebrated Teachers Day as a way to honour the educational front-liners who helped us in this difficult outreach. We celebrated the children themselves for Children's Day through art competitions and cultural activities. These were displayed by all 16 NSF classes virtually, through zoom.

During the pandemic your team took special care of our children's studies. Your team would come to our house to ensure that our children were studying. Our children got a lot of help from this support in their studies.

MrsBudhari Devi – SMC Member, Dumet

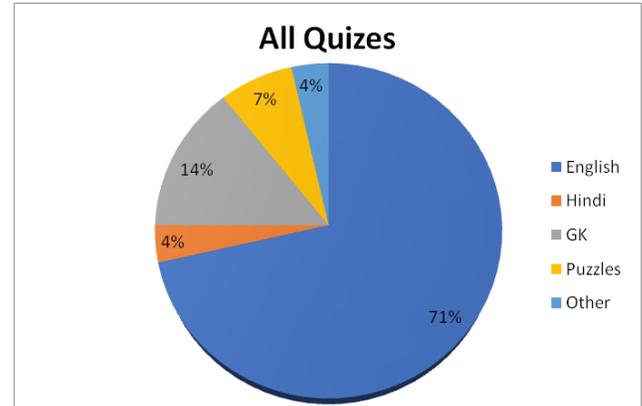
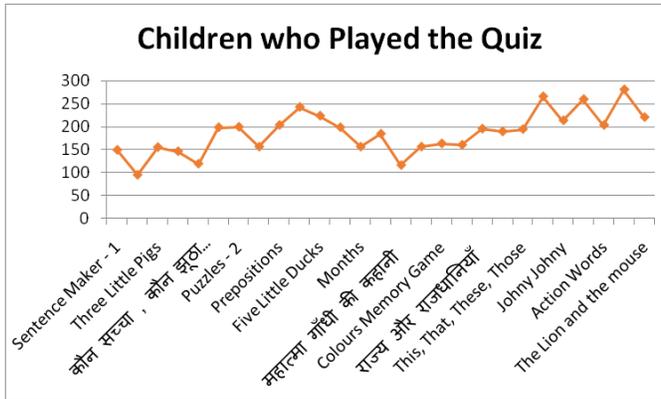
How we did it

Our thanks go to consultants Manoj Prasad and Shantanu Tandon who introduced the team to online training. Despite difficulties in internet connectivity and having to enter a steep learning curve, the team learnt to connect online. They have attended more than 40 online zoom classes with each consultant on zoom / Google meet etc. They have created 127 educational Math videos. The team's technological skills have grown exponentially and they have used these skills to continue new and innovative ways to educate.

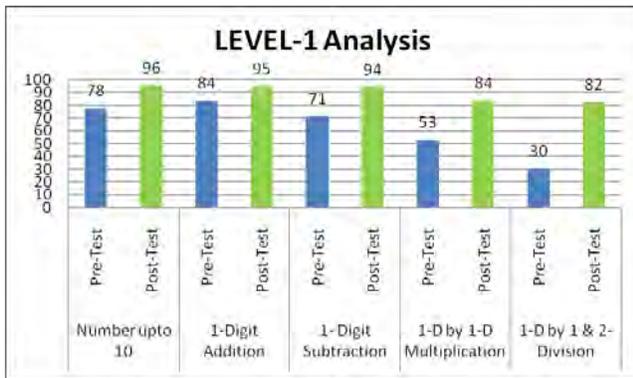
The team in turn reached out to 326 children. During the lockdown they were able to reach only 50 % of the children who had access to smart phones. Once the lockdown was lifted they taught

the children in small groups in homes – not more than 5 children at a time. Some children had also gone back to their native villages and our team was not able to reach them.

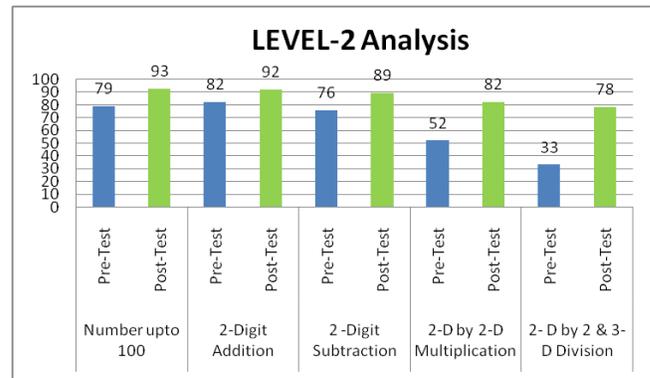
English – Through online meetings and Quizzes with the Children who had smart phones



Maths – Through online Training of the team and work with the children offline



Number of Student :93
Goal Achieved:90% of Students



Number of Students: 173
Goal Achieved: 88%of Students

We are deeply grateful to NSF for continuing the support to the MCF-NSF program during the lockdown. Thank you, NSF!

Since this program, was the only education on the ground to reach the children at this critical time, we were able to prevent the children from falling back in their education (a global educational problem of the pandemic), and also ensured the mental health and well-being of both the children and the MCF-NSF facilitators, keeping them active and out of lock down mental isolation. Later, we were able to connect the local schools with the children as well.

THE WORK OF EDUCATION CONTINUES

NSF is sponsoring 5 children to complete their higher studies. Of these, 4 boys are studying engineering and 1 girl is doing a diploma in pharmacy. All the children are being sponsored for two years. NSF also provided each of these students with a smart phone so that they could undertake online classes at this time because of COVID concerns

MCF is supporting 2 female students, one of whom is completing her Engineering. Our second student was being supported by her grandmother who then became too old to work and was unable to provide for them both. MCF now provides her a stipend of RS 2000 a month and she is now in 1st year of college. Both girls are being supported in their computer classes for a year.



Identifying numbers in our NSF Class



Celebrating Children's Day – Their dances were shared online with other classes.



Studying Maths in a workbook



Reaching out to the children who needed it most

PABAM THE CHILDREN'S MAGAZINE

The COVID challenge



This pandemic year was challenging with all post offices closed and all travel stopped. Our editor and the MCF team rose to the occasion, by creating and sharing our magazine online.

The children wrote their letters and sent them to their facilitators who in turn shared them with our PABAM editor Anil Maikhuri. Children who had smart phones were able to access their favorite PABAM even during the lockdown. Once the lockdown lifted, we went back to hard copies but reduced the number from 700 to 500 as most offices and schools we sent the magazines to were closed due to the pandemic.



Collaborations of Note

MCF and Uttarakhand Child Protection Committee



Chairperson Mrs. Usha Negi, the Ex-Chief Minister of Uttarakhand and MLA Vinod Chamoli as well as the State Commissioners from Delhi, Tamil Nadu and Nagaland collaborated with MCF to produce 500 copies of the Village Level Child Protection Committees. This manual highlighted how such committees should be formed and detailed how to carry out their function of protecting children at the local, village level.

MCF and Room to Read

Room to Read provided online stories too us that could be downloaded. Our facilitators and older Bal Sangthan children would then read these stories to the children who lived nearby. The children and the facilitators provided photographs of themselves reading stories. Room to Read gave each story reader a diary: through this, 127 volunteers reached out to 337 children and encouraged the habit of reading and sharing.

MCF and NACG EVAC India (National Action and Coordination Group to End Violence Against Children in India)

MCF - NACG is a member of the Executive Committee and head of the child participation Subcommittee. Under this we organized a virtual training for children on Protection from Children from Sexual abuse and also how they could protect themselves from online abuse as well. This was the first of its kind training and children from 12 different states participated.

We also held a virtual state level NACG meeting where different organization heads from Uttarakhand spoke about their experience during the first wave of the pandemic and how children were diversely impacted.



MCF Children making their presentation online - Protection of Children from Sexual Abuse

OUR SUPPORTERS

The difference you make is critical!

We are deeply grateful to all our individual donors and sponsors who have helped us go that extra mile:

India: Rishabh Joshi, Comd. Narayan Rao, Mamta and Chetan Sharma, Amarinder Butalia, Dr Anil Bisht, Arnab Dutta, Ms Vandana Kalpatru, Mrs. H Dugal, Mr Vineet Arneja, Mr Vabhaiv Kumar, Ms Kiran Ghosh, Leaf Bird Foundation, Puru Indu Upadhaya Foundation, DM Building Product Pvt. Ltd, Mr Pushpinder Singh, Mr Rajeev Mehra, Samir Shah, Shiddharth Chamoli, Shruti Seksaria, Siddharth Singh.

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Annex 1

Stories of Change through Connection during Isolation

Mrs. Swati Semwal - village Fuleth, Raipur, Dehradun

Mrs. Swati Semwal is a member of Mata Samiti. She lives in a joint family in her village Fuleth, Raipur Dehradun. There are 8 members in her family. She is a housewife and has a son who is 18 months old. Her husband a daily wage earner. They have a small plot of land that is jointly shared by the family, but this provides little in the way of sustenance. As the lockdown lifted in the Bandalghati area of the Raipur block in Dehradun the MCF HMS ESI (Himmatthan) facilitators were given a detailed training on mata samities:- They were taught who could be a member of the mata samiti and what their roles and responsibility were. After this training the facilitators visited each village to map the mata samities of each anganwadi against the list provided by the anganwadi worker in each village. In the village of Fuleth, of the Bandalghati area, Mrs. Swati Semwal was contacted as a part of this process.

When contacted Mrs. Swati Semwal told our facilitator Rakhi that she did not know that their anganwadi had a Mata Samiti or that she was a member of the samiti. After Rakhi (facilitator) told her about the role and responsibilities of a Mata Samiti member she told Rakhi that she had not received the Take Home Ration (THR) for her newly born child. The MCF HMS ESI facilitator then visited the anganwadi worker in Fuleth and relayed that Mrs. Swati Semwal had not received take home ration (THR) for the past five months. After this conversation, Mrs Swati Semwal Received the ration for the previous five months and is now receiving THR regularly on a monthly basis.

Now Mrs. Swati Semwal is able to access the government stipulated Take Home Ration through the ICDS regularly.

Shaista – Bulakiwalla Vikas Nagar Dehradun

Shaista is a class 4 student and studies in the Bulakiwalla Primary School. Her family is poor, her father is a daily wage earner and her mother earns wages when she works in the fields. Her house not a 'pukka' (built) house, is small and built at the edge of a rain water drain. During the monsoon the family faces several hardships as their home always got washed away. Shaista was frequently unwell and would often be absent from school. As a result of all these challenges, she was falling behind in her studies. She was unable to even remember her basic numbers. The MCF NSF volunteer Rahnuma then spoke to the MCF Facilitator, Arti, who got Shaista checked under the School Health program. Shaista was then referred to the hospital where the family was told that she had a heart problem but that she would get better if she had the prescribed medicines and proper food. She did

get better and began attending her class regularly. The MCF NSF volunteer Rahnuma took special care and taught Shaista every day even during the lockdown so that she could catch up with the other students. She slowly started taking interest in what was being taught. Now Shaista studies regularly and has completed level 2 in maths and has learnt her tables up to 15 and know how to make simple sentences in English. She is now one of the most important members of our NSF class in Bulakiwalla.

Shaista’s Mother Farida Yunis said, “My daughter is now completely well, she has recovered fully from her illness. Ever since she has come to your class she has learnt a lot. She can now do addition, subtraction, multiplication and division. She can also read her English book. She studies well and she now plays with others as well”

Annex 2

PREVENTION OF SEXUAL HARASSMENT

To abide by the guidelines put down by the Supreme Court and to ensure a healthy working environment that enables employees, contract workers, part-time staff or volunteers to work without fear of prejudice, gender bias and sexual harassment, MCF has adopted a policy on prevention of sexual harassment. An Internal Complaint Committee (ICC) has been formed for redressal of grievances related to sexual harassment. The committee includes:

1. Deepika Panwar - Chairperson
2. Himani Chandola Chhimwal - Member
3. Ravindra Singh Chauhan - Member
4. Ranu Bisht – External Member

The MCF staff has been trained on POSH. It has been made mandatory to inform the newly appointed staff about the policy.

The following report has been submitted by the committee.

No.	Particulars	# cases/activities
1	Number of complaints of sexual harassment received in a year	Nil
2	Number of complaints disposed of during the year	Nil
3	Number of cases pending for more than 90 days	Nil
4	Nature of action taken by the employer	NA
5	Number of workshops or awareness programs conducted by the organization	3 awareness meetings were held with the team

Annex 3

MCF Governing Board Members 2018-19

NAME	ADDRESS	NAME OF FATHER/HUSBAND	GENDER	OCCUPATION	DESIGNATION
Ms. Aditi P Kaur	63- A Vyom Prasth, G.M.S Road, Dehradun, U.K.	D/o Capt. Joginder Singh	F	Gender Specialist/ Social Worker	President
Mr. Sunjoy Joshi	C II – 81 First Floor South Extension Part II New Delhi	S/o Late R.L. Joshi	M	Director Observer Research Foundation	Vice President
Ms. Khila Bisht	62, GF, A Block Greenwood City Gurugram Haryana	D/o Late S.S. Bisht	F	Writer/ Social Worker	Secretary
Mr. Sudhir Bhatt	63- A Vyom Prasth, G.M.S Road Dehradun, U.K.	S/o Late Govind Ram Bhatt	M	Social worker	Treasurer
Ms. Kiran Ghosh	24 Rajender Nagar Kaulagarh Road Dehradun, U.K.	W/o Late Manus Ghosh	F	Teacher	Member
Mr. Cyril R Raphael	12/26 Ashirwad Enclave, Dehradun, U.K.	S/o Late Dr. Stephen C. Raphael	M	Secretary, THT and Chief Advisor-SBMA	Patron
Ms. Shalini Sinha	12 AWHO flats Indira Nagar, Dehradun, U.K.	D/O Late Ranvir Sinha	F	Artist	Member