

Mountain Children's Foundation



Annual Report 2021-2022

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

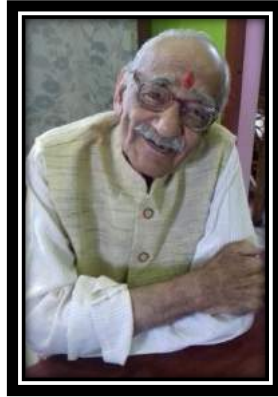


63-A VyomPrasth, G.M.S Road, Dehradun, Uttarakhand 248001, India

Phone: 91-9045032937 Email: mcfglobal@gmail.com

Website: www.mcfglobal.ngo

We dedicate this Annual Report to the memory of Cyril R Raphael, whom we lost this year. The dream of a forum for mountain children began with him and he continues to inspire our belief in children as builders of the future.



Cyril Raphael 1939 - 2021

The President Looks Back

In the face of the deadly resurgence of COVID in April 2021, MCF teams reached out to those who needed our support the most. We used our resources to ensure **life-saving information** about vaccines and health care reached our remote communities and equipped Anganwadis¹ and mata samitis² with health screening and monitoring resources. We partnered with the Azim Premji Foundation to ensure **90% vaccination** in two underserved areas of Dehradun. We prevented misinformation and widespread panic about the pandemic from spreading. As always, our efforts were driven by the energy and optimism of our mountain children. This year we also **created a resource guide** for the mata samitis on their oversight of the anganwadi, and a nutrition poster to ensure that all children were receiving enough food to stay healthy.

The government has renewed our FCRA registration and our 12A and 80G certification for the next 5 years. I thank our team for the care, clarity and integrity that got us these certifications.

We have many to thank for their support: Sameer Shah, PS Kochar, Leaf Bird Foundation, Mrs. Aneel Bisht, Mr Pushpinder Singh and Puru Indu Trust for the extra support to help us fend off COVID, The Reichel Family, Amar and Vinita Singh, Sally and Chad Cheriell, Indians for Collective Action (ICA), CHILDLINE India Foundation, IRIS KPO Resourcing (I) Pvt. Ltd, Nucleus Software Foundation, Himmotthan (an initiative of Tata Trusts). You stood with us to reach out to the most vulnerable to fit the needs of the time and carried us in the hardest of times.

Thank you, Smita Patel for tirelessly fundraising, and Sonia Mehta for help with this report.

With Gratitude,
Aditi Kaur

¹Anganwadis are government-run pre-primary education and health centers.

² A mata samiti is a committee made up of mothers from the village that provides oversight for the anganwadi.

TABLE OF Contents

Our philosophy	4
MCF response to year of COVID	5
MCF and CHILDLINE	6
Strengthening community sanitation and nutrition through child participation.....	7
Remedial education for primary schoolchildren	11
Vaccination for all	14
PABAM magazine	15
Collaborations	16
Our Supporters	17
ANNEX 1: Bal Sangthan girls and boys.....	18
ANNEX 2: Analysis of healthy home survey.....	19
ANNEX 3: Success stories	20
ANNEX 4: Prevention of sexual harassment	21
ANNEX 5: Board and governance / Year 2020-2021.....	22

Our Philosophy



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. When the young people of the mountains perceive themselves positively, they raise up and transform 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.

MCF Response to a year of COVID

During the COVID resurgence, MCF provided support, information and resources to our communities. We equipped each of the 53 anganwadis and mata samitis with oximeters and thermometers and taught the anganwadi workers how to use them. This helped our team more effectively evaluate who needed medical care, and keep distress to the minimum. Through these workers, we were able to reach the women, the elderly and children who were at most risk, and in this way, kept the communities connected and stable.



Oximeters and how they work

MCF introduced the children to “Qause,” an online summer camp conducted via mobile phone. Seventy-nine children enrolled and learnt drawing, dancing, singing and yoga and participated in storytelling sessions. Even with the challenges of technology endemic to the mountain communities, this kept the children excited, engaged, occupied and busy, a necessary response to the pandemic anxiety and isolation.

MCF helped facilitate the creation of child protection committees in each of five Panchayats³. These committees work against child labour, trafficking and child marriage. They ensure quality education for all children in the village. During Covid the committee helped children affected by death or dislocation caused by the virus.



Village Level Child Protection committee Rudrapur

Other lockdown programs with community participation in the thousands:

1. Used existing technology to connect with children and our team.
2. Disseminated visual aids widely to foster protection from COVID.
3. Distributed emergency rations to 52 families
4. Organised online art competitions with 702 children and 29 alumni
5. Conducted social media campaign of “selfie with my tree/plant”
6. Conducted education sessions on health and sanitation
7. Supported 624 primary school children with education resources.



Reaching out

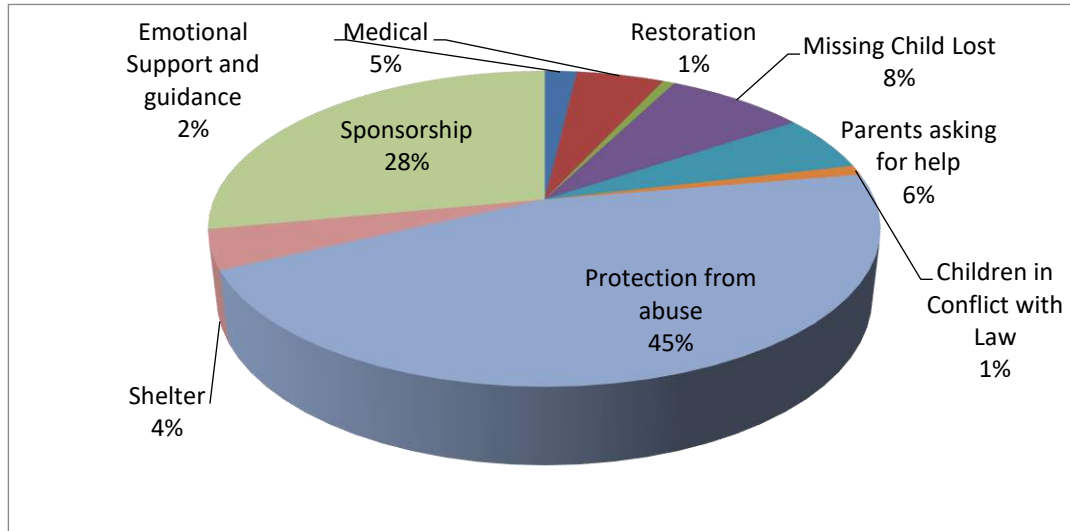
³ A panchayat is the village governing body

DIAL 1098: THE EMERGENCY HELPLINE FOR CHILDREN IN DISTRESS

CHILDLINE India Foundation

April 2021- March 2022

The MCF network of care: Education of child abuse issues, alliances with juvenile police departments, government and labour units, empowered district task forces.



Reached: 596 children in mental and physical distress

Helped: 66 COVID orphaned/bereft children access to the 'Vatsalya Yojna' Indian Government assistance program

Rescued: 27 children from child labour and filed 19 FIRs against offending businesses⁴

Educated: 6638 children and 19303 adults

Provided: 52 families with rations, milk, sanitary napkins, 297 policemen/women with masks and sanitizers.



MCF CHILDLINE Dehardun – Working together as a team

⁴First Information reports. Vital for the police to begin investigations; in this case against the vendors who engaged in child labour practices.

Strengthening Community Sanitation and Nutrition: Child Participation Early Child Care:Indians for Collective Action,Himmothan Trust, and IRIS Foundation



April 2021 - March 2022
27 Villages of Vikasnagar, Dehradun,
15 Villages Raipur Dehradun

Goals:To strengthen preprimary education, support the bal sangathans, with a focus on health, hygiene, and sustainable environmental practice and strengthening mata samitis as well as child protection during the disruptive time of the pandemic. strengthen mata samitis and services

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
- Conducted mata samiti training on nutrition and documenting growth and development in children.
- Conducted healthy baby shows



- Conducted Right to Education Trainings and meetings

How did we do it?

42 BalSangathan Meetings:

With 1545 members⁵ participating, girls had a safe space to learn **leadership and participatory skills**. Art competitions helped build vaccination awareness. The children made **702 posters** to increase community awareness on the covid vaccines. **Discussions:** on issues that affect children, that are not included in political campaigns: playgrounds, game infrastructure, water in their schools, better internet facilities as they fell behind in their online studies, more Anganwadis for younger siblings. There was a special focus on three different types of hygiene during the pandemic: Personal hygiene, hygiene and sanitation in the home and hygiene and cleanliness around the house. **Surveys:** The children conducted 41 Healthy Home Surveys reaching 1217 family homes. The survey is run by the children, they assign teams, responsibilities and criteria and a final **awards** ceremony for which they invite families, dignitaries, and anganwadi and ASHA workers. The awards day is also a chance to showcase community culture and pride.



Healthy Home Survey

Mapping Sanitation in the Villages: The children make detailed community sanitation maps highlighting problem areas. Sharing these generates awareness and problem-solving ideas, and subsequent action in the community.

SARAR: This tool is used to generate awareness on

sanitation and hygiene, focusing on developing 'good habits' and villages are then able to see the change⁶ that took place.



Sanitation Map Village Devthala

#selfewithmytreeorplant: In continuation with a previous project, the children looked after the trees they had planted and conducted a social media campaign, posting a selfie with their tree or plant. The children connected with their land but also with people across the country, and globally with all who joined the campaign generating greater awareness about the environment. The children have been taking care of **1977 trees**.



Mothers through Mata Samiti Meeting:

⁵ Annex 1 – Comparison of girls and boys in each balsangathan – page 17

⁶ Annex 2 Healthy Home Survey Analysis - page 18

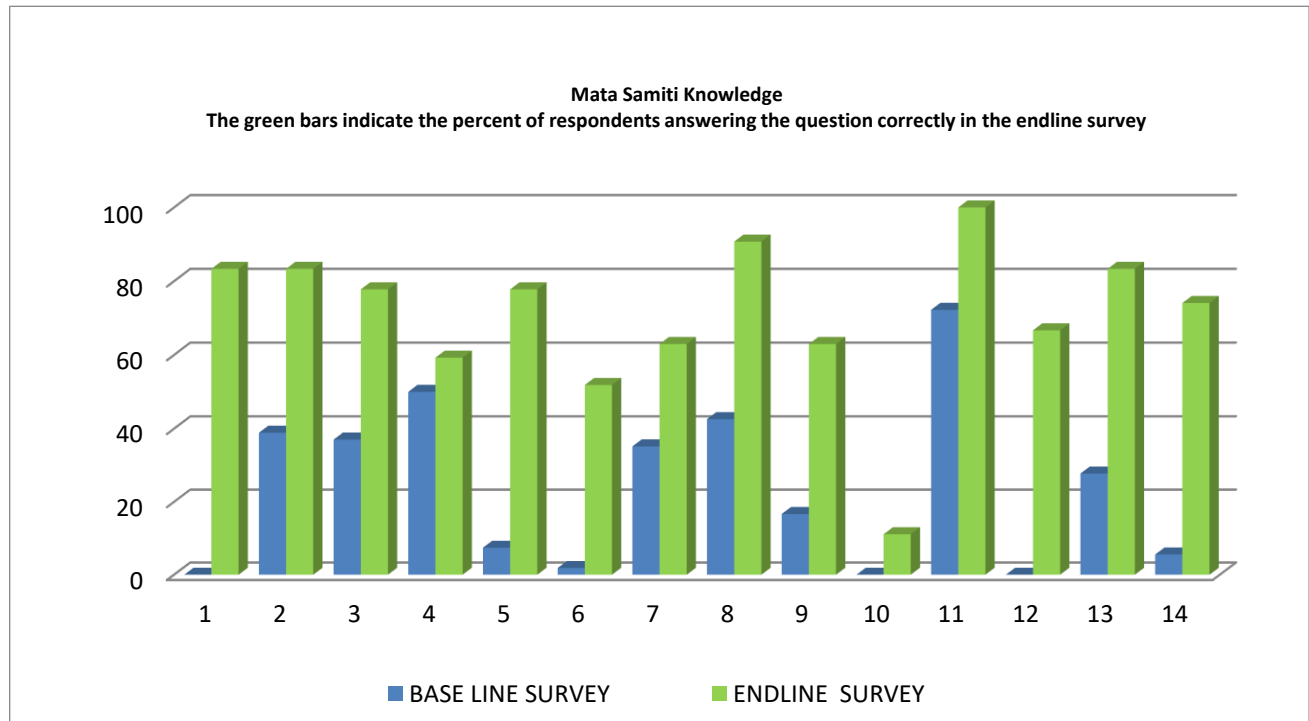
Inculcating learning and confidence with 371 mata samiti members in 53 anganwadis, we increased the quality and understanding of the need for early child children in the village. We reached out to 775 women through these meetings.



Mata Samiti Meeting – Village Langha

There was an exponential increase in understanding and knowledge after the training, as the graph below shows. Knowledge areas included were understanding

the purpose and role of the mata samiti members and anganwadi workers, monitoring the health and well-being of mother and child, vaccinations and preventive care, food and nutrition for all, the use of the machines and resources available.



Healthy Baby Shows We conducted ‘Healthy Baby’ demonstrations in 28 villages, with 617 children aged 0-6. Mothers and babies were evaluated byASHAs (village health workers) or ANMs (auxiliary nurse midwives) for vaccination status, weight monitoring, regularity in coming to mata samiti and anganwadi meetings, sanitation and hygiene of mother and child, and following COVID protocols.

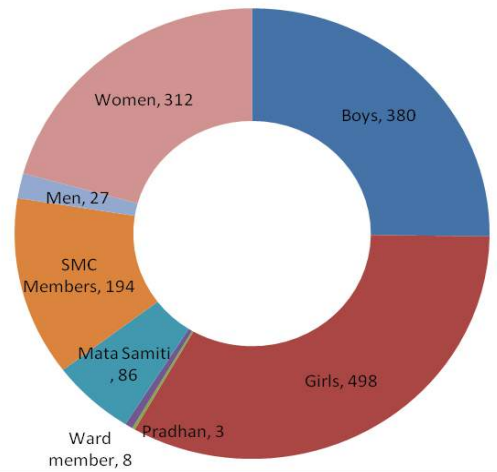


Healthy baby Show -Village Silla

This increased the visibility of the Anganwadi, fostered a sense of belonging for children and mothers, and spread awareness in the community for the Anganwadi’s necessity and needs.

Right to Education (RTE) Meetings: every child has a right to free education.

During the pandemic school closures, mountain children suffered huge learning losses. MCF highlighted the need for each child to understand their right to education, and for community leaders (Pradhans) to ensure safe passage back to school and to bridge the learning gap.



Thus, we renewed information on the Right to Free and Compulsory Education Act 2009, by explaining the act and rights, training parents, pradhans, ward members, and school management committees. 1452 community members in 28 villages attended.

Nutrition Melas (Fairs)

We held 27 training ‘fairs’ with 1702 mothers’ groups and children’s groups and other community members. Through discussion and poster art, we focused on eating locally sourced food as the most sustainable and healthy choice. We promoted ‘eating the rainbow’ by consuming orange, yellow, green, white, black, brown and purple foods, to ensure consuming the whole range of carbohydrates, protein, fat, minerals and vitamins and appropriate calories.



Age-appropriate nutrition poster



**After-school classes in math and English for primary-school children
In 16 Villages in Vilas Nagar Block, Dehradun
10 Villages in Raipur Block, Dehradun**

Goals: to continue the work of supporting education for mountain children.

What We Achieved

MCF provided the only education available during pandemic school closures.

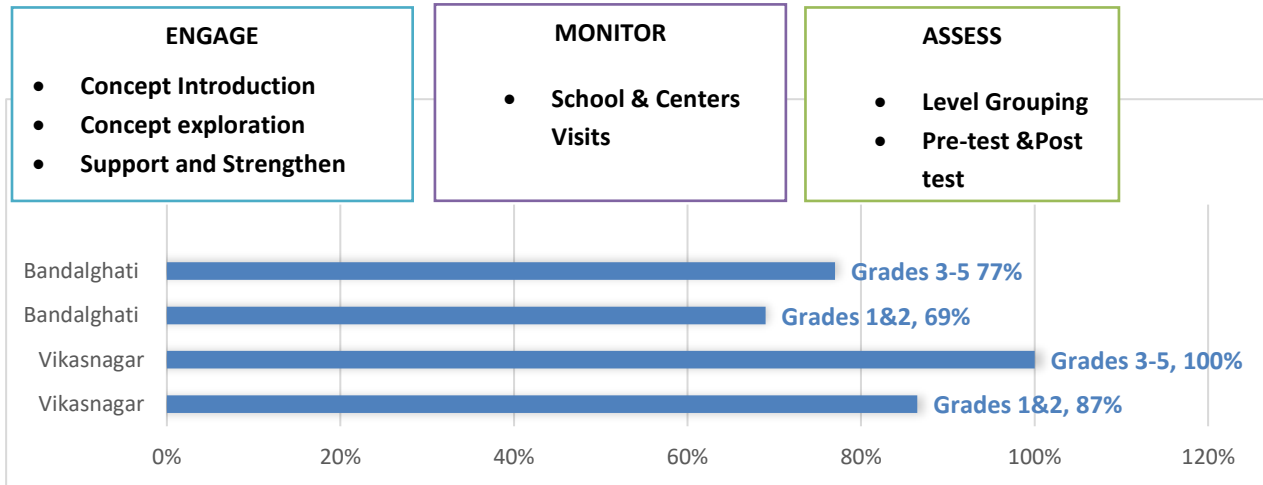
We expanded our outreach and added 10 villages to reach 26 villages. We brought special education to 624 learning-challenged primary grade children. We succeeded in preventing our children from falling behind in their education; a global effect of the pandemic. We ensured the mental health and well-being of both the children and the MCF-NSF facilitators, keeping them active and out of lockdown mental isolation. In all, the MCF reached 26 villages, working with 2 consultants, 18 volunteers and 2 coordinators.

Using **perseverance, and innovative methods:** nursery rhymes, self-descriptive speech, quizzes, puppets, phonetics, plays, parent participation, interactive apps, and career counseling for 100 mountain children.



Team Vikas Nagar – ICA , IRIS and NSF Teams

A Three-Step Process to Learning Math and English in the Pandemic



Thank you to our NSF partners for your continued and steady support!

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 were sponsored this year as well. Several online meetings were held with the students to help them stay focused.



Team Bandal Ghati - Himmotthan and NSF Teams

MCF Continues to support 2 girls – One of who has finished her civil engineering diploma with high grades. The two girls have also undergone a computer training

Vaccinations for all:Azim Premji Foundation



Goals: To increase the rate of Covid vaccinations in areas that had the lowest vaccination rate, the remote villages around Dehradun and the slum areas of Dehradun.

What we achieved and how we did it:

- Generated vaccine awareness in our working area
- Mapping of the working area
- Household surveys to determine vaccination status
- Vaccination awareness data analysis to plan outreach
- Daily community follow up to ensure vaccination access
- Regular communication with health officials and vaccinators
- Arranged early morning vaccination camps for maximum access in area with low vaccination rates



Vaccination Survey Deep Nagar

By Region:

In Bandal Ghati, Raipur: 38 villages, 12,777 people, **94% population vaccinated**

In Deepnagar Area, Dehradun: 12 Urban slum areas, 20,073 people, **96% population vaccinated**

PABAM, THE CHILDREN'S MAGAZINE: STILL GOING STRONG

PABAM is read by more than 1,500 children regionally, and now has an international readership.

This year, the post office did not close down during lock down so we were able to send out PABAM Magazine regularly to all our readers local and global. Covid taught us that we could communicate via smart phones and therefore receive letters from children further afield were being printed in the PABAM magazine. To be cost effective, however, we kept our mail numbers down to 500 as most offices and schools receiving PABAM were closed.



MCF Administration Team: working alongside the mountain children always

Collaborations of Note

MCF and Room to Read

This year the MCF coordinated 10 reading camps with Room to Read as they were launching a state wide campaign with the objective to promote home as a learning space in light lessons learned from the pandemic. Through this campaign we reached 320 children and 147 adults in Vikas Nagar field area.



Reading Camp Prithvipur

The reading camps instilled confidence in the parents and they understood that learning is easy at home through normal daily activities, even if they have little time, limited resources or their child was a first generation learner. Room to Read provided children's books and a calendar with daily activities that could be completed by the parents. MCF worked to facilitate these goals and connect our villages to these resources.

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

MCF- is a member of the NACG Executive Committee and head of the child participation Subcommittee. Under this we organized a virtual training for children on protection from sexual abuse and online abuse. This training was the first of its kind. Children from 12 states participated.



Visit by Prakash Agarwal President IndiansFor Collective Action - California (ICA)

ICA President Prakash Agarwal visited us on November 15, 2021. In Pasoli, he met with the mata samiti where he understood oversight of the anganwadis provided by the mothers in the village, the changes they had brought about, and how they felt empowered by this. He met the

children in Dhakowalla who were attending our maths and English classes and provided some English practice and help understanding maths concepts. He met the Shiksha Bal Sangthan in Mengwalla and learnt about their sanitation and health program. He was kind enough to interact with the children and answer their numerous questions.

OUR SUPPORTERS

The difference you make is critical!

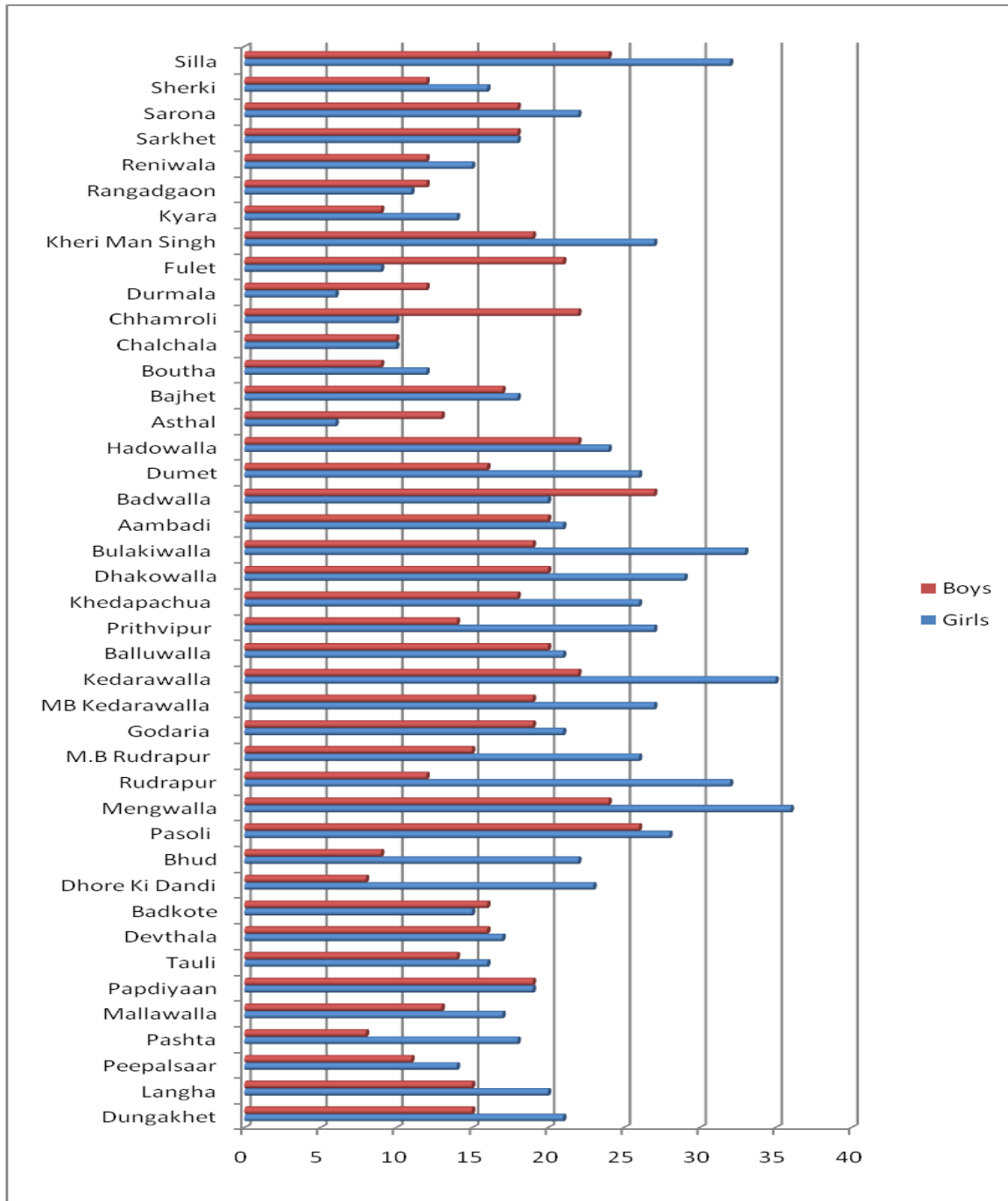
We are deeply grateful to all our individual donors and sponsors who have helped us go that extra mile!

India: Deb Mukerji, Comd. Narayan Rao, Mamta and Chetan Sharma, AmarinderButalia, Nitin Dangayach, Dr Anil Bisht, Arnab Dutta, Kunwar Rani SohinderNabha, MrVineetArneja, MrVabhaiv Kumar, MsKiran Ghosh,Mudita Banerji, Artizen Interiors pvt. Ltd, PuruInduUpadhaya Foundation, Hotel Vishnu Palace, MrPushpinder Singh, Mr Rajeev Mehra, Samir Shah, Punam Mahajan

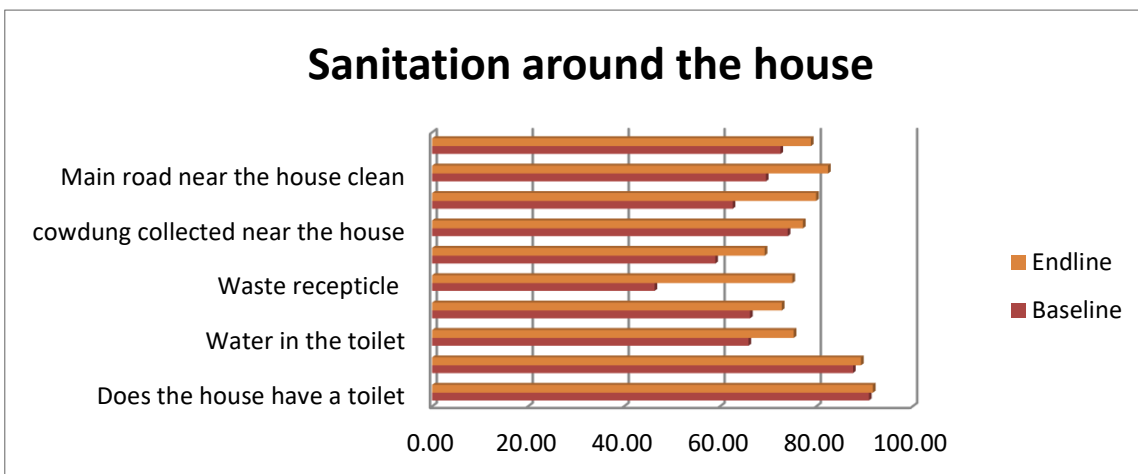
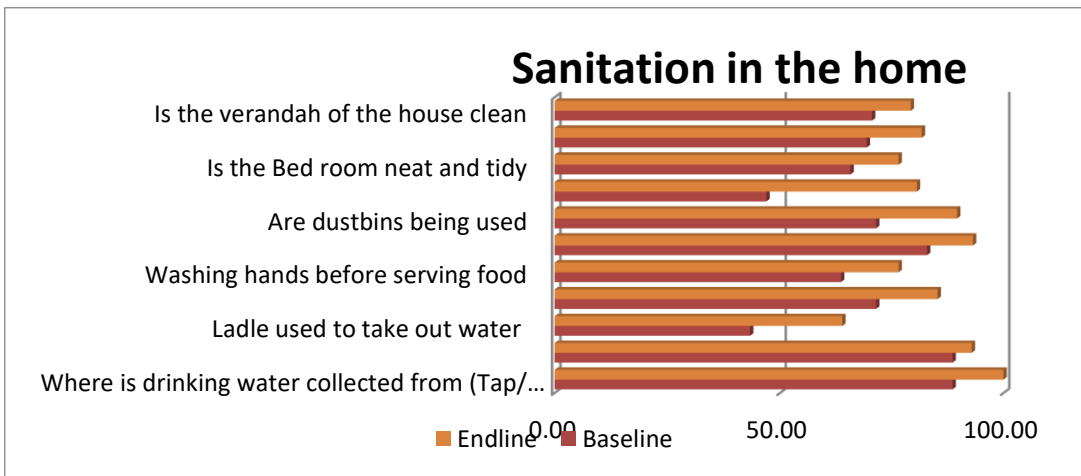
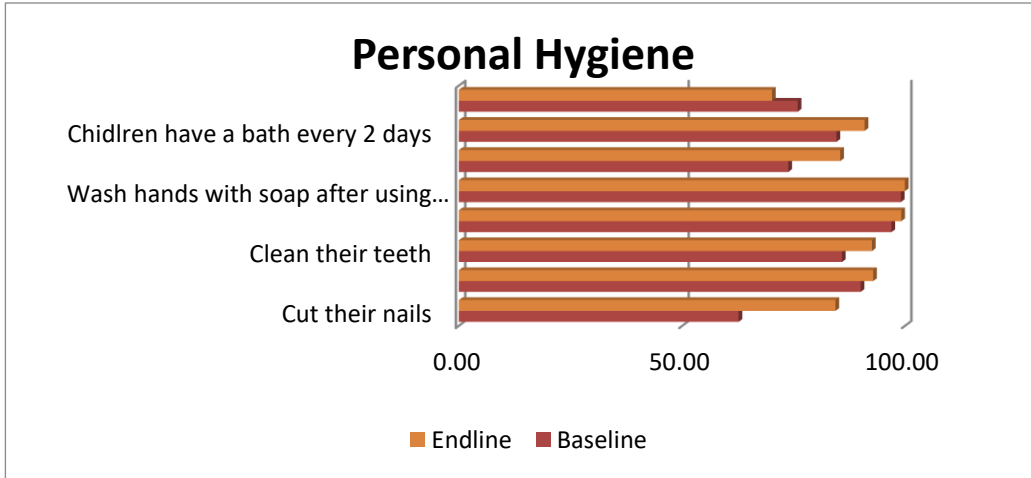
Outside India via Different Giving Platforms :John & Linda Reichel, Cyrus Bharucha, Brij Gupta, Christina Hunt, Rajat Bhatnagar, Archana Sridhar, Mark Yates, Anne Escher, Ketan Patel, Yamini Mehta, Rajat Bhatnagar, Rob Linrothe, Chad and Sally Cheriell, Amar and Vinita Singh, Smita Patel, Urvashi Patel, Karen Swam, Sridevi Satyavarpu, Prakash Agarwal, Rosaline & Jay Maloney.

A special thanks to the NYSICCSI 96 Alums and Profs who sent in their donations to celebrate 25 years of their visit to India and the Mountains of Uttarakhand

Annex 1: Bal Sangthan – Girls and Boys in each Bal Sangthan



Annex 2: Analysis of Healthy Home Survey



Annex 3: Success Stories: Connection during Isolation

Together we can affect change:

Kiran Bal Sangthan in the village of Devthala has about 40 girls and boys as members but no dedicated meeting space. The village has a community hall (baraat ghar), but it was in very bad condition – the doors and windows wouldn't close and the roof leaked. Because it was neglected, people would tie their animals in the space and men would drink and play cards making the space unsafe for the children to meet, even though they tried to keep it clean and tidy for their meetings. They would regularly find the hall dirty with alcohol bottles, cards, dung and grass strewn around.

The children discussed the problem with their facilitator, Satyabala, who suggested they write a letter to the pradhan (village leader) requesting that the doors and windows be fixed and people not be allowed to tie their animals in the community center. With help from their facilitator, the children wrote the letter and each member read and signed it. Satyabala accompanied a delegation of children to deliver the letter to the pradhan.

Within two months, the pradhan had the community hall doors and windows repaired and warned the community members not to tie their cattle inside the community hall. The children were very happy and invited the pradhan to one of their meetings and felicitated him and thanked him for listening to them and providing them with a safe space to meet in. The pradhan was very impressed with the initiative shown by the bal sangathan in solving their problems collectively. Now the out-of-school learning center for the primary school students in the MCF NSF program is being held there as well.

Not lost anymore

Laila⁷ was lost and wandering the streets when the team from MCF Childline took her in and checked her physical health and presented her before the Child Welfare Committee (CWC) who provided her shelter at a Child Care Institute (CCI). Our team sought to reunite her with her family, but found her home life was one of danger and neglect for this nine-year-old child. MCF requested the CWC to keep Laila safe and off the street. She is now housed, clothed and fed at the CCI.

For more stories of success please visit our website:

<http://mcfglobal.ngo/wp-content/uploads/2022/07/ICA-Success-Stories-2022-English.docx>

<http://mcfglobal.ngo/wp-content/uploads/2022/05/2021BGAnnualNarrative.docx>

<http://mcfglobal.ngo/wp-content/uploads/2022/05/MataSamitiFeedback.pdf>

⁷ Not her real name

Annex 4: Prevention of Sexual Harassment

To abide by the guidelines laid 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. DeepikaPanwar - 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	4 awareness meetings were held with the team

Annex 5:

MCF Governing Board Members 2020-21

NAME	ADDRESS	NAME OF FATHER/HUSBAND	GENDER	OCCUPATION	DESIGNATION
Ms. Aditi P Kaur	63- A VyomPrasth, 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 VyomPrasth, 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
Ms. Shalini Sinha	53 AWHO flats Jaswant Nagar, New Forest, Indra Nagar Dehradun, U.K.	D/O Late Ranvir Sinha	F	Artist	Member
Anurag Jain	33 Anand Chowk Dehradun	S/o Jitendra Jain	M	Business	Member