

Mountain Children's Foundation



Annual Report 2022-2023



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

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Greetings from the President



The 21st of May this year marks 20 years since 72 mountain children gathered on the Forest Research Institute lawns of Dehradun in 2002 to demand that their voices be heard, and a group of 7 people took it upon themselves to ensure that the spark of advocacy generated on that day would never die out. They have kept their shoulder to the wheel and although some have left, others have stepped in to carry on. We marked the day with celebrations in 32 villages of Vikas Nagar, Bandalghati, Ghat, Pithoragarh and Chamoli with over 500 children.

To our joy, we were awarded the 'Uttarakhand's Children Champions' by the Uttarakhand State Commission for Protection of Child Rights. We have continued to advocate for protections for children by establishing child protection committees within villages, and are using these as forums for building awareness and understanding in the children around sexual abuse. We continued this work at State level also, by coordinating an interactive workshop on child protection in travel and tourist destinations. Our mountain children represented the MCF in Orissa at a national level consultation of NACG EVAC India¹, along with children from eleven Indian states, and this has helped to widen awareness and broaden the conversation at state and village levels.



We also said some goodbyes: This year saw the end of 14 years of running 'CHILDLINE 1098', a program for children in distress. This program is now being handled by the government of India. Last year, disaster hit the village Sarkhet, cutting off it off from other villages. Our team ensured that the children were safe, and able to continue their education despite school closures. We continue to tutor our village children from 1st to 5th grades. This allowed them to keep up and graduate grade 5 with their peers.

We thank each one of you who have invested in us and the children and their communities. It is your support and encouragement that has enabled us to reach this momentous point in time. To learn more, please visit us at www.mcfglobal.ngo
To continue this precious partnership, please contact us at mcfglobal@gmail.com.

As always, it is the energy and positivity of the mountain children that guides and inspires us all.

¹ National Action and Coordination Group to End Violence Against Children, India

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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.

When Disaster Struck Sarkhet

Early in the morning on the 19th of August 2022 a cloud burst took place in a village called Sarkhet. Sarkhet lies in the Baldalghati area of the Raipur Dehradun Uttarakhand, a block that is well known for disaster events due to excessive rain. On that day, the storm water drains overflowed, the river swelled and swept away 11 houses, 2 schools and a panchayat house.

The Mountain Children's Foundation (MCF) works in these villages. We immediately responded by contacting the district disaster helpline 1077, who were also prompt in their response. Teams got to the flood affected areas, even with the destruction caused to the roads. Families woke to find their house inundated with water and their toilet swept away by the river and the overflowing storm drains.



Several families fled in the dark rainy night taking with them only their sleeping children, to safer grounds in the forest above the village.

The MCF teamed up with the government relief camp in Maldevta for the displaced community. The camp provided food and a safe space and the MCF team provided mental and emotional trauma support, building back trust and making up the donation deficits of tooth brushes, tooth paste, hair brushes, foot wear, personal clothing, and sanitary napkins. We were careful not to duplicate anything. We specifically focused on the children and their response to the disaster. To help mitigate the fear and chaos, our team brought some normalcy to the camp with toys, activities and games for the children.



Other villages were cut off as all the roads connecting them to Maldevta had been swept away. Our team kept these village children connected, as a space to discuss the disaster, their feelings about it, solving problems and keeping the children, even the youngest ones, grounded, purposeful and engaged.

The children's cheerfulness was infectious and spread through the camp. They prevailed in the face of disaster!

20 Years of MCF! Celebrations around Uttarakhand 2002-2022



The mountain children celebrated the 21st of May 2023, the day that marked MCF's 20 anniversary. It was a day of great festivities. The children of the Bal Sangathans gathered across villages and invited their adults as well. They showcased environmental issues and each person's role in it. They demonstrated the web of life where each part of the ecosystem is important to keep life sustainable, our interdependence on this system and our responsibility towards sustaining it for the present and the future.



Online Celebrations

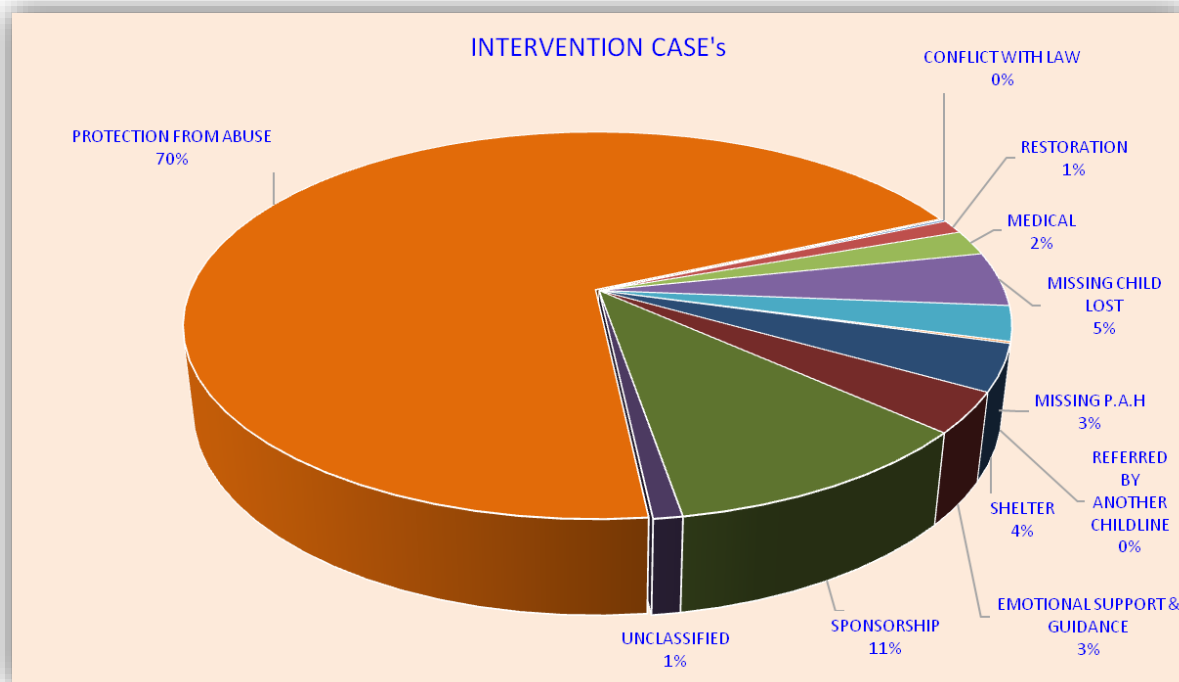
The Bal Sangathans from Vikar Nagar, BandalGhati (Raipur), Ghat, Gopeshwar Chamoli, Nainital and Askote Pithoragarh came together online to celebrate each other and all they have achieved with the MCF. A resounding cheer of "PABAM!!!!" began a virtual trip down memory lane and the beginnings of the Mountain Children's Foundation and the children's magazine. Each group talk shared their work and activities and cut their cakes together online. It was a day of great joy and connection: 561 children took part in the celebration with 139 adults among whom were 2 Pardhans (community leaders) as well as BDC (Block Development Committee) members and ward members and parents. The BDC member from Prithvipur presented the members of the *Prerna Bal Sangathan* a banner with the MCF logo and their Bal Sangathan's name 'Prena' on it. Aambadi Pradhan gifted Aambadi Chetna Bal Sangathan members 2 Dari's (carpets) for them to sit up when they gathered. The MCF supported each Bal Sangathans "party" by providing for cake, soft drinks and snacks for all the children.

DIAL 1098: THE EMERGENCY HELPLINE FOR CHILDREN IN DISTRESS

CHILDLINE India Foundation

April 2022- March 2023

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



Reached: 618 children in mental and physical distress

Rescued: 154 children from child labour, begging and rag picking and filed 45 FIR against offending businesses²

Educated: 9968 children and 23092 adults

Protected: 12 children from sexual abuse by helping them file First Information Reports with the police.

Prevented: 08 Child Marriages

Sponsored: 13 children in need through the Valsalya³ Sponsorship program

²First Information reports. Vital for the police to begin investigations; in this case against the vendors who engaged in child labour practices.

³A government sponsorship program that provides the child with Rs 4000/- per month till the child is 18 years of age

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



April 2022 - March 2023
16 Villages of Vikasnagar, Dehradun,
14 Villages Raipur Dehradun

Project Goals: To strengthen preprimary education, support the 'Bal Sangathans,' (Children's Groups) with a focus on health, hygiene, and strengthening 'Mata Samitis' (Mother's Groups) and their reach to services

What we achieved:

- 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
- Strengthened Village Level Child Protection Committees



How did we do it?

30BaSangathan Meetings:

With 1107 members participating, girls had a safe space to learn **leadership and participatory skills**.

- ❖ **Discussions:** on issues that affect children, such as playgrounds, game infrastructure, drinking water in schools, better internet facilities to bridge the accessibility gap in online studies, more Anganwadis for younger siblings. There was a special focus on personal hygiene, sanitation in the home and cleanliness around the house.
- ❖ **Surveys:** The children conducted 32 Healthy Home Surveys reaching 1106 family homes with a final **awards** ceremony for which they invited families, dignitaries, Anganwadi and ASHA workers. Awards day is also a chance to showcase community culture and pride.
- ❖ **Mapping Sanitation in the Villages:** The children made detailed community sanitation maps highlighting problem areas. Sharing these generated awareness, and subsequent problem solving in the community.
- ❖ **SARAR:** This tool was used to generate awareness on sanitation and hygiene, focusing on developing 'good habits' and villages are then able to see the change⁴ that took place.
- ❖ Meetings with young adolescent girls to talk and discuss about their mental and physical health. The girls also discussed menstruation and other growing problems. With the help of these interactions we even prevent two child marriages and had those young girls go back to school again
- ❖ **Mata Samiti Meeting:** Mothers were key in building learning and confidence in 43 Anganwadis and in understanding of the need for early childhood education, the role of Mata samiti and Anganwadi work, monitoring the health of mother and child, breast feeding and new born care, training in vaccines, preventive care, nutrition, and available resources. There was an exponential increase in understanding and knowledge after the training, as the chart (1) shows. Because of this continuous follow up, approximately 80% of the women breast fed their children right after birth.
- ❖ **Healthy Baby Celebrations:** We conducted Healthy Baby Shows in 28 villages, where 238 babies and toddlers and their mothers were evaluated by ASHAs (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. A total of 1040 people took part in these shows. See chart (2)
- ❖ **Increased visibility of the Anganwadis:** To foster a sense of belonging for children and mothers, and legitimize the need for Anganwadis in the communities and needs.



Healthy Home Survey Aambadi –Using SARAR Tools

⁴ Annex 2 Healthy Home Survey Analysis - page 18

❖ **Right to Education (RTE) Meetings: every child has a right to free education:** India had just passed the new education policy in 2020 but due to the pandemic it had not come into effect. We shared the new policy in preprimary educational spaces as well, and made sure that community leadership (the Panchayats, SMCs) community members and children are aware of the act so that that these services were provided to children in each government school. We have conducted 16 RTE meetings in 16 villages of which 808 people attended See Chart (3). Here are some successes.

- In Prithvipur RTE helped a primary school get drinking water. Mrs. Asha Chauhan a BDC member (Block Development Committee Member) took up this issue and resolved it. The children now have running drinking water in the school.



- RTE processes helped 8 children from the Gujjar Bast in in Rudrapur to connect with the Bal Sangathan, and the NSF Class and to get their aadhaar (ID) cards so that they could be go to school.

- In Pasoli, RTE led to discussion with the children, their families and the school has addressed truancy in the children who are now going to school regularly.

- The Pradhan from Boutha took up the problem of garbage management identified by RTE, and soon the school will have a garbage pit.

- The Chamroli Pradhan is looking into an absent head master and electricity seepage issue in the village schools.

- The Pradhan of Sherki is securing drinking water for the community center for preprimary children, another RTE process solution.

❖ **Strengthening Village Child Protection Committees:** This is a community-based gender inclusive group primarily responsible for creating and promoting a child friendly and safe community environment. The committee maps the most vulnerable children in the community ensuring their education, access to government benefits and health schemes, and protection from child labour, underage marriage and sexual abuse.



Creation of Village Level Child Protection Maldevta

❖ 10 Village Level Committees were made in the 14 villages as some villages came under the bigger village panchayat, 216 people took part in the meetings. Several issues were discussed and the VLCPCs highlighted several issues pertaining to child protections in their village⁵.

⁵ List of child protection issues Annex 2

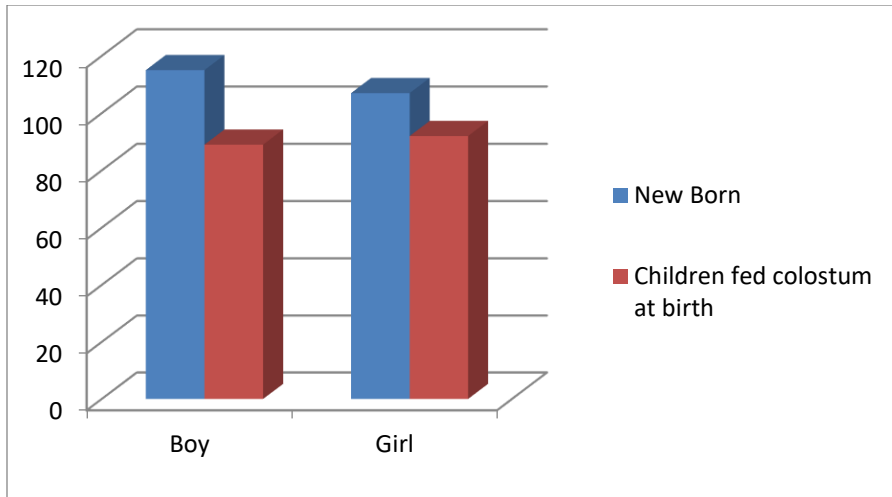


Chart 1. Showing the effect of Training Mata Samiti Members for healthy growth of their children

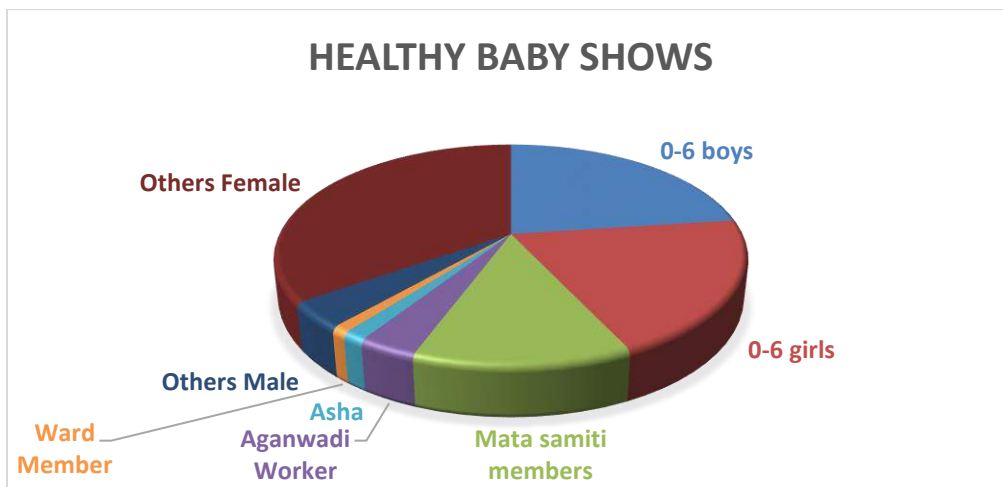


Chart 2. Healthy Baby Show Participation

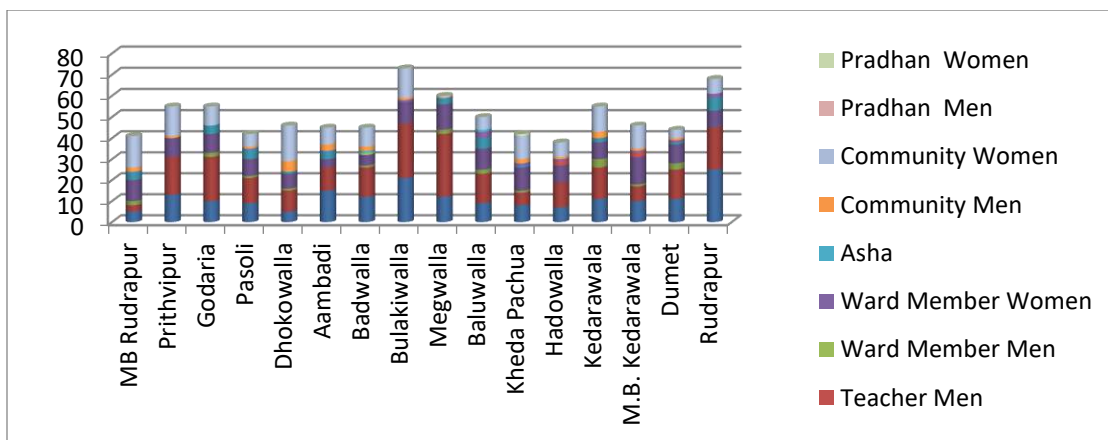


Chart 3. Right To Education meetings at the village level

Child Protection Committee Formation Meeting															
Sr. No.	Village	Pradhan (President)	Member DCPC	Anganwadi Worker	Head Teacher PS	ANM	Asha	Bal Pratinidhi		BDO Nominated Social person (Ward Member)	Other Men	Other Women	CWPO concerned Thana	MCF Members	Total
								Boy	Girl						
1	Bajhet	1	0	1	1	0	1	3	0	1	0	4	0	3	15
2	Asthal														
3	Chhamroli	1	0	2	0	0	1	0	0	1	4	3	0	4	16
4	Sarona	1	0	1	1	0	0	0	1	3	0	5	0	4	16
5	Fulet	1	0	2	0	0	0	0	2	1	0	4	0	2	12
6	Sarkhet	0	0	2	1	0	1	3	4	2	0	10	0	7	30
7	Silla	1	0	1	0	0	1	4	0	2	6	4	0	5	24
8	Kyara	1	0	2	1	0	1	1	2	1	5	5	0	4	23
9	Sherki	1	0	2	1	0	0	1	7	1	0	5	0	3	21
10	Kheri Mansingh														
11	Reniwala	1	0	2	1	0	1	2	1	0	0	9	0	2	19
12	Maldevta	1	0	0	0	1	1	2	2	2	5	5	0	3	22
13	Boutha	1	0	2	1	0	1	0	0	1	1	8	0	3	18
	Total	10	0	17	7	1	8	16	19	15	21	62	0	40	216

Chart 4. Each committee has 9 members that include the Pradhan, ward members, ASHA worker/ANM, Anganwadi worker, teacher and 2 children one of which must be a girl.



Health Home Survey Sarona



Hemoglobin testing Bulakiwalla



REMEDIAL EDUCATION FOR PRIMARY CHILDREN: Nucleus Software Foundation



**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**



Project Goals: To cover the learning deficit caused by the pandemic for 2nd and 3rd grade village children. Using technology to bridge the learning gap in English and Mathematics.

What We Achieved: with our partner Nucleus Software Foundation

This program reached 221 children in the beginner level, 130 in level 1, 109 in level 2, 150 in level 3, 14 in level 4 and 5 in level 5, across the villages. 11 students who were 5th and 6th graders and had attended NSF classes completed the first level of the HCL competitive examination, which spoke volumes for the increase in their knowledge in both Maths and English.

English: a focus on pedagogy

The issue of English as language studies is particularly challenging for the mountain children. The MCF, with the NSF took a wholistic approach to language learning which included community building around the new language and building English skill through group participation. Here is a snapshot of alternative language pedagogies used:

- ❖ The NSF provided an English exercise book which was an important factor in increasing language skills and providing a clear reference point for the children
- ❖ Fun mixed quiz taking: the children played 36 quizzes of which 15 were in English and 02 in Hindi and 15 General Knowledge and 3 Puzzles. By mixing languages in this way, the children were made comfortable to try the new information.

Mathematics: a focus on specific milestones

	Village Vikas Nagar	Village BandalGhati
Level A	completed	
Numbers up to 10	86 %	79 %
Numbers up to 25	84 %	72 %
Numbers upto 50	85 %	72 %
Level 1		
No up to 10	96 %	86 %
1 digit addition	91 %	90 %
1 digit subtraction	87 %	89 %
Concepts of multiplication	71 %	
Level 2		
Numbers upto 100	80 %	87 %
2 digit addition	79 %	72 %
2 digit subtraction	74 %	61 %
2 digit by 2 digit multiplication	62 %	



Chart 5. Maths Outcomes.

The children learnt maths starting recognizing numbers to division and multiplication by 3 numbers. The concepts were taught from specific, using TLM and reaching its abstract form. They struggled with Division and Multiplication but were taught through several methods so that they understood the concepts.

MCF NSF held an art competition where all the art was sent to NSF and the winners were selected, but all were rewarded for participation.

We had a special visit from - Yasmin Ji, Head CSR Committee, NSF, Madhu Ji Trustee Nucleus Software Foundation, Ritika Board Member and Director Nucleus Software, Saravana Senior Manager Nucleus Software, Sumir Bhat Manager Nucleus Software and Himanshu Rai Sharma Senior Project Manager NSF.

A NEW PABAM: The Children's Magazine

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



After 20 years of PABAM, we decided in August 2023 that we would need to reimagine the magazine. With funding and contributions becoming a challenge, the magazine will now come out as a single issue, each quarter. We are in the process of re-imagining an exciting new PABAM with KhilaBisht, secretary and MCF governing board member, Anil Maikhuri the editor and the MCF senior team.

MCF has also deregistered PABAM from the RNI (Restriction of Newspapers India) as MCF was not seeing the benefit of having PABAM registered in its new format.

Collaborations of Note

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 as well as one international discussion on Child Labour and Online sexual abuse. Two children and a facilitator visited Bhuvneshwar Orissa for an in-person consultation on prevention of child sexual abuse in which children from 12 states in India participated. One of our young members presented issues that were of importance to our state. The children also made a list of issues to be addressed so that children could be protected from sexual abuse. This was a follow up of the issues raised on the two online discussions. The children then voted for the issues that were of the most importance that they wanted addressed by the government, politicians and the social sector.

Visit by Aha Singhvi from the US

AbhaSinghvi is a life coach. She visited us and held a workshop with the field team as well as the Childline team. She taught us how to center ourselves and unleash the leader within us. How we could discover, dream, design and deliver – to empower, learn adjust and do. To do that we would need to take a risk which actually meant to recognise, identify, shift and know who we wanted to become. She held a special session with the Childline team at the end of their participation and the difficult decisions this involved.



Himadari Dey

As funding patterns are changing, MCF is finding it difficult to find funds. Himadari Dey offered pro bono for a short period of time to set up MCF funding strategy. This has begun with an intensive two-day session with the senior team to plan MCF's future for the next 20 years.

Amar and Vineeta Singh, Surjeet and Rasik Patel, Sirinder Singh and Anil Bisht Visit

We thank Amar Singhji for his insights on the Kheda Panchayat Healthy Home Survey. These are excerpts from his letter

“The children had surveyed the entire village in April and made note of locations where litter and garbage were not confined to garbage bins, either because bins were not present or bins were improperly used or not emptied regularly. They had then communicated their initial survey findings to the village elders, and requested bins be placed where required and emptied

regularly. Their initial survey in April showed 13 locations which were unsatisfactory, and their follow-up survey in November showed only 4 were still bad, a major improvement in 6 months. note of locations where litter and garbage were not confined to garbage bins...They had then communicated their initial survey findings to the village elders, and requested bins be placed where required and emptied regularly...It was wonderful to see children and their parents together discussing the issues and possible solutions... It evidenced the active involvement of both children and adults in issues that affected them, and how parents can also learn from their children.”

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!

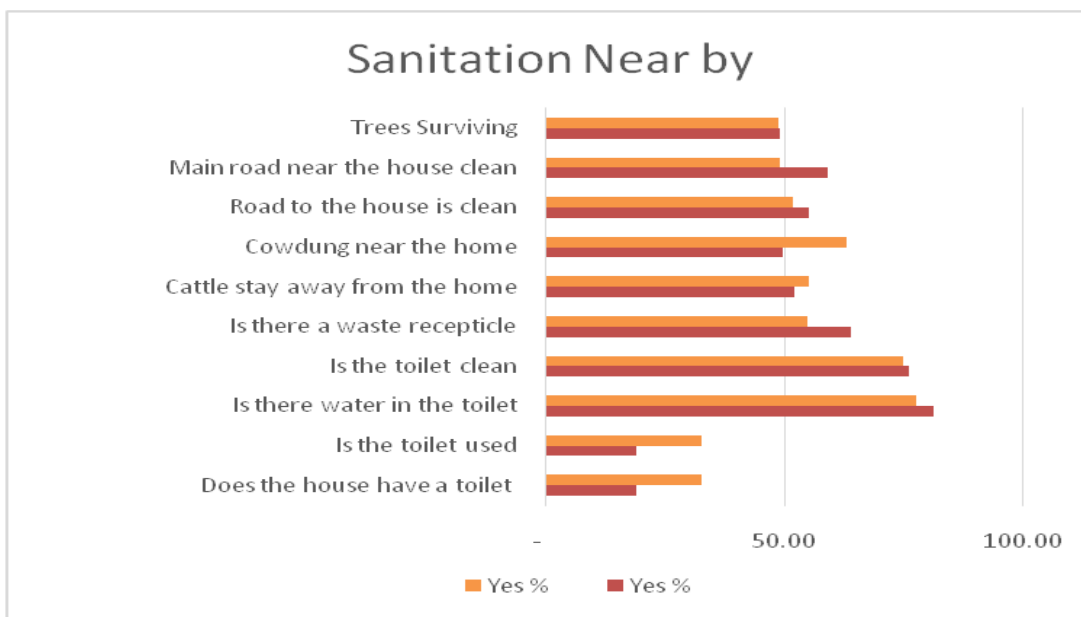
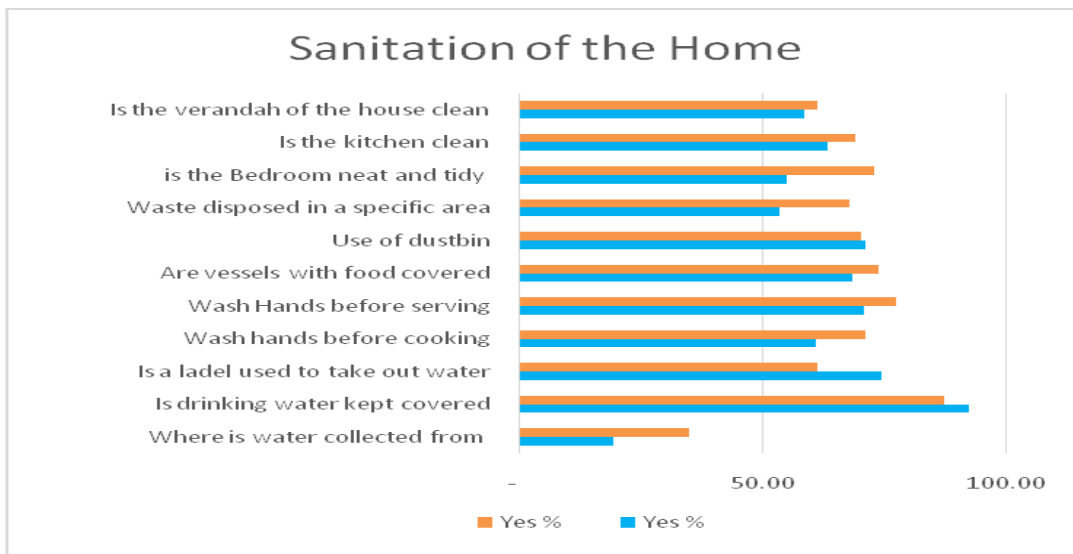
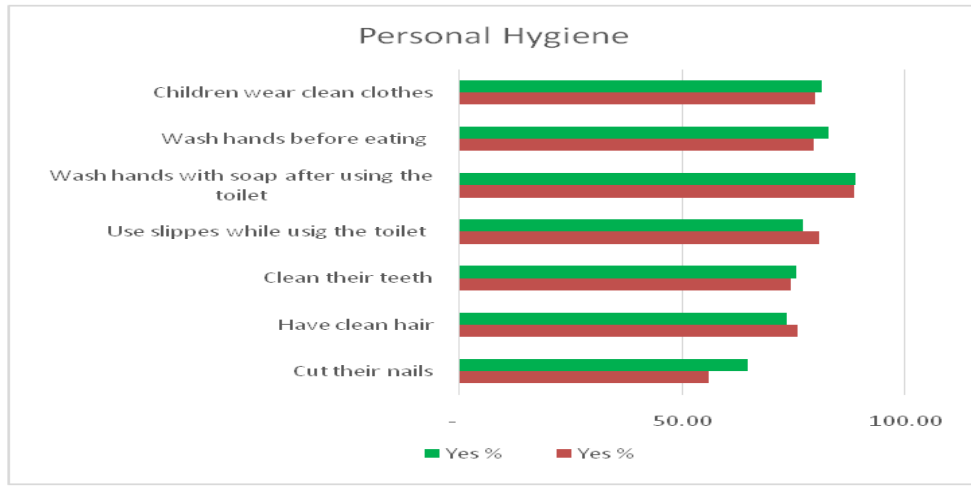
India: *Deb Mukerji, Comd. Narayan Rao, Mamta and Chetan Sharma, Amarinder Butalia, Nitin Dangayach, Dr Anil Bisht, Arnab Dutta, Kunwar Rani Sohinder Nabha, MrVineet Arneja, MrVabhav Kumar, Ms Kiran Ghosh, Mudita Banerji, Artizen Interiors Pvt. Ltd, Puru Indu Upadhaya Foundation, Hotel Vishnu Palace, Mr Pushpinder Singh, Mr Rajeev Mehra, Mr Samir Shah, Ms Punam Mahajan*

Via Different Indian Giving Platform: LT's Got Talet - *Astha Priya, Abhishek Agarwal, AbhiRupa Mitra, Akul Taneja, Amandeep, Anant Kumar, Arpit Modani, Aryan Tomar, Chnadana Mishra, Isha Bansal, Mohit Kishore, Sher Mohammad, Sachin Agarwal, Shivam Goel, Akasg Goel, Sonam Bhatiya, Stuti Rastogi, Swati Jain, Tnamay Varshne, Vikas Pajapati, Prithwiraj Dey, Priya Bansal, Piyankar Kumar, Premher Kaur, Puneet Bisht, Raunak Talwar*

Outside India via Different Giving Platforms : *John & Linda Reichel, Cyrus Bharucha, Christina Hunt, Rajat Bhatnagar, Chad and Sally Cherial, Amar and Vinita Singh, Urvashi Bali, Vikram Joshi, SagarVerma, Smita Pate, Mayank Thapliyal, Ashish Thapliyal.*



Annex 2: Analysis of Healthy Home Survey



Annex 3: Stories of Change:

❖ Sunita Devi SMC Member, Godaria

We learnt through the healthy home surveys that we need to be responsible for the cleanliness and sanitary conditions of the areas around our homes. This month we raised the issue of the unsanitary condition of the Chicken farm being exacerbated by flies and heat. We met the owner and conveyed our concerns to him and explained what we had learned about the need to keep our environment clear. We found out that the owner took this to heart and followed up by cleaning up the dirt and spraying medicine to reduce the number flies. For this I would like to thank the MCF and the healthy home surveys.

❖ KhushiUjjwal Bal Sangathan, Godaria

We all joined together to celebrate MCFs 20th foundation day . We learnt about the ecosystem. The children also enjoyed playing the web of life. We also presented several cultural activities. All of us enjoyed ourselves a lot! Best wishes to MCF on its 20th foundation day

❖ Priya, Mother from Pasoli

I learnt about the need to feed my child colostrum. I am 6 months pregnant and I will defiantly feed my child colostrum once it is born.

❖ Riya President Prerna Bal Sangathan Prithvipur

MCF has a very profound effect on all the children who are in the Bal Sangathan. Initially the children of our village would not attend school regularly. During our Bal Sangathan meetings we understood that should go to school regularly. The children of the village started attending the Bal Sangathan meetings and also started to go to school regularly. As I am the president of my Bal Sangathan I also get an opportunity to speak and be heard.

❖ **Anuj's Story: School Success!**

Four years ago Anuj, from the Chamoli Bandalghati village, completed class 5 but he was struggling with school and found it hard to keep up. He had very few friends and would mostly keep to himself. Finally, he dropped out of school. Anuj's father is a daily wage worker and his mother looks after the home. His parents were scared that he would have a difficult time in school and so had not enrolled him in the senior school. Anuj was irregular at the MCF programs as well. Our facilitator reached out to him and his family. He made friends with Anuj and encouraged him to attend the MCF activities, where Anuj slowly, and with help, gathered confidence. Our facilitator also spoke to Anuj's parents and impressed upon them the importance of steady school attendance not just for his academic success but also to have a community and social interaction. MCF facilitator Sandeep calmed their fears about him being bullied and excluded, assuring them of the MCF's support and attention. As a result, Anuj's parents enrolled him into the Bhagdwarihal High School. **Anuj now goes to school regularly**

and he also attends the MCF activities and programs as well. His parents are happy and are grateful to the MCF facilitator for encouraging them to send Anuj to school.

Vansh's Story: A confident clean environmental activist!

Vansh's father runs a shop and his mother looks after the home in the village of Sherki, BandalGhati. Vansh did attend Bal Sangathan meetings but was very shy, would not speak at all and would even struggle to introduce himself. The MCF facilitator Sandeep visited his home and spoke to his mother, involving her in the plans to help Vansh gain his own sense of self, speak with confidence and feel good about himself. She did this by explaining the community and trust building activities that take place in the Bal Sangathan, and the friendships that are encouraged among the children, which Vansh would begin to learn from. His mother also motivated Vansh to speak and share his thoughts at home. Slowly the facilitator worked with Vansh and now he has gained greater confidence. He has made more friends with his fellow Bal Sangathan members. He is confident when he introduces himself and something else changed too! His mother said that Vansh used to throw rubbish everywhere but once he learnt about sanitation and hygiene he has been very particular that he conscientiously uses dustbins for trash, and he makes sure that everyone in the family does the same! She was very happy to see this change in her child.

Vineet's Story: The benefits of the Anganwadi

Vineet 3 years old belongs to a family in Chamroli. His father is a barber and his mother looks after the house. They have a small field. They don't have many resources and must both work for their livelihood. Vineet did not like being at the Anganwadi, had separation anxiety and found it hard to part with his family. If he did come, he would insist in leaving soon or that his mother and grandmother stay with him. He refused to participate in any of the fun activities in the Anganwadi. The MCF facilitator told Vineet's mother and grandmother to start leaving him for short periods of time but then come back again. In that time, the facilitator would involve Vineet in different activities and even told him that if he played well he would take a picture of him and a video and show him. In this way, our facilitator (name?) found something to excite and engage Vineet and he began to forget the need for his mother or grandmother. Now Vineet comes happily to the Anganwadi, participates in activities and is starting to learn poems, among other things. Vineet's mother said that Vineet now goes happily to the Anganwadi and has made friends with the other children.

The Impact of the Health Baby Show: a case study from Sarona

Sarona is a large, scattered village with a population of 400 people in the Bandalghati area of the Raipur block in Dehradun. The main road to Sarona is a dirt track. Sarona has a primary school, a high school and an Anganwadi. Forty children are registered in the Sarona Anganwadi but very few actually attend it as the hamlets Kathyud, Behkli and Domkot are scattered and the road and path to the main Sarona village is through a jungle populated with wild animals including leopards and bears. It is a dangerous and treacherous road to our Anganwadi. Over the year the MCF facilitators reached out to the members of the Mata Samitis (Mother's Groups) and discussed the clear benefits of the Anganwadis for their children, and the mother's own role in making the Anganwadis more vibrant, more relevant and more critical for the

development of their children. The campaign of education and building trust worked: this year at the healthy baby show more children participated than ever before, to our surprise and delight, and 5 families of Domkot(who live about 10 km away) also attended. They booked a taxi and came with their young children. They said that they learnt about looking after their children, sanitation and hygiene and the importance of monitoring the weight of their children regularly at the healthy baby show. They saw the benefits of the Anganwadi and also the need for finding a safe, alternative route to attend their Anganwadis or a mini Anganwadi closer to their home

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. HimaniChandolaChhimwal - Member
3. Ravindra Singh Chauhan - Member
4. RanuBisht – 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 2022-23

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. KhilaBisht	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