

## FINAL REPORT / IMPACT REPORT

Name of Project: **MISSION VATSALYA**

DEPARTMENT OF WOMEN & CHILD DEVELOPMENT  
GOVERNMENT OF NCT OF DELHI  
STATE CHILD PROTECTION SOCIETY

under Centrally Sponsored Scheme

**Venue:** Children Home for Girls, Nirmal Chhaya Complex, Jail Road, New Delhi

**Date:** from 19.02.2022 onwards

Submitted by:

Social Impact Development Foundation (SIDF)  
& Aarambh Fitness Academy sports Forum

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# Road to Impact 2021 – 22

Reach, Collaborate, Engage.....

# Agenda

- 01 Our Vision & Purpose
- 02 Program Details FY 20-21
- 03 The pathway to impact
- 04 Program design

# Our Vision & Purpose

- We believe in transforming the lives of the helpless and giving them the means to stand on their own two feet capably and independently.
- Our Purpose is to eradicate poverty by empowering people & communities to live with dignity, one life at a time. We do this through the power of breakthrough ideas, always sensitive to the impact that can be made to those who are less fortunate than us.
- This project & practices targeted to health, hygiene through a validated process, applied, and delivered in Health, Air, Water, Food, Sanitation and Hygiene segment with the potential for scaling up with larger impact benefiting living being and shaping the health of the planet.
- We undertook activities which tend to create awareness and educating the resident children on the themes of Cleanliness, Hygiene / Physical & Mental fitness - Self Defence/ Wellness and mindfulness. The training and capacity enhancement of these adolescent girls was for holistic development, overall physical and mental well being.

# Focus Area

Our focus of training and awareness was on resident children of “Children Home for Girls”, Nirmal Chhaya Complex, Jail Road, New Delhi which is a Protective and Corrective Institution registered as a statutory institution .

The Institution provides free boarding, lodging, medical care, mental health care, protection, counseling, psychiatric treatment, vocational training, guidance, basic education and recreation activities for the residents where girls are admitted and discharged from the Institution as per the Court orders.

# Target Group

## Who are we addressing?

Training and Capacity Enhancement of adolescent girls for holistic development, overall physical and mental well being.

# What are the pathways?

## Activity - 1

- ✓ Orientation, education and creating awareness amongst all resident children and caregivers on the themes of cleanliness (both personal & surroundings).
- ✓ facilitating information of Children on health & hygiene at personal level

## Activity - 2

- ✓ Training of inmates of the institution in the art of managing their physical and mental wellbeing.
- ✓ Training was imparted to them in Self-defense & Spiritual Yoga

# Pathways ....

## Activity - 3

✓ On completion of basic level of training at the end of program, where children demonstrated skills they learnt in an Investiture Ceremony where officials from DEPARTMENT OF WOMEN & CHILD DEVELOPMENT were present.

## Activity – 4

✓ **Master trainers** were developed among trainees who will further train other children in this art of Self defense.

✓ **'Bal Mitras'** were developed among trainees who would act as role models amongst the resident children and will act as messenger of Swachh Bharat Campaign with the other CCIs.



## Activity – 1

Orientation, education and creating awareness on the themes of cleanliness (both personal & surroundings), information on health & hygiene were imparted

- The students started identifying themselves with the Women Achievers of India. This was done through dividing them into groups, MARY KOM, SANIA MIRZA, PT USHA, KALPANA CHAWLA & BECHANDRI PAL and started understanding the importance of daily routines followed by these women to achieve their goals.
- Need for and importance of personal hygiene, cleanliness to keep their mind and body healthy and alert. This was brought about by encouraging voluntary team/ group Leadership. The Team Leaders started making efforts to ensure maximum attendance, Punctuality, personal hygiene and Self Grooming.
- The groups started cleaning up the work- space before leaving the session.

## Activity – 2

The art of managing their physical and mental wellbeing by imparting them training in Self-defense & Spiritual Yoga

- **Self-defense** involves defending the health and well-being of oneself from harm. Self-defense is highly crucial in danger and intimidating situations . It gives confidence and knowledge to back yourself in an unfavorable scenario.

Learning self-defense skills benefits women in ways that extend beyond discovering how to protect themselves. It also boosts their self- esteem and positively affects their personality.

Knowledge of self defense gives women the confidence to either avoid confrontation, stay in control or fight off their attackers by applying themselves.

- **Yoga is an ancient form of exercise** that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

## Activity - 3

- On completion of basic level of training at the end of program, where children demonstrated skills they learnt in an Investiture Ceremony where officials from DEPARTMENT OF WOMEN & CHILD DEVELOPMENT were present.

As a run-up to the International Women's Day, at Jawaharlal Nehru Stadium on 6th March 2022 (Sunday), Deputy Chief Minister Manish Sisodia, Govt. of the National Capital Territory of Delhi graced the occasion along with Dr. Rashmi Singh, Special Secretary cum Director of Department of Women & Child Development, Govt of NCT of Delhi.

These girls with just 9 days of training demonstrated their skills learnt, in front of the audience.

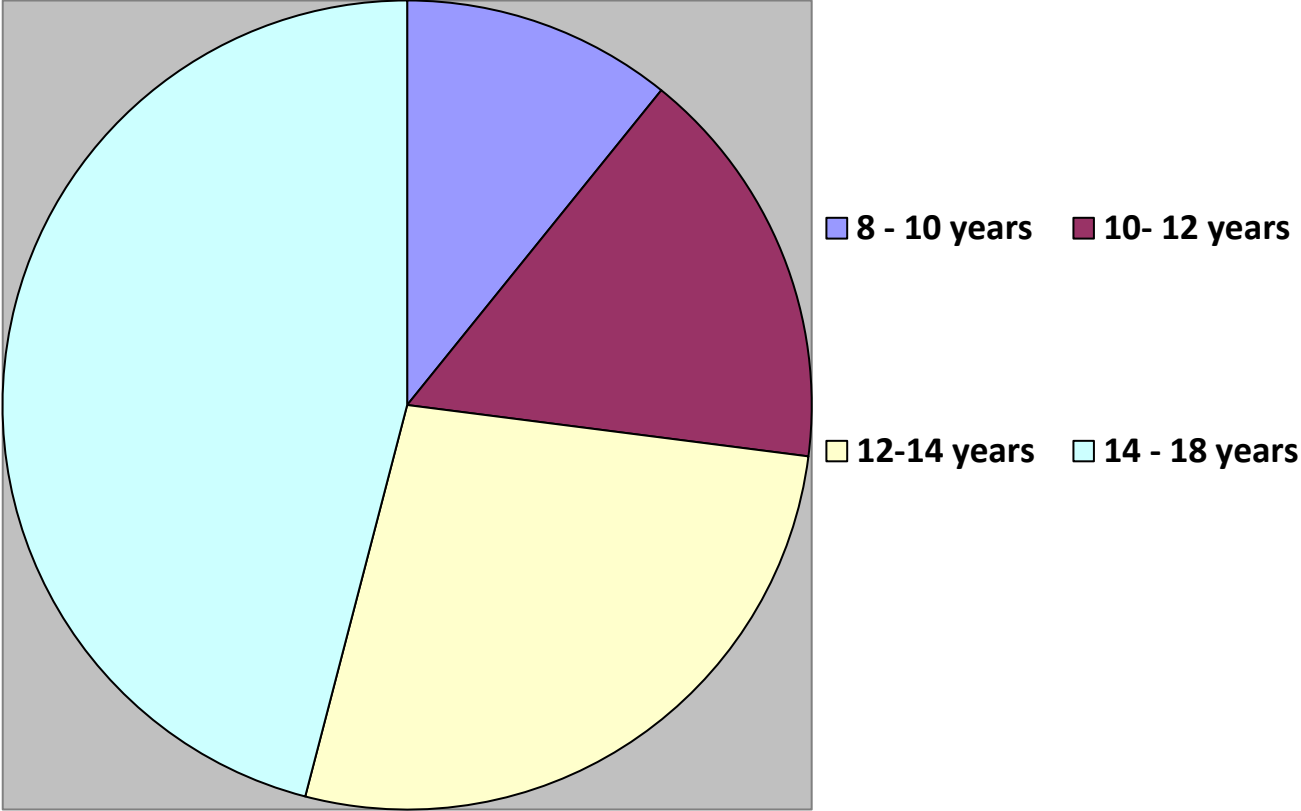
## Activity – 4

- ✓ **Master trainers** were developed among trainees who will further train other children in this art of Self defense.
- ✓ **'Bal Mitras'** were developed among trainees who would act as role models amongst the resident children and will act as messenger of Swachh Bharat Campaign with the other CCIs.

# Trainee Profile

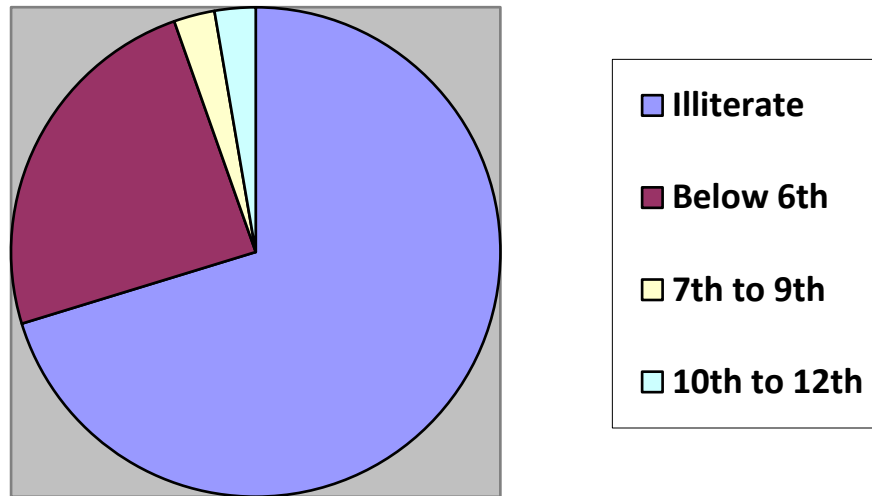


Females



## Educational Qualifications

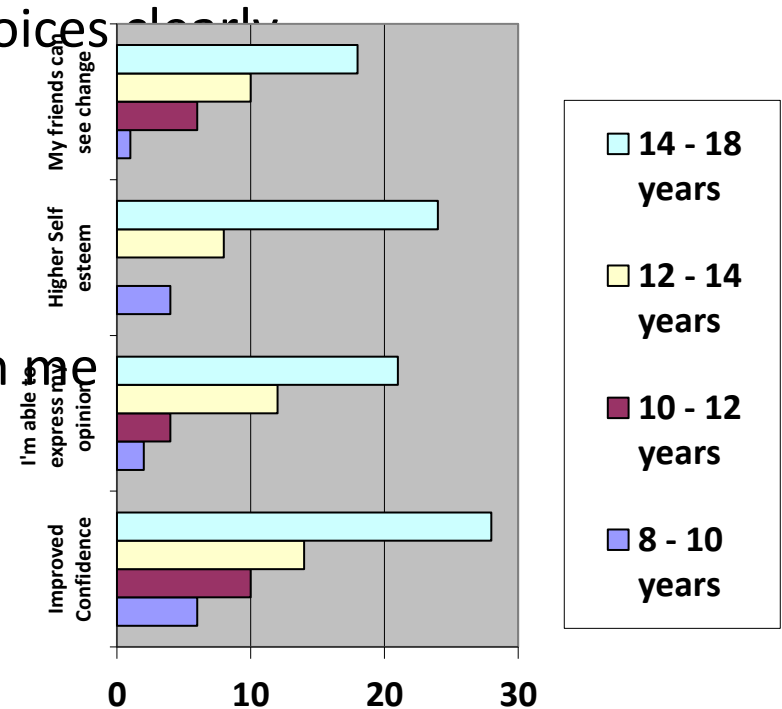
Illiterate	below 6 <sup>th</sup>	7 <sup>th</sup> to 9 <sup>th</sup>	10 <sup>th</sup> to 12 <sup>th</sup>	Total
52	18	2	2	74



100% trainees agreed that they feel education is directly linked to them having a better future.

## How did the training empower / change you as a person?

- Improved Confidence
- I'm able to express my opinions & choices clearly
- Higher self esteem
- I feel I can achieve my work goals
- Increased social status
- My friends can see a visible change in me



## Support needed to fulfill educational aspirations

- Awareness about relevant schemes relevant for me
- Booster course to study
- Counseling /guidance
- Guidance and hand holding
- Financial help

**For some children, education is an asset to be utilized for the entire life; for some others, it's a luxury that just can be dreamt of.**



## Key highlights of the program FY 20-21

74 Children in the age group of 10-18 years attended the Capacity Building Programme on the themes of cleanliness, hygiene, physical fitness, wellness and mindfulness for **"Mission Vatsalya"** under Swachchata Action Plan.

10 children have been developed as master trainers who will further train the children on a regular basis.

'Bal Mitras' - have been developed, who will act as Swachh Bharat Campaign message with the other CCIs.

Sach Honge Sapne classes were held where these girls got awareness of outside world during their training.

# Outcome Snapshot

## FY 2020-21

- Improved Confidence in Children
- Express their opinions & choices clearly
- Higher self esteem
- They feel that they can achieve their work goals
- Their friends can see a visible change in their attitude.

# Girl's Secondary Education is a Pathway to improved Health



Infant & Child Mortality



Child Immunization



Risk of Maternal Mortality



Household Nutrition



Risk of HIV



Children's Education

# Learning 's

## FY 20-21

- Expressing themselves through Oral communication, art and craft.
- Understanding the concept of team work -The students with better literacy skills started helping the other not so fortunate team members. Appreciating the value each team mate brought to the table.
- Understanding healthy competition between individuals to motivate in achieving goals.
- Value of SELF and DREAMING BIG to strive and achieve Goals
- Importance of simple courtesies and etiquettes
- Everyday usage of simple English phrases like” How are you?”, “I am fine, thank you.” “ May I enter?” “ Please “ and “Thank You”.

# Girl Education

Education is power and makes a girl powerful.

Education brings opportunities for unlimited learning.

Education itself is independent of all the restraints, age, sex, caste, religion and region.

Let gender inequality go away from society through a girl's education.

Education is a master key to the door for all goals.

# The World Is Changing

**Program Delivery** Offline , Person to Person Trainer/Subject matter Expert

**Beneficiary Focus** Family

**Operating Models** Programmatic approach Ecosystem turning more collaborative Response -- recovery

**Program design** Internal design mandates Multiple feedback loops from beneficiaries

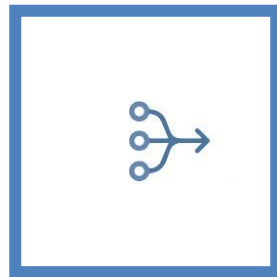
**Depth of intervention** Capability enhancement Unpacking the complexity around multidimensional poverty

# Planning for impact-

## Need more sessions to make a DIFFERENCE

Integrate the modules developed for guidance & Counseling

01



03

Family intervention through support for social entitlements

Introduce the general training module along with mentoring

02



04

Bifurcate into two based on choice distinction (for job seekers and for entrepreneurs)

A rectangular, light brown cardboard card is placed on a rustic wooden surface. The card has a hole on the left side with a black string threaded through it. The words "Thank you!" are written in a black, cursive font. To the right of the card is a single white daisy with a yellow center. In the background, two more daisies are visible, slightly out of focus. The overall scene is warm and natural.

Thank  
you!

