



# Aastha Nishtha Foundation Annual Report ( 2021 -2022 )

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## ABOUT AASTHA NISHTHA FOUNDATION:

Children are the future and our hope for greater things to come. We work at the grassroots level to truly understand the state of the underprivileged children and transform their lives. Our primary focus lies in providing quality education, nutrition and healthcare to the underserved children.

Our programs are specially designed to fit the need of growing children and we try our best to bring a positive change in the lives of those who struggle because of lack of resources.

Our team works extensively on field to conduct educational sessions, sessions on hygiene, food and nutrition, awareness sessions on sexual and menstrual hygiene for women and adolescent girls along with various distributions that takes place after understanding the needs and requirements of the homeless families.

With the help of our donors, we have reached an approximate of 500+ children who reside in the slums or on the streets and have engaged them in our programs.

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## DIVERSE AREAS OF OUR WORK

- **EDUCATION:** We believe education has the immense power to transform the lives of the underprivileged children and help them to thrive for a brighter future. Our mission is to provide them with basic knowledge and empower these children to grow into responsible citizens in their community with the help of education.
- **NUTRITION:** In India, the majority of street children are malnourished due to the inability of getting a balanced diet, which leads to a weaker immune system, hence it may result in shorter life expectancy and unhealthy life. We strive to fight against hunger and malnourishment by providing them food and a healthier lifestyle.
- **HEALTHCARE:** People living in slum areas are often left out when there is a need for medical aid due to their weak financial background. Our target is to provide them free healthcare and detect potentially life-threatening health conditions and assist them with proper medication.

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# THE LASTING IMPACT OF COVID-19

The year started in the midst of the COVID-19 pandemic which was brutal, but it was specially heart wrenching for the vulnerable sections of the society where poor people were pushed even deeper into the hands of poverty. The most affected were children who had live without access to education, proper food, shelter, healthcare, water and sanitation.

While people like us from middle-class families were learning to adjust to the pandemic, many were still on the streets who still did not have a clue on how to save themselves.

It was the need of the hour to provide relief to such families who couldn't fend for themselves.

Aastha Nishtha Foundation continued their covid relief support in the year of 2021 and distributed dry ration kits to the homeless families. The kits were modified with precautionary materials like masks and sanitizers for the safety of people.

The team was motivated to help the people in need even when everyone was scared to step out of their homes. However, all team members followed the COVID-19 guidelines for others and their own safety.

We were happy to reach out to homeless families in these tough times.

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# EVENTS AND INTERVENTIONS



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# RELIEF TO POOR AND HOMELESS

Food is the basic right of all human and living beings, and the worst form of poverty is food deprived. The rush of COVID-19 pandemic is quite possibly the most genuine dangers the world has looked in hundreds of years, requiring a worldwide assistance. Since the battle against the flare-up is probably going to be a long one, sadly the minimized and the poor experience the most. For which, we are raising assets to guarantee that the fundamental requirements of the oppressed families are met and nobody falls asleep eager. With the circulation, the emergency among everyday wages laborers, transients, work and weak populace through the arrangement of food supply program will be tended to. The dry apportionment units having fundamental things will be appropriated to the recognized families. With our Relief to Poor Program Aastha Nishtha Foundation committed in reaching out and supporting the poor with the Dry Ration Kit to 100 families in Munirka, Prem Nagar and Andrews Ganj slum areas, of daily wage workers, elderly people, frontline health workers and to widows, we completed our commitment of distributing rations to 100 families. One Ration Bag consisted 5 Kgs of Wheat, 5 kg of Rice, 1kg Sugar, 1 Packet of Iodized Salt, 1packet of Edible Oil (500gms), 1kg of Potato. Our 100 bags of ration were distributed in 4 phases on 4 different dates, along with the dry ration we also distributed Masks and Sanitizer, as this has also become the new normal requirement.

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# RELIEF KITS



# DISTRIBUTION





# EDUCATION AWARENESS PROGRAMS

## After School Academic Support Amidst COVID-19

Education is the best way for developing future. Education broadens the horizons of the mind of children and prepares them to face challenges. It boosts their confidence, inculcate in them integral values, knowledge and intelligence. Aastha Nishtha Foundation has doubled down on its effort to ensure as many children as possible have access to high quality education even during the lockdown and pandemic restrictions. In these times when the world seemed to have been on pause, our students have been relentless in their studies and advancing their skill set, also in addition to these the parents of these children are not literate enough to help them cope up with their studies, so Aastha Nishtha Foundation in these tough times comes forward to help children continue their education through our classroom program by "After School Academic Support" that has proper faculty of teachers to help student in the studies, and also in addition to these we are also sponsoring some children their cost of education for entire year at the Munirka educational centre from June, 2021. The children and our team have been working together to do homework and this has fostered a great sense of compassion even in these tough times. We have even sought help to get mobile devices and used laptops and desktops for students of higher classes so that they can partake in digital learning. We would like to thank you all for your continued support!



# COUNSELLING SESSIONS

We, as adults understand the importance of education to create the foundation of a healthy life. It is our responsibility that we make sure young Children are guided rightly in the direction of being well educated healthy and happy adults. In October, 2021 Aastha Nishtha Foundation organised counselling sessions once in three months to understand their status and guide them through their journey of learning. The counselling included career counselling as well as any kind of personal problem the child was facing was discussed one to one.

These sessions were special because we know that often these children do not come from very healthy backgrounds where it is understood to have issues related to career or any kind of mental health issues. Hence, they fail to express their feelings and get involved in other negative things like alcohol and drugs. To prevent that, it is vital to provide them with such opportunities where they can express their concerns freely. Refreshments were distributed at the end of every session.

A man in a dark blue shirt and jeans stands on the right, gesturing as he speaks to a group of children sitting on the floor. The room is decorated with colorful paper flowers and posters on the wall. The text 'COMMUNITY AWARENESS SESSION' is overlaid in large white letters. A watermark '© AASTHA NISHTHA FOUNDATION' is visible at the bottom of the image.

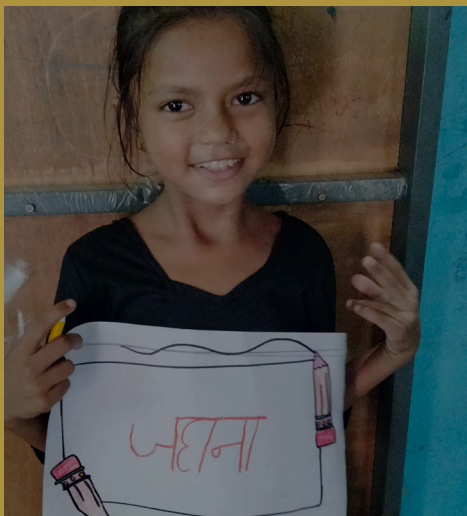
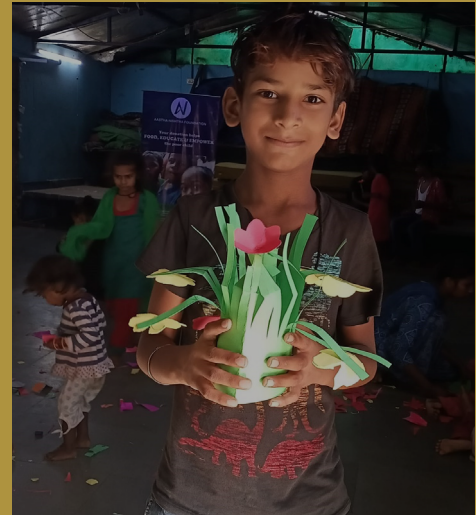
# COMMUNITY AWARENESS SESSION

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A child's mindset typically depends on the environment one has at home. The thoughts and views of a child's parents have a major impact on what kind of perspective a child will have about the world. Parents influence their children in more ways than they can imagine. Hence, it is important for parents to have such a mindset which is required for a child to have a healthy and successful life.

Unfortunately, we come across such underprivileged communities where parents are more focused in involving their children in labour activities to earn some money rather than sending them to school. Children develop a habit of earning a little money and avoid going to school even after they are given the opportunity.

We conducted community session once in six months wherein we gathered the people of our targeted community specially the women (mothers) to discuss and counselled them on the importance of sending their children to school and break the cycle of poverty in their families. They were invited to participate in the discussion and raise any of their concerns regarding their children and their future. We tried to empower them to stay strong and not to feel demotivated even if their husbands do not support their decision of sending their children to school. It was truly moving to see a positive change in these women after these sessions.





## EDUCATIONAL KIT DISTRIBUTION

No child should stay at home just because they do not have access to the material required to study at school. It's our responsibility to give each child the access to good quality education and material.

In the month of April 2022, our team distributed bags, notebooks and stationery at the start of the session so that no child feels left out. They were excited to use their new material and carry their bags to school.

The distribution was done in two communities that consist of extremely poor migrants who live in a slum on the roadside in the South ex area of Delhi. (Prem Nagar slum and Andrews Ganj slum area)



## BOOKS DISTRIBUTION ON NATIONAL EDUCATION DAY, 2021

Education is a basic right of every child, but lakhs of children don't get an opportunity to go to school due to severe financial constraints. The epidemic of Coronavirus has incredibly dangerous for people around the world. The effect of the pandemic is also difficult for India to contend with. The effect on India's underprivileged children, particularly in the sense of their schooling, is marked by devastation due to COVID-19. There are many children who are unable to obtain education or have to drop from schools because of their financial incapacity. Often, due to poverty these children, who have the potential to grow like anyone else, are forced to work in order to earn a penny and sustain their living. Children in urban slums and villages also experiences a lack of schooling without secure internet connectivity and a shortage of wireless learning technologies. Various families are facing severe poorness which, following the current crisis, is placing more underprivileged children in danger of pursuing education. The initiative by Aastha Nishtha Foundation to provide the basic necessities of education to underprivileged children is to bridge the gap between students and education, that is severely affected by the financial crisis the pandemic has caused to the lives of poor people. We aim to provide books and stationaries to those children who are dropping out of the mainstream education due to lack of adequate facilities.



## EVENT – CRAFT KITS DISTRIBUTED

Arts and crafts are as important as the other subjects that are included in a child's curriculum. Unfortunately, it is not given much importance as the others and is often not taken seriously. However, we understand how creativity helps children to express their feelings and talents at the same time. It also acts as a mind freshener when the children are continuously involved in other subjects.

Sometimes, when a child is not very studious and not enjoys studying, he or she is often good in art and crafts which also provides him or her with a platform to showcase their talent and make a career out of it.

For this, we conduct art workshops where we provide all the material but the work is done by the children in their own unique ways and techniques. The team is only present to facilitate them and not to instruct as we believe it hinders their natural learning process.

मासिक धर्म की जानकारी



बदलेगा दुनिया सारी ॥



# WOMEN AND ADOLESCENT GIRLS' AWARENESS PROGRAMS

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## INTERNATIONAL RURAL WOMEN'S DAY, 15<sup>TH</sup> OCTOBER, 2021

We all have seen women work tirelessly to make a living or while taking care of their families. Women, especially rural women constitute of a huge percentage of the labour force but are never given the kind of wage they deserve and it always remains less than the male workforce. The major reason behind this discrimination is the lack of awareness in women about their basic rights and the will to speak up for themselves.

The Aastha Nishtha Foundation team conducted an awareness session on International rural women's day where we invited women from the underprivileged community in Munirka to learn about the laws and rights especially designed for rural women. A law intern was hired to explain these in detail and accuracy.

They were also made aware of the schemes that the Indian Government has introduced to benefit the rural communities and the procedures to avail such schemes.

It was empowering to see all those women raising their concerns freely and discussing the solutions openly. More such interactions are required where women understand that they can have a better life for themselves and their families which will automatically benefit their children.



## INTERNATIONAL WOMEN'S DAY, 8TH MARCH, 2022

With our commitment towards the free health and for girl child, An enormous number of a lot less financially instable families exit school when they get their periods. More than 77% of adult girls and women in India use an old fabric, which is frequently reused, remains, papers, dried leaves and husk sand during periods. Notwithstanding, being uninformed and uninformed themselves, they can't outfit their girls with logical and pragmatic information about menstrual hygiene. With our commitment towards the free health and for girl child, and with the aim to educate and inform women and girl child with the much-needed information, we organised an outdoor event in the slums of-----, where we had one of our guests who has been long associated with the foundation, and who voluntarily wished to council the women and girls on the issue. The interactive and informative session was followed by a distribution of Dignity Pack to each woman, containing one sanitary napkin, one Dettol, one pack, and 3 clean cotton clothes of 3 meters each. The purpose of the event was successfully achieved as there was an active participation from the women and girls as well, regarding the issue they face.

The image shows three potted plants in black plastic bags, likely for an environmental awareness event. The plants are placed on a wooden bench. The background is a teal gradient with decorative circles in the top-left and bottom-right corners. The text 'ENVIRONMENT AWARENESS EVENTS' is overlaid in the center in a bold, white, sans-serif font.

# ENVIRONMENT AWARENESS EVENTS

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## WORLD WATER DAY

A session was organised on world water day to let children understand the importance of water and ways of saving it for the future.

Various activities were performed including poster making, practical activities to save water.

Children demonstrated the easiest ways of how a person can save water at home and the importance of each individual taking initiative to create a sustainable future.

It was inspiring to see children as they understood their responsibility and contribution in saving the planet.

Refreshments were distributed to each child at the end of the session.

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## PLANTATION DRIVE ON WORLD FOREST DAY

Aastha Nishtha Foundation commits not only to the wellbeing and development of the children, but we also have equally important commitment towards Mother Nature. The best way to inspire a love for nature is to start teaching it at a young age. By having students learn every aspect of tree planting and care, from picking a species putting it in the ground and everything in between, it becomes second nature to them. We wanted inclusive development of every child so that they can inspire others in every aspect of life, so on 21st of March, we observed the Global Tree Plantation Day, with our team of 7 volunteers and 17 children at----. We provided a total of 50 saplings of trees like sisam, jamun, and neem (brought from nursery) to the kids along with ropes, spades and sticks. The entire team of volunteers and children was divided into 4 teams, with the help of volunteers these children planted and watered these saplings enthusiastically and had lots of fun, by doing this activity we not only achieve care for nature but also inclusive development of these kids by making them aware about importance of plantation.

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## INDOOR PLANTING COMPETITION

We conducted drawing competition with the theme -THEME-CLIMATE ACTION. Aastha Nishtha Foundation celebrated the 50th anniversary of Earth Day, with our children for encouraging them to know their environment better and inculcating among them the practice of being environmentally friendly. The pandemic has shown us how the entire human race is dependent on each other irrespective of the boundaries we have created, and how our actions affect the other beings sharing the planet. Our objective to observe Earth Day was to show the importance of working together to protect towards the green planet by doing every tinny bit possible, to protect its treasure and help solve climate change, that is one of the most pressing topics at current times. We conducted an indoor exclusive session on the undergoing climate change, wherein we also had a know your country's flora and fauna quiz, this was followed by a painting competition among 40 children, with the theme CLIMATE ACTION, the day ended with distribution of refreshments and prizes to the 3 winners of the painting competition.

# NOTE OF THANKS

We are forever grateful for the donors who believe in us and our work. With your support, we have been able to improve the learning and nutritional levels of homeless children and bring a positive change in their lives.

Each donation made in the name of children is precious and is used wisely for their betterment.

We wish for the continued support of such people in creating a better and brighter future!

Regards,

**Aastha Nishtha Foundation Team**

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