

5 years of Mudita Foundation

- Mudita Foundation has stood strong on the conviction and belief that there will come a day when every individual is safe, happy and living without fear.
- 5 years from the day Mudita Foundation was founded, we feel proud as we acknowledge that every step taken has brought us closer to this vision.
- Celebrating 5 years of our efforts towards building a safer world, we realise that it is just the first milestone.

We want to thank each of our supporters and partners, all those who have been a part of our programmes - organisations, educators, children, youth and others across the country who have been a part of our journey and continue to share our vision and encourage us to only move forward.

Pahal



Awareness session with educators at Lotus Petal Foundation

Conversations on safety as a right for every child, youth and women

Old and new collaborations helped us reach a diverse audience of adults, educators, parents and children, through 15 impactful sessions.



Ms. Anamika Rathaur leading the session at CCBI, Kolkata

Our ongoing monthly sessions with Etasha Society's youth students continued with the new batches. A total of 5 sessions were conducted between October and December 2023 reaching out to 74 young adults.

In October, two workshops on 'Creating Safe Classrooms' were conducted at the Lotus Petal Foundation in Haryana for over 40 educators working with less privileged children.

In the month of December, we had the opportunity of working within the Teach For India (TFI) Classrooms in Delhi. With TFI's Project Sankalp, two interactions were held for above 60 parents of children studying in grades II to VII, at the government school of Munirka village. These interactions focussed on helping parents identify risks in their environment and equipping them towards keeping their children safe. We also partnered with TFI's Project WhyLens to interact with above 90 students of grade 7 (in two batches) at Sangam Vihar, Government Girls' School. These sessions aimed at making the students aware about sexual abuse and violence against children and equipping them

with what to do if they feel unsafe. Enthusiastic participation, honest sharing and activities helped make it an impactful session. In both projects, the team of TFI fellows will follow up and reinforce the relevant information in the next few months.



Session with parents as part of TFI's Project Sankalp

We also interacted with 40 volunteers of the museum at IME by Rereeti focussing on the issue of sexual violence at work place and the POSH Act. Questions around safety of volunteers and of visitors were discussed sensitively and with clarity. With the same purpose, a two day training was conducted for Internal Committee members of two Kolkata schools managed by the Congregation of Christian Brothers. Case studies, activities and discussions helped the participants understand the nuances and responsibility of their role.

Testimonials

"The workshop conducted for us was very informative and really helped us understand how to create a safe and ethical work environment and how to dutifully fulfill our roles as IC members. It has been a wonderful session and experience!" - Participant, Session on IC at CCBI, Kolkata

"This session with Mudita Foundation was fruitful. Impressed by this topic of Mudita Foundation, I would like to write some words as a slogan - सुरक्षा, शिक्षा, पोषण, प्यार। हर बच्चे का है अधिकार। आओ शोषण के विरुद्ध उठाएँ आवाज, करे सुरक्षित बचपन का आगाज़।"

- Teacher, Lotus Petal Foundation

Total Outreach

Pahal
(awareness sessions)



331

Adolescents, Youth, Parents and Educators

Leher
(Training Programme)



25

Teacher Trainees

Child Safety Week



23

Educators



400

Children



3

Organisations

Safe Spaces Project



60+

Adolescents



30+

Women



30+

Anganwadi workers and helpers

Child Safety Week 2023



Children engaging in poster making activity.

Like every year, this year too the Child Safety Week was leveraged to create awareness about the issue of child sexual abuse. The theme this year was #ItsOkayToSayNo; an effort to make children comfortable saying No about anything that makes them feel uncomfortable or unsafe.

As an organisation working towards prevention of child abuse in any form, the theme seemed very relevant to us. We ran a week long campaign on social media raising awareness about the issue of child sexual abuse specifically so that as caregivers and adults we can help children say NO easily by normalising it. As a part of this campaign we shared poems that can be used as tools with children to reiterate the message. We also encouraged our partner organisations to participate in a host of activities that helped children understand the importance of 'saying NO' and also requested educators to share their views on how they teach children to say No firmly.

3 of our partner organisations came forward and helped us engage with 23 educators and 400 children during the week.



Graphics developed during the week

Testimonial:

"Yes, we teach students that saying 'no' is not wrong. When the Mudita Foundation suggested this activity (boundary game), I also organized this for the students in our school. It made me feel even more convinced that the concept of 'saying no is not wrong' should be taught to all students, even children. That's why, at home, I'm teaching my own little daughter this valuable lesson."

- Facilitator, Etasha Society

Leher



Teacher Trainees at Laksh reflecting on where they feel safe and unsafe

Building first responders in communities

This quarter we revisited the Laksh Foundation team's commitment towards equipping all the children at their centres with information on personal safety. The interaction focussed on equipping the educators with creative tools that can be adapted in

classrooms of all age groups to initiate conversations about safety as part of an organisational plan to have such conversations every month. All the tools were demonstrated as part of the methodology - games, reflection based exercises, quiz, stories, poems, case studies and group work. Innovative application was encouraged and teacher trainees used stories with narration, with acting and as a comic strip too! Critical dos and don'ts were shared for age appropriate conversations.

The Safe Spaces Project

3 months, 9 visits, 1 event and 17 interactions!



Interaction with the Anganwadi workers in Dhauj

The Safe Spaces Project has been forging ahead this year, bringing more and more stakeholders together. While we continued with our awareness sessions with adolescents in Mangar, Dhauj and Alampur, we also interacted with the women in Mangar and Anganwadi workers in Dhauj and Alampur.

In Mangar, we met three groups of women in different neighborhoods to discuss internet safety as the need of the hour and shared with them some basic tips that they can opt for as parents to keep themselves and their children safe online. With the adolescents, the focus of our discussions this quarter was 'gender' as a construct in society and a reflection on their own actions that perpetuate or challenge this construct.

In Dhauj we visited a few of the 17 Anganwadis in the village and tried to understand their role, the communities they work in and tell them about our projects. In Alampur, we interacted with the teams that manage the 5 Anganwadis in the village with the same purpose.

It is interesting to see that while the

role of the Anganwadis has been expanded to work with pregnant women, young or new mothers and children upto the age of 5 years with a focus on health, nutrition and early childhood education, only some of them have relevant information on abuse and violence faced by women and children at home. Equipping them with relevant information and skills may ensure that such incidents are identified and tackled more effectively. We thus conducted an awareness session on 'Risks to children's safety' for Anganwadi workers and helpers in Dhauj. During the session, the participants were able to identify the issues but acknowledged that they do not have proper information about such issues. Some participants shared cases from the village, realising that such instances can easily take the form of heinous crimes such as child sexual abuse and human trafficking.

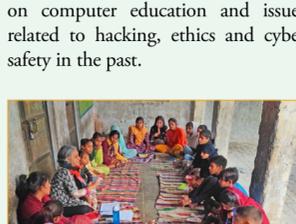


Mudita team at the Laksh Annual Fundraiser

Adolescent group sessions continued in Dhauj and Alampur and we conducted sessions on child sexual abuse and cyber safety. Poems, case studies, activities were all used to help adolescents identify unsafe situations and the steps they should take to keep themselves safe. Names of laws, reporting mechanisms and relevant stakeholders were also shared with the groups.

The awareness sessions on cyber safety were conducted with the support of Laksh Foundation's volunteer, Jahid

who is currently working with the Al-falah University and has been working on computer education and issues related to hacking, ethics and cyber safety in the past.



Adolescents learning the rules of personal safety at Alampur

The Mudita team also participated in Laksh Foundation's annual fundraiser event by setting up an interactive corner on safe spaces. The team engaged with the visitors and partners to help them understand safety as a concept and also hear their views about the same. On the same day, adolescents who have been actively participating in the project showcased a puppet show for the audience, telling about the 'Safe Spaces Project', its aim and intention. They ended the show with simple points on what adults can do to ensure the safety of children. Some of these are given below -

- बाल विवाह, बाल मजदूर, बाल शोषण को हटाना है, पहले हर बच्चे को पढ़ाना है।
- बच्चों को निजी सुरक्षा की देना जानकारी, है हर बड़े की जिम्मेदारी।
- माता पिता बन के रहेंगे बच्चों के दोस्त, साथ देंगे बच्चों का हर पल हर रोज।

As we proceed towards the new year, we look forward to new partnerships and collaborative initiatives with diverse stakeholders and other civil society organisations towards building more safety champions!

DONATE NOW



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