



MUDITA FOUNDATION

ANNUAL REPORT 2021-22





Note from Co-founders

Exploring resilience

pril 2021 began with hope, energy and anticipation as the team met in-person in April 2021 for 3 days of bonding, brainstorming and strategising towards the vision we are continuing to build towards. The team went back rejuvenated, stronger and ready to work with our partners and their communities. No one was ready for what was to come. The next few months brought the second wave of the pandemic and left individuals, families, organisations and communities dealing with loss and grief. As a team and as an organisation, we rallied around each other, our partners and our supporters. We began to explore how resilience showed up in communities around us.

The two elements that constantly got reinforced through the year even as it helped us in being resilient was the importance of having a safe space to explore, express, connect and have fun and knowing that you are part of a larger collective or community of people. We tried to create this for ourselves as a team and for our partners. This conviction strengthened through the year and resulted in our first Leher Confluence and the envisioning of our first Safe Spaces Project with one of our Leher partners. As we complete three years and take stronger and larger steps towards our vision, we know that it is only as a collective that we can all be stronger and resilient individuals.

n the last three years since our inception, we have grown in the team we have, the programmes we conduct, the partners we consciously collaborate with and the outreach and impact we have achieved. What stands out for us is the growing collective we are able to build towards our vision. Every partner, every supporter, every participant, every

intern, every classroom, every community, every corporate, every organisation who understands the right to protection and takes one step towards making their space safe, strengthens the collective responsibility towards creating a world where, each individual is living without fear of abuse, violence and exploitation.

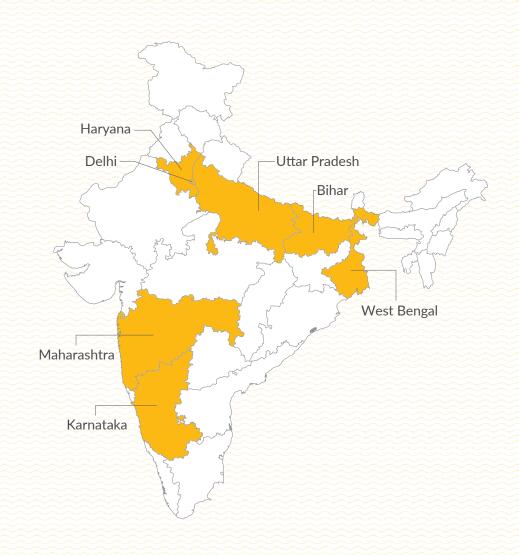
Vision

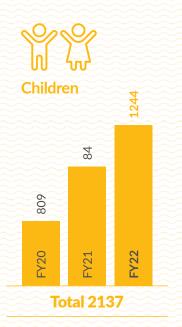
A world where each individual is living up to their full potential without fear, abuse, and exploitation.

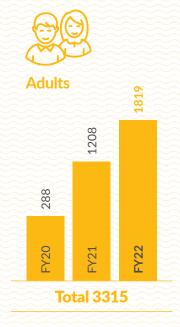
Mission

Build and strengthen networks, systems, communities and individuals to prevent, rescue, protect and empower those vulnerable to or trapped in situations of human trafficking and other forms of abuse and exploitation.













"The first step towards change is awareness. The second is acceptance."

Nathaniel Branden

he silence around child sexual abuse, the denial of human trafficking in our midst and the ignorance around online abuse make it necessary to initiate conversations with everyone before getting into capacity-building and training. It is also important that these conversations happen with everyone, everywhere, in every walk of life.

We firmly believe that each and every individual in the society holds the responsibility towards creating a safe environment. Most of us lack the realization towards this responsibility as there is no awareness and often these issues are brushed under the carpet with the notion of 'not our business'. We believe that safety is not a private but a public issue but to achieve that realization collectively it is imperative to start having uncomfortable conversationsabout the prevalence of abuse, violence and exploitation around us, about our ignorance and denial towards it, and most importantly about our role as individuals and society towards tackling it.

Last year, we were able to take such conversations to 2845 participants in 52 different groups that included children, adolescents, educators, youth groups, college students and community women in partnership with institutions and organisations working with children, youth and women.

While some sessions focused on an overview of the issue for awareness, some were specific and focused on safe and unsafe behaviour (in the context of children and adolescents), POSH -the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, ensuring online safety, developing child protection policies, building safe classrooms and understanding the concept of the slavery footprint.







With Delhi Public School International, Gurugram, we conducted awareness sessions on POCSO for all the teachers in the schools along with a focused training with a smaller group on the tools to create safe classrooms. With the Navy Children

School in Visakhapatnam, it was an intensive engagement with the teachers as well as students starting from grade 6th till 12th. It brought to light the real risks faced by the students, especially in the virtual space, again reiterating the need for such conversations.





"The webinar really boosted my knowledge on how to keep safe on the fairly risky social media platforms and video games and also taught us how to avoid unhealthy relationships. A very significant part of it was showing the symptoms of someone going through emotional trauma. I felt this knowledge is necessary as many of us don't realize how others around us are going through things they never speak of. All in all, totally worth the time

and I thank them for their efforts to educate the youth about this."

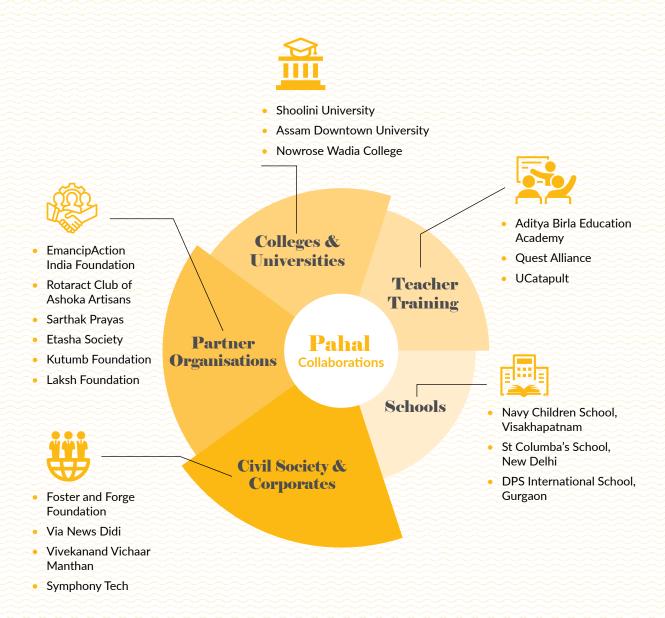
-11th grade student, Navy Children School, Visakhapatnam

Our partnership with Aditya Birla Education Academy helped us reach out to diverse groups of educators and school leaders through a series of blogs as well workshops on understanding POCSO, Online Safety and Child Protection Policies.

"Insightful session. Clearly highlighted the need of having a CPP in place and shared with all stakeholders." - Educator and participant of the workshop on child protection policy...

At Shoolini University, the Pahal sessions with the management students were not limited to just awareness conversations, but engaged students in developing creative solution-based action plans. Likewise, the enthusiastic team of Via News Didi went ahead to talk about the issue of human trafficking and slavery footprint after their session with us, through a podcast and newsletter for their audience.





One of the most heartwarming results of our 'PAHAL' initiatives has been the number of individuals from different sectors willing to take our cause to more people in their personal and professional network. Needless to say, the immense support and

trust in our work has continued to motivate us, while also reinforcing the need for continuous conversations on safety.

"Safety and security don't just happen - they are the result of collective consensus and public investment. We owe our children, the most vulnerable citizens in our society, a life free of violence and fear."

-Nelson Mandela

> t is critically to respond to issues of safety and protection of children and women in a holistic manner that takes into consideration aspects of their lives such as education, health, livelihood security, and personal agency. This can only be achieved with awareness and capacity building that leads to the ability to identify and respond to situations of abuse. violence and exploitation while working towards prevention of abuse and violence in our spaces and communities.

At Mudita Foundation, we partner with community-based organisations, schools and universities to educate and build

their capacity to recognise risks, record and respond to instances of child abuse, online sexual abuse and exploitation and other forms of gender based violence and exploitation within their communities.

Leher is a structured program that uses appropriate and context specific tools for capacity building for education, empowerment and action, to facilitate creating safer environments, protecting survivors of violence and making safeguarding a mandate within all NGOs, schools and other civil society organizations. This program is conducted in three phases:







Phase 1

 Build capacity and empower organisation teams and community groups with perspective and skills to become advocates of safety and protection through contextual and appropriate interventions in communities.

Phase 2

 Initiate organisation Child Safeguarding and Protection Policy as a commitment to action in communities; Facilitate baseline perception studies for evidence based information and data from communities

Phase 3

 Initiate community action with partner organisation on issues of abuse, violence and exploitation based on the values of social justice (specifically child sexual abuse, human trafficking, and online abuse)

Establish 'safe spaces' for children, adolescents and youth in communities with zero tolerance for abuse, violence, and exploitation

In 2021- 2022 we continued our engagement with last year's Leher partners namely, Vidya India, Kutumb Foundation and Ritinjali Foundation and partnered with 5 new organizations across the country working with children and women namely:

- Calcutta Kids
- Laksh Foundation
- **Etasha Society**
- Vihaan
- Foster & Forge Foundation

"Mudita foundation is one of a kind capacity building organization working on child safety. They are doing wonderful preventative work by building capacities of professionals working with children. The best part of their training is they try to

understand the context of an organisation's work and make us plan for ourselves on how to prevent abuse and make spaces safe for our children. Loved their work and training sessions." – Team member, Etasha Society



Each of these organisations has a different approach and focus of working with vulnerable groups. While Kutumb, Ritinjali, Laksh and Vidya focus on holistic educational support for children, Etasha focuses on employability of youth. Calcutta Kids works on issues of health. Foster and Forge works with government school teachers in Uttar Pradesh through a model of capacity-building and mentoring. Vihaan is an anti-human trafficking organisation working with vulnerable communities, Child Care Institutions and survivors of abuse and trafficking. In year 2 of our Leher programme we were able to see organisations go through Phase 1 which included intensive training on understanding the right to protection for children, and risks to women and children in their program communities while also becoming equipped with information and skills to identify, respond to and prevent abuse, violence and exploitation in their communities. They then chose elements of Phase 2 based on their own plans and abilities. We are proud to say that Laksh Foundation has entered Phase 3 of the programme and we will be working with them on establishing a safe space in Mangar village, collaboratively.

Some of the highlights of Leher in 2021-2022 were -

 A first of its kind engagement was with the shelter home staff of Kishanganj, Bihar, in partnership with Vihaan. 12 staff members from the girls and boys home with the support of the ADCPU attended 10 sessions exploring child rights, specific laws, systems and rescue mechanisms involved in ensuring the safety of children in need of care and protection.



"The programme with MF was very beneficial for us and we hope that in the future they will include our children in their programmes by including them in programmes for emotional development and will prepare other programmes." -Staff member, CCI at Kishanganj





Our first interaction with staff from a field partner in Karnataka who work with vulnerable communities. The interaction focused on building their capacities to use participatory tools with adolescent girls to include their perspective in a baseline assessment being conducted. Safety mapping, Ranking and other tools developed by the Mudita team were conducted and shared with them.



- Leher programme with Foster and Forge mentors allowed us to reach a huge network of teachers and parents through a series of WhatsApp awareness messages that we created to circulate information about child abuse and child safety.
- First Leher programme with a University was conducted for 200 first-year students of Shoolini University, in Solan Valley of Himachal Pradesh, as part of their social project. Over 6 sessions, students were engaged in a process of awareness, reflection and action in the context of the risks around them, in the context of abuse, violence and exploitation. This was the first time that Mudita Foundation collaborated with a university and interacted with such a large and diverse youth group, at an institutional level. These interactions brought to light the vulnerability of youth, the risks faced by them in public and private spaces and the absence of spaces that allow them to share, ask questions or seek help.

enriching conversation with 10 dynamic individuals representing 7 organisations from 5 different locations of the country. Some of our participants joined online as well. Together we reflected on what is being done, ideated about what can and should be done and reiterated the call for action-integrating the safety approach in their existing work objectives.







"I would like to thank you for your service. Your course was challenging, but you were always there supporting us and ready to help. I enjoyed your class tremendously. I look forward to taking another class with you." -1st year student, Shoolini University

The first Leher Confluence:

On December 3rd, Mudita Foundation organised its first Leher Confluence, inviting all the partner organisations together to share their experiences, efforts and challenges in advancing a safer environment in their respective fields after the training with us. What ensued was a very



IMPACT OF LEHER:

By November 2021, we had completed the Leher program with 8 organizations, training 125 participants through 70 sessions. The true impact of this program is not to be counted in numbers but in action. 6 months after completing the phase 1 of Leher, a review meeting was held for 3 of our partner organizations separately. The Leher review meet aims to assess the impact of the training sessions/program on the participants, understand their perception on children's safety post training and get their inputs on what more they might want to know from us about the issue and how they would like to plan and execute the prevention programs they had designed during the training.

"मेरी शोषण को पहचाने की क्षमता बढ गयी है"

-Teacher trainee, Laksh Foundation

"मैंने POCSO के बारे मै अपनी फैमिली को भी बताया । कभी हमारे साथ गलत हो तो चुप नहीं रहना"-

Teacher trainee, Laksh Foundation

"I have learnt that when a child is quiet it is not always because he/she has gotten scolded by a parent. There could be other reasons."

> -Coach, Goal of Life, Kutumb Foundation

"बच्चो को एक अलग नजरिये से देखना शुरु कर दिया और उनकी फीर्लिंग्स भी समझने लगे"

-Teacher, Ritinjali

It was encouraging that teachers in Ritinjali- one of our partner organisations-started conducting regular sessions with children on identifying safe and unsafe situations. They also chose 'Safety of Children' as the theme of their annual festival and presented songs and drama on issues of child abuse.

Laksh Foundation expressed the need to be able to respond to cases of child abuse with a holistic approach and began working on drafting their organisational child protection policy.

Kutumb Foundation finalized their child protection policy and an orientation session for the team was conducted by Mudita Foundation. They also integrated the issue of safety into their theatre programme by creating short video case stories to use with children to initiate conversations on safety.

This is exactly the kind of impact we aspired to achieve when 'Leher' was conceived as an idea, for we at Mudita Foundation firmly believe that no matter what aspect of development we are working on, safety from abuse, violence and exploitation must be integrated into the programme to ensure real impact.







Sameeksha

The issues of child sexual abuse and human trafficking are complex and multi-faceted. They continue to evolve in form and operation. Thus, in order to continually probe and explore these issues, we at Mudita Foundation consciously make research a part of our approach. Sameeksha - an evidence-based research unit - works designing and executing participatory tools and research studies to complement and support the work we do.

Key objectives of Sameeksha are:

- To develop a deeper understanding of key issues related to abuse, violence and exploitation, in the context of India
- To develop and use participatory tools for collection of field data in the context of abuse, violence and exploitation
- To transform key insights into accessible formats that can be shared with a larger audience
- To create a curated repository of resources on relevant themes to assist practitioners

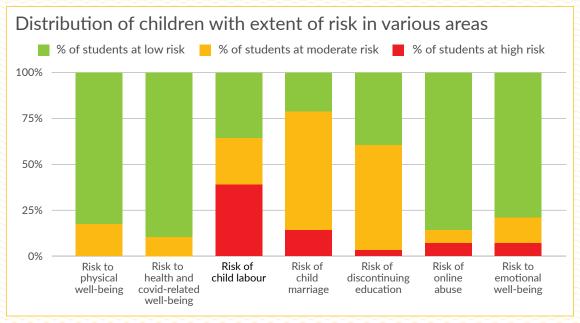
In the year 2021-2022, we continued work on documenting children's voices during the Covid-19 pandemic, in order to understand their needs, priorities and their conceptualization of their own well-being. This study also attempted to probe into emotional, physical, cognitive, and social risks that may have been aggravated by the pandemic, which can make children more vulnerable to abuse and exploitation. This study was carried out in collaboration with four partner organizations spread over Noida, Delhi, Kolkata, and Faridabad. Field facilitators of these organizations surveyed over 220 children to document risks perceived by children in a variety of formssuch as child labour, child marriage, online abuse, emotional abuse, among others. Data was analyzed by Mudita Foundation and a summary report was submitted to each partner organization to ensure that the partner organizations were able to take the requisite action to prevent or respond to these risks immediately.





No	Type of risk	Extent
1	Risk to physical well-being	Low
2	Risk to health and covid-related well-being	Low
3	Risk of child labour	Moderate
4	Risk of child marriage	Moderate
5	Risk of discontinuing education	Moderate
6	Risk of online abuse	Low
7	Risk to emotional well-being	Low

^{*}These overall levels of risks were arrived at by averaging over the responses of all the respondents from this organization.



^{*} This is the data for one organisation. These overall levels of risks were arrived at by averaging over the responses of all the respondents from that organization. Write to us if you would like to read the whole report.

Baatcheet -A Dialogue

"The act of collaboration must start with dialogue. You cannot build relationships without having an understanding of your potential partners, and you cannot achieve that understanding without a special form of communication that goes beyond ordinary conversation." -Daniel Yankelovich

> ne of our initiatives to build collective consensus, effort and impact is Baatcheet Live - a platform for practitioners and organisations to come together to create a space for learning, share knowledge and experience and build collective responsibility for the safety and wellbeing of women and children in communities.

> In the year 2021-2022, we leveraged this platform to explore resilience as a concept and practice in the face of abuse. violence and exploitation that continues to prevail in our society despite several efforts. We invited experts from diverse fields to share their experiences and tools that can creatively help build resilience in those who are survivors of abuse or are vulnerable to it.

This year we hosted 3 editions of Baatcheet Live, tapping collaborative synergies with 8 experts and 4 organisations- Swayam, SMART, **EmancipAction India Foundation and** ArtReach. The themes explored were as follows:

- Building resilience through inner balance and self awareness tools.
- Building Resilience through art-based
- Understanding Domestic Violence and its Impact on Children's Safety





We envision "बात चीत Live - A Dialogue" as a strong collective to explore and strengthen collaborative synergies so that together we can find common solution, collectively measure impact, share practices and resources to advance a safer world and enhance capacities of all stakeholders to build collective conscience and encourage action against issues of abuse and violence. While Mudita Foundation has initiated this and continues to coordinate, drive and facilitate the initiative, we recognize that this collective will evolve and develop as more partners join us on this journey. We are keen to explore ways to strengthen this initiative with likeminded individuals, organisations and educational institutions. If you recognize the power of collective impact and are keen to work towards the same, do write to us.



Other Activities:

1. Daan Utsay 2021: A unique festival celebrated in India. Daan Utsay celebrates and endorses the joy of giving by encouraging individuals, communities, organizations, institutions and almost every human by doing an act of kindness. It is a movement observed from 2nd to 8th October annually, that brings people from all walks of life together to give back to the society.

Mudita Foundation too celebrated this wonderful week of kindness through a host of activities. On 2nd October, we organized a free online story telling

session on personal safety for children and parents. We also engaged people in a campaign #GiveTogetherStayTogether, encouraging friends and family to come forward and support our cause. On 8th October, we also launched our very first audio visual resource 'RAISE your HAND with Mudita Foundation to fight child abuse', to take the issue of child abuse to each and every individual of this country, raising awareness and consciousness that we owe our children a safer world because each one of us has a role to play. You too can watch this video on our YouTube Channel - Mudita Foundation.







To take the movement to a wider audience, we reached out through an Instagram live session with Ms Puja Amin from Circles Of Safety. Some short The week culminated with #Dance4safety with a Kathak and Odissi dance exponent, Ms Kristina Luna. This was a two day classical dance workshop hosted by Courses for Charity to support Mudita Foundation and raise awareness about the issue of child safety from sexual abuse.

2. Child Safety Week 2021: The week from 14-20th November this year was indeed one of the most exciting phases for our team. We were finally back on field for in person sessions and the energy reciprocated to us was extremely encouraging. The theme this year for the Child Safety Week, across the nation was to bring everybody's attention that it is not too late. That #NowIsTheTime to take action; to create awareness, prevent, tackle and fight child sexual abuse. In keeping with the same, Mudita Foundation conducted 24 sessions on personal safety, reaching out to 850+ children, collaboratively with our partner organisations Laksh Foundation & Kutumb Foundation. During the week, we trained these organisations on initiating conversations about personal safety using creative tools like storytelling, games, movement and art.

A series of short awareness videos on case studies pertaining to child abuse were developed by our Leher partner Kutumb Foundation's Drama in Education team. These videos were shared on social media platforms engaging the audience in reflective questions.



3. Women's Day Celebrations: Mudita Foundation was at Navjyoti India Foundation this year to celebrate women's day. This was also the marking of our new collaboration with them starting April 2022.

We conducted an awareness interaction for more than 60 women in Sohna Block. There was dance, laughter, games and activities that eventually led all of us to acknowledge the urgent need for tackling safety issues. The day culminated on an inspiring and hopeful note as everybody present at the event shared willingness to work towards creating a safer community together.



Thank You!

Looking back at the challenges, opportunities and successes of the year gone by, our hearts are full with gratitude, for none of this would have been possible without your immense trust and support. And support not just in terms of financial contributions, but also the help in finding the right people, the right places and the right opportunities.

From volunteers who have helped us with documentation, research work and social media designs to donors who have time and again offered to support our programs end to end while also bringing in the best of opportunities with their expertise and networking, your kindness has actually led us to be able to create the impact we have made so far. We thank each one of you for walking together with us in this journey through all the crests and troughs. We hope and aim to stand true to your expectations in our endeavors towards building a safer world for children and women.

"My journey in Mudita Foundation was no less than a blessing. I was able to learn so much in the course of ten months. I understood and learned about different topics ranging from being an active bystander to role of dance or sports in resilience. I was also able to refine my own skills by working with Mudita Foundation.

People at Mudita Foundation were understanding and really supportive of my ideas. I would like to thank them for giving me such a safe space where I was able to give my best as well as overcome my fears. Thank you!"

-P. Gayathri, Volunteer

Financial Statement

1st APRIL 2021 - 31st March 2022

		ctor B Pocket 1, Va	oundation sant Kunj, New Delhi - 110070 at 31st March, 2022 uts in INR)		
Liabilities	As on 31/03/2022	As on 31/03/2021	Assets	As on 31/03/2022	As on 31/03/202
General Fund Opening Balance Add: Excess of Income over expenditure	7,68,336 1,07,657	5,10,717 2,57,619	Fixed assets	20,952	34,920
Corpus Fund	8,75,993	7,68,336	Current Assets - Accured interest - TDS receivable	16.629 3,819	8,987
Opening Balance	3,75,000	1,85,000	Closing balances		
Add : Addition during the year	1,90,000	1,90,000	Cash in hand		
	5,65,000	3,75,000	Cash at bank Fixed deposits	10,14,109 3,85,483	9,14,429 1,85,000
	14,40,993	11,43,336		14,40,993	11,43,336
New Delhi M August 2022	Chartered / (Reg.No.	r Koshi tner	A	mika Rathaur Trustee	NEW DELHI



Mudita Foundation #6 CSC, Sector B Pocket 1, Vasant Kunj, New Delhi - 110070 Income & Expenditure Account for the period 01/04/2021 to 31/03/2022 (all amounts in INR)

Expenditure	Amount	(Rs.)	Income	Amount (Rs.)
Administration expenses Bank charges Bookkeeping charges Computer maintenance Office expenses Legal & professional charges Postage & Communication	2,654 60,000 30,570 15,894 59,600 20,158	716 60,000 49,820 8,742 59,600 15,022	Donations & Grants Bank interest Contribution for Conduct of Sessions FD Interest	12,12,187 24,511 38,198 18,125	8,99,00 30,36
Programme expenses Consultancy charges - Programme Associates - Programme Coordinator Covid relief Production work Refreshment expenses Printing & Stationery Staff engagement expenses Travel & Conveyance Development of Modules Donations	3,16,600 3,79,222 - 1,41,000 12,957 5,545 30,086 70,720 21,392 4,999	1,33,134 2,27,025 20,000 - 2,012 11,531 26,885 28,975 5,000			
Depreciation Excess of Income over Expenditure	13,968 1,07,657	23,280 2,57,619			
	12,93,021	9,29,361		12,93,021	9,29,361

New Delhi 04 August 2022

For Koshi & George Chartered Accountants (Reg.No.003926N)

New Delhi

George Koshi Partner M.No.82961 UDIN: 22082961AOFNYO1574 For Mudita Foundation

Anamika Rathaur Trustee

		Schedule	Mudita Foundation f Fixed Assets as at 31s	Mudita Foundation Schedule of Fixed Assets as at 31st March, 2022	6		Schedule A	ule A
	WDV	Additions	tions			D	Depreciation	WDV
Asset head	as at 01/04/2021	Before 01/10/2021	After 01/10/2021	Transfers	As at 31/03/2022	Rate	For the year	as at 31/03/2022
Computers	34,920		1	1	34,920	40%	13,968	20,952
Total	34,920				34,920		13,968	20,952
Previous year	,	58,200		,	58,200		23,280	34,920
	1131					-	nos	
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Mudita Foundation
#6 CSC, Sector B Pocket 1, Vasant Kunj. New Delhi - 110070
Receipts & Payments Account for the period 01/04/2021 to 31/03/2022
(all amounts in INR)

Receipts	Current year	Previous year	Payments	Current year	Previous year
Opening balances			Administration expenses		
Cash in hand	-	-	Bank charges	2,654	716
Cash at bank	9,14,429	6,95,717	Bookkeeping charges	60,000	60,000
Fixed deposits	1,85,000	-	Computer maintenance	30,570	49,820
			Office expenses	15,894	8,742
Corpus donation	1,90,000	1,90,000	Legal & professional charges	59,600	59,600
Donations & Grants	12,12,187	8,99,001	Postage & Communication	20,158	15,022
Bank interest	24,511	21,373			
Contribution for Conduct of Sessions	34,379	-	Programme expenses		
FD Interest received	1,496	-	Consultancy charges		
			- Programme Associates	3,16,600	1,33,134
FD Interest for PY	8,987		- Programme Coordinator	3,79,222	2,27,025
			Covid relief	-	20,000
			Production work	1,41,000	
			Refreshment expenses	12,957	-
			Printing & Stationery	5,545	2,012
			Staff engagement expenses	30,086	11,531
			Travel & Conveyance	70,720	26,885
			Development of Modules	21,392	28,975
			Donations	4,999	5,000
			Purchase of fixed asset		58,200
			Closing balances		
			Cash In hand		
			Cash at bank	10,14,109	9,14,429
			Fixed deposits	3,85,483	1,85,000
	25,70,989	18,06,091		25,70,989	18,06,091

New Delhi 04 August 2022 New Delhi

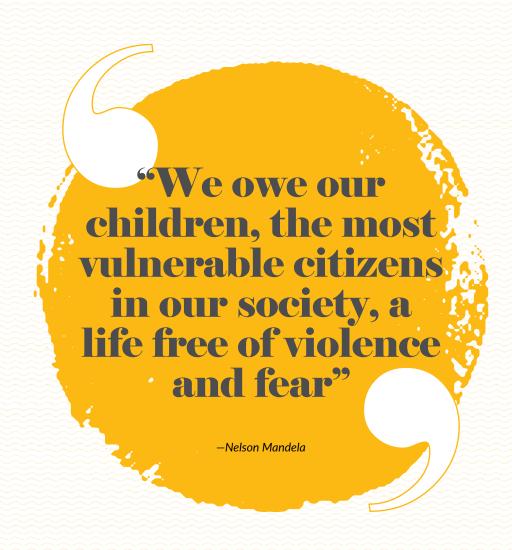
For Koshi & George Chartered Accountants (Reg.No.003926N)

George Koshi Pariner

M.No.82961 UDIN: 22082961AOFNYO1574 For Mudita Foundation

Anamika Rathaur

Trustee







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