

“Coming together is a beginning; keeping together is progress; working together is success.”

Henry Ford

Three months into the new financial year of 2024-25, we are rejoicing in the collaborative effort we have been able to put together with new and old partnerships. The months have been busy, fruitful and hopeful.

## Pahal



Realising collective action, at Y-Ultimate

With over 25 sessions facilitated by our team, with diverse participants, we are proud of the ‘Pahal’ made in the first quarter!

Along with our ongoing training every month with the youth groups of Etasha Society, this quarter we were invited twice to meet the parents of the youth trainees, to help them become aware of the law in place to protect their own at their workplaces. Two new partners - Bright Futures and Learning By Local, invited



Personal safety session with children at Shakti Foundation

us to talk about the risks to youth with their trainees and fellows respectively. At Ritinjali, we met the new batch enrolled in their Second Chance School program, in April, for a session on POSH.

Our co-founders Anamika Rathaur and Neha Pradhan Arora, spent two



Sheru, interacting with children at Deepalaya

days with the Internal Committee members of St. Mary's School, Mt. Abu (Part of the Edmund Rice network in India), helping them understand their role in the context of the POSH Act and its relevance in their workspace. During their stay, they also addressed 30 staff members of the school through a 2 hour awareness session.

Similar sessions were organised for 3 of our new partners in Delhi NCR, namely Gulmeher (a women-driven enterprise, Y-Ultimate (a youth driven organisation using Ultimate Frisbee with adolescents in low-income communities) and Tex Fasteners in Gurgaon (leading global manufacturer of premium and sustainable zippers along with metal trims). Busting myths on sexual harassment and gender, these conversations helped redefine safe and respectful workspaces for these teams.

Sheru returned with some drama and movement to engage with children below the age of 10 at Shakti Foundation and Deepalaya. A poem to learn the body parts including the private body parts and a worksheet helped to reinforce the rules of personal safety that Sheru and the children learnt about.

We also had the opportunity of working with adolescents at Pratyek, Ritinjali and Shakti Foundation as well. While the two Pratyek sessions were online and focused on Child Sexual Abuse and Online Safety with the National Inclusive Children's Parliament members, the other two interactions focused on personal safety - and used games, stories and simple tools to explore concepts of personal boundaries, risk around us and how to stay safe.

In an endeavor to take more information about child protection to educators in every sphere, we were also able to conduct sessions at the Lotus Petal Senior Secondary Schools campus with different team members (housekeeping, transport, operations, kitchen, IT and other projects), Y-Ultimate, Shakti Foundation and at PratYek, with their National Inclusive Children's Parliament animators. Each of these sessions emphasized the need for educators to understand risk and safety from the perspective of the children and to acknowledge their own role and responsibility in ensuring the same.

## Total Outreach

**Pahal**  
(awareness sessions)

666

Children, Adolescents,  
Youth & Adults

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**Leher**  
(Training Programme)

69

Educators

## Pahal Testimonials

'I have worked as an employee at 4 different organizations so far and even after that I have never had a chance to get such a thorough understanding of how workplaces can become safer for everyone, let alone in such a structured manner. Glad to engage with Mudita Foundation and looking forward to learning more from them.' - Participant, Y-Ultimate

'Through this training I learned how to create a safe environment for children in my school and what precautions we need to take for their safety.' - Participant, Lotus Petal Foundation

'Before this session I never thought that my son who is 14 years old also needs this information and I never discussed it too. Now I have. Thank you so much for arranging this session.' - Participant, Lotus Petal Foundation



A session on the POSH Law at the Tex Fasteners



A session at Gulmeher

## Leher



Culminating the program at Deepalaya.

Integrating the 'Safety lens' in every field possible.

The new year always brings with it new collaborations and partnerships.

Deepalaya is an NGO working on holistic development of children through education. 28 teachers from their formal school, remedial centers and vocational training centers, attended our two day training program on creating safe classrooms and becoming safety champions. A



Review Meet at Navjyoti India Foundation

very reflective and committed group, they were quick to pick up tools and tips on strengthening their own role and responsibilities as teachers.

As shared by a participant, "It was an opportunity to be a part of the session on that topic which is mandatory to know for all of us. Training was so knowledgeable and meaningful. The way of giving knowledge about formal authorities and non formal, whom to contact in such situations, how to deal with it, how to respond to a child in this situation etc. was very systematic. I learned many concepts related to child abuse and child violence and now I can say that I am capable enough to

deal with this type of cases on my level and I can educate my students too. Thank you."

We followed up with Ritinjali, Navjyoti India Foundation and Etasha's team and helped them with more information on tools and resources that can be used in their classrooms.

The Ritinjali teachers attended our workshop to get an in-depth understanding of child protection laws. The information shared on JJ Act was new for almost everybody in the group. They shared that they now feel confident about reaching out to DLSA for more information. The next workshop with them is scheduled in July and we are looking forward to their demonstrations of tools they will use in their classrooms.

The Navjyoti team members thoroughly enjoyed the body mapping activity and also reflected on building a better rapport with the children they worked with. The Etasha team was able to share with us some of their conversations with children in their classrooms and their emerging need for more resources and tools in the curriculum they are building.

## The Safe Spaces Project



## Meet our Executive Director!

Something very interesting is brewing in our work with the Safe Spaces at Laksh Foundation. We are excited to showcase to you all a short video on the journey of 'The Safe Spaces Project' so far. In May, we worked collectively with the adolescents and teachers of the villages to develop a script and spent an entire day shooting. It was a thrilling experience for all the children and teachers who participated in this effort. The desire and will to tell our collective story with the world, definitely helped us all beat the heat. We look forward to the final video being completed soon.

We are also working to initiate new Safe Spaces with new partners in Delhi. Keep watching our social media space for more updates on this.

We feel pleased to share that our co-founder Neha Pradhan Arora took on the role of the Executive Director with effect from 1st April 2024.

As co-founder and erstwhile Trustee of Mudita Foundation, since inception, she has been involved in strategising, designing and executing the programmes and building the organisation. Studying the issue, interacting and collaborating with other experts, building partnerships, conducting action research and designing simple and effective tools have helped her strengthen the organisation's interventions and take them to over 8000 children, youth and adults across 150 organisations and communities.

We look forward to the team continuing their committed efforts of working towards a world where each



Neha Pradhan Arora, Co-Founder and Executive Director at Mudita Foundation

individual is living up to their full potential without the fear of abuse, violence and exploitation; and your continued support.

## Seeking new corporate partnerships for engagement and fund support!

Fostering safe spaces where conversations on safety can be initiated is the first step in addressing abuse and violence which if not tackled can be a deterrent to living a life free of

fear and living to their full potential. If you are a corporate or an individual looking to support the fostering of such safe spaces and wish to support our work, do write to us.

## DONATE NOW



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