

**Hamara Foundation**

1st April, 2019 – 31st March, 2020

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**INTRODUCTION:**

Hamara Foundation initially started as “Hamara Club” in July 1989 as a field action project of Tata Institute of Social Science (Tiss) by Prof. Asha Rane, in response to the emerging problem of street children, in the city of Mumbai. Now it is an independent project.

Our **Mission** is towards facilitating all round growth, development and empowerment of street children to bring about an overall improvement in their lives. Our **vision** is to ensure that no child should live on the street and that every child has an inherent right to dignity and respect, which aims at working towards creating an environment in which every child enjoys right to survival, development, protection, and participation.

Children in street situation with or without families are a common sight in urban India and among the most vulnerable groups, with limited access to protection, education, health care services and adult supervision. They are mostly found in cities near traffic signals, railway platforms, religious places, shopping areas, stay under flyover, bridges. Every day is a struggle for survival for them. You will bear witness with us that in today’s society many children and their families that reside on pavements, experience a threat to survival, lack of financial independence, health issues and a need to sustain livelihood.

Hamara Foundation runs several projects such as Project for Street Connected Children, City and Railway CHILDLINE, Sponsorship for Education of children, Children’s Cooperatives (CDK & CHSC) for Development and Empowerment of children. In this note Hamara Foundation would like to give emphasize on following projects of Children’s Cooperatives as program is very much beneficial for deprived children for their personality development and empowerment.

**Glimpses of Annual Activities:**

Hamara Foundation’s Chairman Dr. Ashok Mehta who is an Ex. Sheriff of Mumbai and President for Lions Club and also holding many positions celebrated his 88th Birthday with our children at SNDT College, Matunga where he served Dinner to all children and team of Hamara Foundation. On his birthday he invited so many dignitaries for celebration. Children of Hamara Foundation presented their own story of struggle and also shared their experiences to all.

**Life Skill Sessions & Mental Health Sessions:**

Throughout the year various sessions have been conducted by team of Hamara Foundation and also invited external expertise to have dialogue with our children and parents. Apni Shala Foundation, Poddar Foundation and many likeminded organizations conducted sessions.

Mental Health Awareness, Understanding Body Image, Creative thinking workshops and many more topics introduced to children using handful materials.

**Fire Station Visit:**

We organized an exposure visit to Fire Brigade Station Byculla, Mumbai. A total of 27 children from three different contact points took part in the visit.

Our intention was to give an exposure to children about fire station and their function like their emergency number, what to do in different emergency situations , what common people can do in such situations to help people etc. We were given an introduction about fire station, how they work at emergency situations, what all situations they came for help etc. Apart from controlling fire, they come into action when there is a tree fell on the road which might cause danger to people, if petrol or diesel or something is fall on the road they cover it with mud or pour water in order to prevent from causing fire. They showed their vehicles and explained about the tools and instruments they use during rescue missions. They also explained about the oxygen enabled helmet where they manage to work in spaces where oxygen level is low.

After that the officers reminded us about the responsibility of each and every one as Indian citizens where, if we come across anyone who is in fire we need to cover the person with a blanket tightly, and if your room is in fire first of all wet the places near fire then pour water on fire as to prevent it from spreading all over the room. They told children that it is not only the work of department but all the citizens have a major role in preventing fire and other accidents.

**Children’s Day Celebration:** We celebrated Children’s Day on 14th November in Gilder Lane municipal school Mumbai central. As children like to play and enjoy the day we organized a magic show for children where they were having fun with the joker who did the show. After magic show we arranged 6 game stalls for children to play and set time and conditions for each game stall. There were one staff and one volunteer in every stall to explain about games. How this specific game contributes to our physical and mental health. We also sticked poster of ‘health benefits of sports’ on the pillars next to the game stalls. We set low budget at the same time fun and safe games for children, so that we can show them children can play a lot of games which is simple as well as low cost and interesting and can get learning from it. For example glass pyramid. This game was simple and fun. We kept 20 paper glasses on the table and then asked children to make use of all glasses and built a pyramid within one min. When kids started to play the game they realized that it was not that easy as it seemed and was challenging. After the games we took feedback of children about the games. Majority of the children had the opinion that all the games were nice and fun. Among the 6 games children liked glass of pyramid, jumping and bouncing, and dart board the most.

CHIDLINE SE DOSTI WEEK. On 14th November, 2019 Hamara Foundation along with the Mumbai Central Railway CHILDLINE and Nair City CHILDLINE Team celebrated Children’s Day in Gilder lane Municipal School Mumbai Central. Around 200 children were participate for the activity. As children like to play and enjoy the day we organized a magic show for children where they were having fun with the magician who did the show. After magic show we arranged 6 game stalls for children to play and set time and conditions for each game stall. We kept one CHILDLINE stall where children used to take photos along with the frame **“I Am CHILDLINE Dost, Are You? CHILDLINE** banner and posters were displayed at the stall and information about CHILDLINE 1098 was shared with the children.

**Exposure Visit to Nair Hospital:**

Children learned about the various departments in a hospital like the OPD, X-ray room, sonography room and hospital ward and how the hospital functions. The children also got to interact with the hospital staff and doctors who showed them how to perform their day to day tasks.

**Medical Camp:**

A medical camp has been organized in the Dadar, Hajiali community. We have observed that most of the people exhibit a negligent attitude towards health care of themselves and their children too. Many children are having skin infections due to their living conditions and negligence in personal hygiene. So we invited all the children and their parents too for the medical camp as children can easily lost the prescription or forget the name of the medicine and in case if there is any referral cases.

A total of 72 people were subjected to health check-up. We observed that many children have cuts and wounds in their legs and hands which were happened while playing and fighting. Other common issue observed was skin rashes and infections which are mostly caused by wearing dirty clothes and being unhygienic. And because of unhealthy eating habits there were cases of upset stomach too. Medicines and suggestions were given to everyone who underwent health check-up.

We took feedback from parents and children. The doctor and team were very kind and they were frequently giving awareness to people about health and hygiene. Our CHE of Dadar community gave flowers and thank you cards to doctors and the team.

**Exposure Visit at Smart Eco Park:**

We organized exposure visit for 25 CDK members at Smart Eco Park, Panvel on 13th February. SMART is one of a kind 20 acre eco-park that aims to teach children skills they will need in the next 50 years through an interactive learning experience. Our children got to do so many hands-on activities such as Rainwater harvesting, filtration and purification of water etc. An enjoyable Nature trip with Green environment. Children can learn lots of scientific things by easy and fun way. Good food was served for all. Our one of the Trustee Darshana Kapadia madam also participated the visit.

**Clowns without borders show:**

Basically this show offers joy and laughter. Show was shown to the children on 1st Feb, 2020. There were a total of 70 children to enjoy the show. The children's exams were approaching and the show was launched to help the children relieve some of the stress. It was not just for entertainment but through this show, the importance of girls' education was conveyed.

**Waste Management:**

A session on waste management took place which was conducted by external resource person Mr. Mithil. He explained about the importance of reuse and recycle of waste. He made the children aware about the problems regarding waste mainly how it causes pollution and leads to global warming. After having a little talk, he asked the children to prepare a chart on different categories of waste. This activity made the children getting involves in the topic and made amazing representations of the types of waste.

He then went deep into explaining the categories of waste as wet waste, dry waste and hazardous waste. He told them that wet waste such as fruits and vegetables can be treated by keeping them in open atmosphere to decompose. The ideas which he suggested were to use bamboo instead of plastic which is easily decomposable and using paper bags instead plastic bags.

**Skit Competition between all CDK branches:**

A skit competition was held in 5 CDK branches of 5 members each participated. They were given 10 days’ time to prepare. They were explained all the rules & regulations which included that they have to prepare on their own without the help of the staff. The topics which were covered were road safety, education, cleanliness. They were also given cash prizes. (All the prize money transferred to their accounts) The judges were Kaushik Shah, Prof. Asha Rane & her sister and Mithil Shah.

**Blanket Distribution and Food Distribution program at Dadar branch:**

The trustees of Hamara Foundation, Meena Kanakia madam & Dr. Ashok Mehta Sir distributed blankets to the children on the occasion of Republic day at Dadar centre with the support of Lion’s club team members. The purpose behind this distribution will be to help keep the health of children safe, as the blanket was distributed to the children need of the children.

**Financial Management Session:**

As per the prepared training modules we have conducted several sessions related to Financial Management. Topics included through put the year were Active and passive income, Academic – financial and professional education. Difference between CDK and National banking explained also what is the importance of saving money for future and present as well, Importance of carrying passbook, maintaining passbook.

**Maratha Mandir Branch:**

Maratha Mandir community of Hamara Foundation has been demolished by BMC. The process continued in a fast track manner and all the children are shifted to Mukund Nagar, Kurla/Chembur with basic facilities. Their CDK Accounts were closed on 8th January.

**Inclusive Sports session with special children-**

Children were divided into groups and games like potato race were played with gift items and snacks provided at the end. It was a heartwarming moment as all children irrespective of their unique abilities participated, enjoyed and learnt from each game so thoroughly.

**Collective action**

Children from KK Marg approached to us asking for help to write an application for requesting local authorities to keep garbage bin near to community and school. Within a weeks’ time after submitting the letter hey got the garbage bin and now BMC workers collects everyday trash from the community.

**Visits to Hamara Foundation**

At Foundation, we do always welcome visitors and children loved to interact with new persons. This year we have visitors from British Airways – Comic Relief, Butterflies and Khazana Foundation. Butterflies kept three days extensive trainings with child leaders and staff for CHSC project. British Airways visitors played with children, distributed Christmas gifts and also visited all the centers of organization. Some of the employee showed their interest in working voluntarily or helping us in future project work. Khazana foundation as always comes yearly and provides their valuable guidance, interacts with children and motivates us to work more efficiently.

**World Food day Celebration:**

We celebrated World Food Day with 20 children in the Maratha Mandir community. First of all we gathered children in the community and let them knew world food day is celebrated on 16th October worldwide. We discussed about the origin of world food day as it is celebrated on the day where Food and Agriculture Organization was born in 1945. Children had no idea why to celebrate it while many of the children are not getting proper food in the community. We talked about the importance of having a healthy diet and avoiding junk food. The children seemed to be very interested in the session.

Then we distributed drawing sheets, color pens, pencils and crayons to children and asked them to draw pictured related to food. Children made pictures of trees, fruits, comparing pictures of junk food and healthy food etc. All of them enjoyed the activity and made good drawings.

**Mental Health Day-Suicide Prevention**

The session started with an ice breaking to set an ambience to start the topic as it is very important. Children were asked about the reason why people commit suicide. At first children were confused. After some time they started to respond with their thoughts like poverty, failure in school etc. Then discussion moved on to suicidal tendency, reasons, mentality, symptoms and impact of suicide on a person as well as his/her family. Many examples were discussed like school students committed suicide, farmers, people with debt etc. we also came to know that suicide is one of the leading causes of death in India. Nearly 20 percentages of all suicides worldwide occur in India and five lakh suicides occur in India every year. The most shocking facts are 85 % of the suicides are committed by people under age 30, every hour almost 5 students commit suicide in India. Through discussion children came to know that stress, family expectation, peer pressure, immaturity, educational pressure, debt etc. all might lead people to have suicide tendency.

Then we discussed about the ways to reduce suicide. Like understanding the situation, try to speak up or share the problem with friends, parents or teachers , give motivation and support etc. breathing space and back off are two techniques where one can imagine a square and staying inside it during provoking situations or conversations and stepping back a foot from threatening or provoking scenarios. The session was taken by Ms. Varna from Poddar foundation.

**Dance Movement Therapy**

A Dance Movement Therapy was held by students from Tata Institute of Social sciences and 20 children. They were taught how to express themselves in a way of dance and music and through various other activities. This boosted the imagination and confidence of the children and helped them to express themselves even more.

**Cricket story**

One of our beneficiaries plays very good cricket. A donor liked his story on the birthday of Ashok Mehta sir (Trustee). Along with donor we had meeting at donor’s place where we talked about his future in cricket career. Later we sent child to Rajkot for playing as a test match to take decision. After child completes his HSC he will take further step for it.

**Safe use of Technology**

The session was all about effective and healthy use of mobile. CHE explained the positive uses of mobile phones like, finding routes, for making projects, to communicate, to play etc. after that the consequences of the mobile addiction was discussed which includes the lack of interest in studies, lack of bonding between relations, chances of getting harassed in social medias. Later we all discussed about serious issues which causes our eyes with severe damage. Children were asked to limit the mobile use to save their eyes and mental health and to maintain good relationships with family, friends and the society.

**Monthly Meetings**

Every month at every location children conducts general body meetings where children discussed their daily routine issues, issues related to time for saving. This year we have seen impact among the children where children started discussing about expansion within group and also innovative ideas in terms of organizing Medical camps, activities, competitions etc. discussed for organizing program.

**Residential Camp for children**

The camp has been organised for the welfare of the street children and it covers a wide range of

Activities/sessions which will help us inculcate personal growth through value education, team building, financial management, environment awareness and build leadership skills among the participating students. Only the children in the CDK-CHSC project were given the benefit of this residential camp.

This residential camp was set and structured in a way that each and every objective was directed towards children empowerment and well- being. The main objectives of the camp were Awareness towards environmental crisis, health and mental wellbeing, sports, financial management skills and team bonding. Above all the main thought behind this camp was to take these children out of their regular lifestyle, the pressure and struggles they manage every day, at the lap of nature these children enjoyed through sessions and activities. This residential camp helped the achieve CDK-CHSC project goals. For example, financial literacy, physical activities, values about nature, etc.

**Mumbai Central Railway CHILDLINE**

This project was initiated with a PIL filed by Ms. Khushboo Jain stating that many children from rural areas ran away to the cities for survival. **The Ministry of Women and Child Development** and **Ministry of Railways** came together by court order to ensure following agenda:

1. Child care
2. Protection
3. Security and well-being of runaway children
4. Unaccompanied by adults and trafficked children who come in contact with the railways.

Hamara Foundation was invited to run this project which was started in Mumbai in 2015. Some of the important activities are as follows:

* During this period we found total 248 children who were need in protection and timely help provided to each and every child along with legal service.
* Ganesh Festival Activity- Childline 1098 Logo Rangoli at Ganpati Pandal  
  As a part of the outreach program for the childline initiative of the Mumbai Central Railway Childline, set of events were held to sensitize the various stakeholders involved in the functioning of the Mumbai Central station
* BCT Railway CHILDLINE Team Celebrated Childline Se Dosti Week With Coolies, Housekeeping staff railway passengers. CHILDLINE Team conducted group outreach in hall premises, platforms. CHILDLINE Team tied 'Suraksha Bandhan' (Childline se Dosti wrist bands) on the wrists of Coolies and spread awareness of CHILDLINE 1098 on station with pamphlet distribution and info about CHILDLINE number 1098 and process.
* **Educational and exposure visits to the Mumbai Central Railway Police station.** Mumbai Central Railway CHILDLINE Team Organized Educational And Exposure Visits To The Police Stations For Street-connected Children To Mumbai Central Railway Police Station. CHILDLINE Team Decorated The Ground In Front Of Police Station With CHILDLINE 1098 Rangoli.
* Meeting with Borivali CWC at Don Bosco. Case sharing, Coordination between Childline and CWC and Difficulties for facing in night cases.
* Meeting with SCPCR for children found begging outside places of worship. Discuss the above and formulate strategies to prevent children from begging and get them on the path of development

**CHILDLINE COLLABORATIVE ORGANIZATION**

The CHILDLINE Collaborative organization of Hamara Foundation has been functioning in Nair hospital since 2006 to provide (1098 toll free) 24 hours emergency services for children in need of care & protection. Hamara foundation along with collaboration with Childline has been handling various cases of missing child, medical, shelter, missing, restoration, Emotional support & guidance.

**Hamara Foundation** and **City Childline** have been actively involved in various activities protecting the child from various dangerous situations.

* The total numbers of cases that have been encountered are 492.
* Mass Outreach, Night Outreach conducted during Mumbai Marathon, Ganpati festival, Navaratri by distributing pamphlets and one to one interaction.
* Awareness program organized by using various methods like poster presentation, pamphlet distribution, drawing competition.
* World Anti Child Labour day organized with SM,GRP, RPF and Passengers.
* Police Amche Dost event organized by Agripada Police Station and CHILDLINE team for Agripada Citizen Forum.
* Awareness Activity of 182 RPF Helpline and 1098 helpline conducted at Churchgate station for passengers and citizens.
* Independence Day Celebrated at Rey road and drawing competition conducted with children.
* Open Houses with children, parents, teachers and other stakeholders conducted at every place which comes under jurisdiction.
* Meetings with DCPU, Head of the Departments, local authorities, local NGOs on spreading awareness about CHILDLINE way of functioning.
* CHILDLINE SE DOSTI campaign run at every location by distributing leaflets, wristbands, holding awareness sessions and open house.

**CONCLUDING**

The educational, health and other activities conducted by Hamara Foundation ensure that step by step, these children move towards enjoying all the rights like right to education, right to develop, right to participate, right to play etc; that they are inherently bestowed upon by the state.

THANK YOU