



Be a Caring Hand

INDIA GIVES FOUNDATION



Annual report 2021-2022



ANNUAL REPORT

2021-2022



FOUNDER'S SPEAK

Dear friends,

INDIA GIVES FOUNDATION feels proud to present its Annual Report 2021-2022, which provides you a glimpse of what we did and achieved this year through our synergised effort.

India Gives Foundation was founded in the year 2021 by a group of young social workers and dedicated social entrepreneur to fulfil needy people common dreams where every child is take care with love and affection and is given an opportunities for the healthy and bright future where no child is marred by the horrors of child labour and we works to strengthen women by giving them identify as internal workers also we works to save the girl child and build better future for themselves and their families and communities facing behavioural health /mental health challenges as following Counselling, Therapy, Medication management, Social work services, Peer supports and substance use disorder treatment also reduce the risk of chronic diseases related to stress, anxiety and substance abuse. INDIA GIVES FOUNDATION and its activities in regard to various socio, economic, health, mental health and education programs delineated will give you a clear picture of the principles for which the organisation stands for and is actively working. Your attention is particularly drawn to thousands of disabled orphaned children, slums children and marginalised women who are the worst affected .Therefore; there is an urgent need to address their problems immediately. Around one billion people live in slums worldwide, and that number is growing day by day .India is the seventh-largest developing country in the world as per area total number of people residing in slums throughout the entire country is estimated to be 104 million or 9% of the total population living in makeshift homes in slums that are substandard, dingy houses of high density and congestion, overcrowding, absence of

basic amenities lack adequate water supply, sanitation, and security. Children of this slum do not get access to basic education and instead have to start working to support their families. At such an early age, they are forced to grow up in haste and they lose their childhood days, school days and innocence, some of the taken advantage of by employers who use them as cheap labour.

India Gives Foundation with a motive for the development of poor slums children's, Girls child education ,migrant workers ,Women empowerment, Old age people, helpful persons, etc. in the segment of Education, Health, Mental Health ,IT training , Sustainable Development, etc. India Gives Foundation also works in the segment of Research & Development in the field of Mental Health, Health, Education, employment training, Sanitation, Empowering grassroots, Privileged Children , Livelihood and Sustainable development, Etc. for the Growth and Development of the Country. India Gives Foundation also works for the Development of the youth to make them on the right path and also aware the peoples with the help of Awareness Program, Motivational Events, Free Eye Camp, Free Medical check-up for remote villages and Slums Etc. India Gives Foundation works day and night to reach out to millions of such lonely and so- called unwanted people of our society, backing them and giving them strength to be self-reliant and fight for their well-deserved rights. Right to Education and Right to Mental Health, Health are some of the basic rights which every individual of this world should be provided with, irrespective of their social status. India Gives Foundation leaves no stone unturned in ensuring that every individual who has been deprived of these for some reason gets the chance to avail these rights. At the same time our aim is not just teaching people but to empower them with the abilities to have access to all the basic necessities of life enabling them to earn respect and dignity for themselves and their future generation. It is not just the responsibility of the government to promote, save and protect the human rights and fundamental freedoms of individuals or communities; it is the duty of us (the citizens) to do our bit in the best way in ensuring equal advancement of all sections of the society.

I strongly believe that a good number of people would definitely come forward to lend their helping hand to make our endeavour a great success. However meagre your contribution may be, it will add to the whole to bring light and happiness to ones who are in the clutches of privation.



Thank You

Ms Ranu Sarkar Mandal

Managing Trustee

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About India Gives Foundation

India Gives Foundation (IG Foundation) is a non profit organisation in India that offers knowledge services in the area of mental health working in West Bengal and Bangalore, India. Is a non-profit the registration number of the foundation is: **IV - 110300014 / 2021**, PAN Number: **AABTI9975R**, NGO Darpan id Number: **Wb/2022/030266**

1. Established in the year 2021.India gives foundation works in the area of Education, Literary and mental health.
2. The foundation works for promoting education particularly among weaker sections of the population.
3. The foundation improves the well-being of every individual in the society.
4. So, they can reach their full potential and their families will also do well and the whole of society benefit.

India Gives Foundation is a Non Governmental Organisation, which are involved in carrying out a wide range of activities for the benefit of underprivileged people and the society at large also take up and execute projects to promote welfare of the community. We serve Education, Health, Mental health, and Women empowerment, Livelihood, Empowering Grassroots and Privileged.

India Gives Foundation was founded in the year 2021 by a group of young social workers and dedicated social entrepreneur to fulfil needy people common dreams where every child is take care with love and affection and is given an opportunities for the healthy and bright future where no child is marred by the horrors of child labour and we works to strengthen women by giving them identify as internal workers also we works to save the girl child and build better future for themselves and their families and communities facing behavioural health /mental health challenges as following

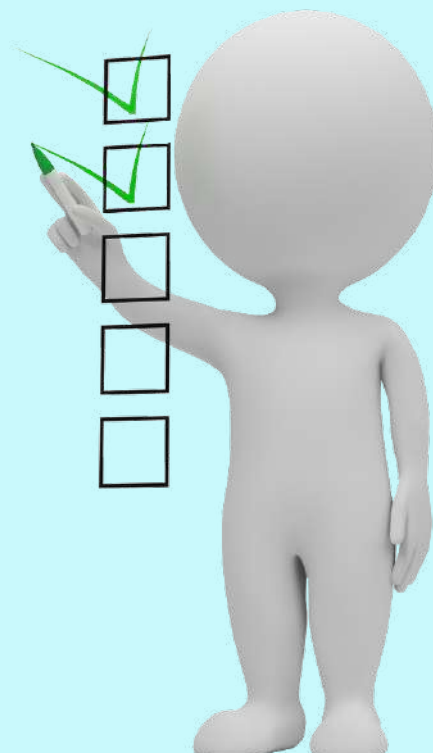
1. Face to face counselling
2. Tele- Counselling
2. Therapy
3. Rehabilitation for school, colleges and community
4. Social work services
5. Peer supports and substance use disorder treatment also reduce the risk of chronic diseases related to stress, anxiety and substance abuse
6. Internship Training Programme
7. Placement Service
8. Awareness Camp



India Gives Foundation Objectives

- ❖ India Gives Foundation acts as planners and implementers of developmental plans.
- ❖ We help in mobilising the local resources to be used for development.
- ❖ And help in building a self-reliant and sustainable society.
- ❖ To ensure literacy to the non-literates.
- ❖ To spread public awareness programs about education through the mass media.
- ❖ To provide functional assistance, during natural calamities such as flood, Earthquakes, Motor accidents etc.
- ❖ To ensure 'Education-for-all' by providing free-of-cost education to underprivileged children.
- ❖ To enrol students into the formal schooling system.
- ❖ To ensure that rural populations do not have to migrate to urban cities for a better standard of living.
- ❖ To create replicable development models for rural India and bridge the gap between urban and rural India.
- ❖ To help rural women learn vocational skills and attain financial independence
- ❖ Also play a critical part in developing society, improving communities, and promoting citizen participation.
- ❖ To provide free legal advice to poor people.
- ❖ To create awareness among the people regarding AIDS , Tuberculosis , Thalassemia, Mental Health such as Bipolar Disorder, Eating Disorders, Major Depression, Obsessive- Compulsive Disorder (OCD) , Personality Disorders, Post-Traumatic Stress Disorder (PTSD), Schizophrenia, Suicide , Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias etc.

Type of Service



- 1 EDUCATION
- 2 HEALTH
- 3 MENTAL HEALTH
- 4 WOMEN EMPOWERMENT
- 5 LIVELIHOOD
- 6 EMPOWERING GRASSROOT
- 7 PRIVILEGED CHILDREN

India Gives Foundation Mission and Vision

Mission

- o Bringing people together to end poverty for good
- o IGF works towards creating a better India which provides basic health, education, mental health education and Empowerment to every citizen

Vision

- Our vision is to create a better everyday life for many people in the target area, have sustainable livelihood, have access to basic Education and health and mental health care and would get secured household food.

India Gives Foundation Legal Registration Details

Registered Trust, **19 AUGUST 2021**

Registration No.: **IV - 110300014 / 2021**

PAN Number: **AABTI9975R,**

NGO Darpan id Number: **Wb/2022/030266**

Tax Exemption: Waiting

FCRA NO: Waiting

Our Footprints

- ❖ Implementation of India Gives Foundation Mental Health care model at Vatsalya Old Age Home successfully since 2021 with the support of IGF volunteers.
- ❖ Influenced and implemented new mandating policy at Mental Health Units for West –Bengal and Bangalore day care homes by the West Bengal and Karnataka State Government.
- ❖ Influenced a policy change ensuring family counselling for successful rehabilitation of children in homes in Bangalore.
- ❖ Developed linkages for mental healthcare delivery with primary healthcare (mainly women’s, adolescent and Child Health), educational and skill developmental institutions.
- ❖ Building Bonds for mind care training has trained over 2000 building constructions labour to cope stress and depression.
- ❖ **Free online internship** opportunities are **offered** to 11-12th class school **students**, undergraduate **students**, and post-graduate **students** to get conceptual clarity and also practical exposure of working with clients under supervision, help **students learn the ins and outs of working in the field**, including what it's like to apply theories they learn in class to real people in crisis.
- ❖ We run a variety of online campaigns through our social media channels. In this regard we package our content to meet the needs of specific communities or to address specific issues such as mental health illness and wellbeing, stress and anxiety, and mental health at the workplace.
- ❖ We are also in the process of training community health workers on how to identify mental health issues with the goal of promoting early interventions.

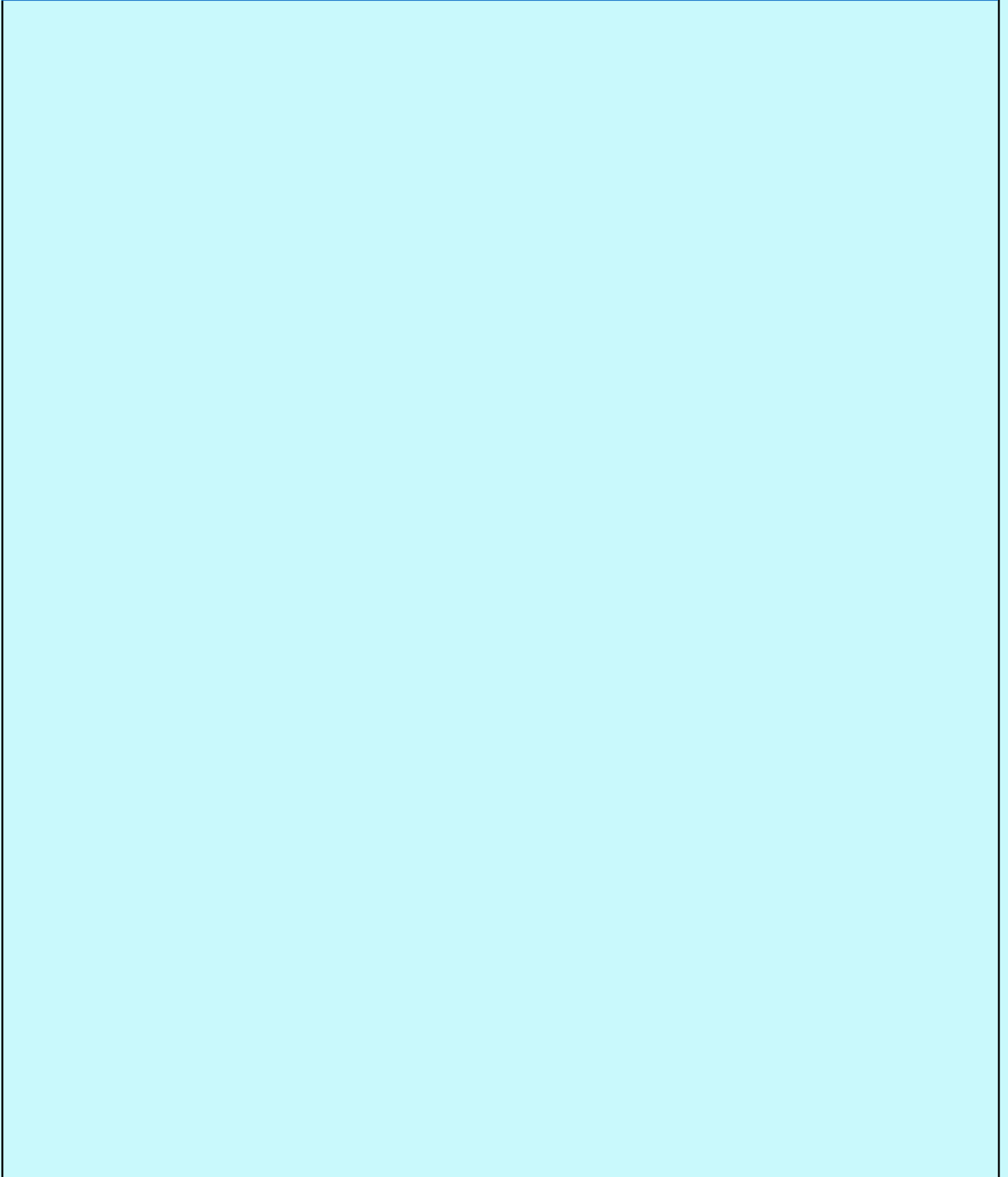
- ❖ Gradually we also began engaging with our audience offline. We conducted a workshop for teachers on their role in promoting their students' wellbeing and also an internship training programme for UG/PG students and individuals to enhance their professional skills.
- ❖ Published the mental health guidelines for women's, adolescent and Child Mental Health that are now penetrating school ,Colleges and university structures and mental health care centre settings.
- ❖ Influenced a policy change **Online National Poster Making and Slogan Writing Competition** on account of 75th Independence Day which it facilitates teamwork and understanding along with facilitating creative thinking and extensive research and reading also slogan making competition which it facilitates **increase the observational skills, response to thoughts, awareness, and concern of the students towards global issues.**
- ❖ Food distribution camps are often arranged in the nearby and connected slums to west Bengal and Bangalore.

Mahatma Gandhi said “There is so much hunger in the world that god can not appear better than in the form of bread”.

We with the help of generous supporters and volunteers arrange free raw and cooked food distribution from time to time in slums and orphanages.

Country's current situation is getting worse and worse because of prices going high and high for everything, poor are getting more and poorer and rich are getting richer, there are more fruits in the shampoo of a rich than a plate of a poor.

INDIA GIVES FOUNDATION MODEL OF CHANGE



Our Programme Overview

Date	Programme	Location	Outcome
10-10-21	World mental health day	Bangalore and West Bengal	Awareness has given to the 1234 children
15-10-21	BIJAYA DASHAMI	West Bengal, East Medinipur	Sweet distribution to children home in 3 rural villages
16-10-21	World food day	Social Media Campaigns	Its reached to the target populations
17-10-21	International Day for the Eradication of Poverty	Digital awareness Marketing	The information spread to the target populations
3-11-21	Deepavali	West Bengal	Sweet distribution to children home
3-12-21	International Day of Disabled Persons	Bangalore	Its reached to the target disabled populations
23-12-21	National Farmers Day	East Medinipur ,West Bengal	Its reached to the target populations
25-12-21	Christmas	Bangalore	Sweet distribution to children home in slums
28-12-21	Camp on Rag pickers	Bangalore ,Mysore	Helped 300 children and sent to school
1-01-22	New year	West Bengal	Sweet distribution to old age home
12-1-22	Campaign on 'Empowering the Nation's Youth '	Digital awareness Marketing	Its reached to the target populations

14-1-22	Makar Sankranti	Mysore	Sweet distribution to needy and school children
15-1-22	Campaign on 'Anxiety among graduate students'	Digital awareness Marketing	Its reached to the target populations
18-1-22	Campaign on 'Personality Disorder'	Digital awareness Marketing	Its reached to the target populations
19-1-22	E- Campaign on Mental Health	Digital awareness Marketing	Its reached to the target populations
23-1-22	Subhas Chandra Bose Jayanti	West Medinipur	Books and stationery items distribution to needy children
24-1-22	National Girl Child Day	Bangalore Child Home	Helped 230 girls children and distributed sanitary pad
25-1-22	E- Campaign on how does a social media affect Mental Health	Digital awareness Marketing	Its reached to the target populations
26-1-22	Republic Day Celebration	West Bengal (Aradhana Club)	
30-1-22	E- Campaign on Restless Legs Syndrome (RLS)	Digital awareness Marketing	Its reached to the target populations
30-1-22	E- Campaign on Narcolepsy	Digital awareness Marketing	Its reached to the target populations
1-02-22	Camp on Depression with Suicidal Thoughts	Bangalore Slums	Receive 589 young population
4-02-22	E- Campaign on Sleep Disorder	Digital awareness Marketing	Its reached to the target populations
5-02-22	E- Campaign on How to improve handwriting	Digital awareness Marketing	Its reached to the target populations
10-02-22	National De- Worming Program	Bangalore Slums	Distributed de-worm medicine to the school students
11-02-22	International Day Of Women and Girls in Science	Bangalore Old Age Home	International Day Of Women and Girls in Science was celebrated with old age along with fun and games

14-02-22	Camp on Building Resilience in children	Bangalore Rural	Helped 349 populations
15-02-22	Camp on International Childhood Cancer Day	Bangalore Urban	Its reached to the target populations
16-02-22	Programme on Obstructive Sleep Apnea (OSA)	Mysore Govt.School	Helped 1098 government students
17-02-22	Program on HIV/AIDS and Mental Health	West Bengal Private Colleges	Its reached to the target populations
21-02-22	Program on Adolescent sexual behaviour pattern and Mental Health	West Bengal Private Colleges and tuitions centre	Its reached to the target populations
21-02-22	E-Campaign on International Language Day	Digital awareness Marketing	Its reached to the target populations
24-02-22	Program on 'The Essence Of Life '	Virtual Workshop	Helped 7839 population all over India
25-02-22	One day training on How to Control Emotion	Bangalore Animation College	Helped 1098 animation students
27-02-22	World NGO Day Celebration	West Bengal ,Khargapur	Attend virtual meeting on life skill training along with tuitions centre students
28-02-22	National Science Day Celebration	West Bengal Govt. Schools	Its reached to the target populations
01-03-22	Mental Health Awareness Program for building Construction Workers	West Bengal (Constructions workers associations)	Distributed necessary things along with mental health awareness pamphlets
03-03-22	One Day Training on 'Behaviour –Modification ' for School Students	Bangalore and Tamil Nadu	Its reached to the target young school student populations
08-03-22	Women's Day Celebration with Old Age Home	Tamil Nadu Old age Home	Games and competition was hold in different old age home

09-03-22	Camp on sanitization	West Bengal ,Rural	Awareness has given to the 1211 populations
14-03-22	Community Mental Health Program	Bangalore slums community	Awareness has given to the 1634 children
18-03-22	Holi Celebration	Bangalore street children	Sweet and Rongali powder distribution to street children
26-03-22	One Day Training On Aggressive Behaviour for ply students parents	Bangalore and west Bengal	Its reached to the target young school student populations
30-03-22	E- Campaign on Digital Health	Digital awareness Marketing	Its reached to the target populations
03-04-22	Program on Autism Awareness Day	Social media awareness campaigns	Its reached to the target young school student populations
1 st April to 7 th April 2022	Awareness Camp on Blindness Week	Digital awareness Marketing	Its reached to the target populations
05-04-22	E- Campaign On Panic Attack	Media awareness Marketing	Its reached to the target populations
07-04-22	Campaign on Our Planet ,Our Health	Digital awareness Marketing	Its reached to the target populations
17-04-22	Slum Community training Program	Bangalore and west Bengal	Its reached to the target young populations
18-04-22	E- Campaign on Volunteers Opportunity	Digital awareness Marketing	Its reached to the target populations
10-04-22	Camp on Mid –Life Crisis	Digital awareness Marketing	Its reached to the target populations
08-05-22	Mother’s Day Celebration	Bangalore play home	Its reached to the target populations
09-05-22	Tree Plantation Programme	West Bengal	Planted 200 basil and Neem plant

13-05-22	Street campaign for prevention of Mental Retardation and Developmental Disabilities	Bangalore slums	Its reached to the target young school college's student populations
28-05-22	International Day of Action Women's Health	Social Media Campaigns	Its reached to the target populations
31-05-22	E- Campaign World No Tobacco Day	Digital awareness Marketing	Its reached to the target populations

2021-2022 at a Glance

This year we were able to touch 5000 women , individuals and working children through our different projects, 50 contact points, two rehabilitation centres, and through various media, publications, virtual programmes, training ,internship, national and state level competitions and activities.

This year to India Gives Foundation laid special emphasis on expansion of education and mental health education amongst slums, underprivileged areas children, all over India government school children and working children .Through its different projects, it stressed that both the education and mental health education can play a significant role in empowering society and in securing a rightful place for them.

Besides education, empowerment of slums children and underprivileged children was also attempted through the activities of life-skill workshops, exposure visits, residential workshops on mental health, police station visits, state and national level talent events, rallies, virtual training ,internship program and community awareness camps in different places ,school ,colleges also visits to primary health centres, awareness generation on child rights and government services for children through various media etc.

Overview of INDIA GIVES work during 2021-22

- Activities of parents meeting of different schools and colleges, teachers counselling program, and change-makers training were organised to empower parents and other community members to seek their involvement in the projects.
- Organised schools and colleges workshops for mental health education, and reduced the practice of consuming harmful substances among substance abusing school and college students.

- Organised UG/PG AND Individuals Internship training programmes to educate and enhance professional skills.
- Consultation workshops organised this year were an important forum for sharing of learning amongst various academia and children. This year the workshops focused on discussing and deliberating 'mental health for all.'
- The contact point model of Alternative Education was shared with various NGOs from the countries of Ghana, and various states of India.
- Organised Campaign on 'Personality Disorder' for school and college students in west Bengal and Bangalore to educate and enhance positive thought among the students.
- E- Campaign on Mental Health was organised through social media also E- Campaign on how does social media affect Mental Health through social media.
- Subhas Chandra Bose Jayanti and National Girl Child Day was celebrated to raise awareness among the people and children.
- Republic Day Celebration was organised in West Bengal along with nutrition food distribution for 3 government school students.
- INDIA GIVES helped marginalised communities on its project areas opening DAY CARE centres for their children and needy people.
- E- Campaign on Restless Legs Syndrome (RLS) and E- Campaign on Narcolepsy was organised through virtual.
- Camp on Depression with Suicidal Thoughts was organized to raise awareness among the youth
- E- Campaign on Sleep Disorder and E- Campaign on How to improve handwriting was organised among the youth and young children.
- National De- Worming Program was conducted in 3 schools in Bangalore, to raise awareness among the parents and students.
- International Day of Women and Girls in Science e-campaign was conducted.
- Camp on Building Resilience in children was organised at different remote villages in west Bengal.
- Programme on Obstructive Sleep Apnea (OSA), HIV/AIDS and Mental Health and Adolescent sexual behaviour pattern and Mental Health was conducted at different areas in west Bengal.
- One day training on How to Control Emotion was held in Bangalore to enhance self care and self belief among the people.
- World NGO Day Celebration and National Science Day Celebration were conducted.
- INDIA GIVES Organised Mental Health Awareness Program for building Construction Workers.
- One Day Training on 'Behaviour –Modification' for School Students.
- Women's Day Celebration with Old Age Home in Bangalore.
- Camp on sanitization was organised at different slums in Bangalore along with the Community Mental Health Program.
- Holi Celebration was arranged along with street children.
- One Day Training On Aggressive Behaviour for ply students parents in Bangalore
- E- Campaign on Digital Health to spread awareness on digital health during emergencies.
- Program on Autism Awareness Day in intellectually disabled centre in Bangalore
- Awareness Camp on Blindness Week was celebrated in different areas in west Bengal.
- E- Campaign on Panic Attack to spread awareness during an emergency.
- Campaign on Our Planet, Our Health along with tree plantation in west Bengal.
- Slum Community training Program on enhancing life skills and mental health illness and wellbeing.
- E- Campaign on Volunteers Opportunity through social media.
- Camp on Mid –Life Crisis in different public places.

- Mother's Day Celebration was organised in Bangalore old age home and conducted various art and craft along with yoga and funny games to enhance their mind relaxations.
- Street campaign for prevention of Mental Retardation and Developmental Disabilities in west Bengal and Bangalore.
- International Day of Action Women's Health day was celebrated through social media.
- E- Campaign World No Tobacco Day was organised to spread awareness among youth.

Project 1

Mental Health Services through an online model

In 2021, we launched our first portal on mental health: www.indiagivesfoundation.org. We cover issues across the spectrum of mental health including information on psychiatric illnesses, substance abuse, suicide prevention, stress, depression, anxiety and more importantly wellbeing. Our content is available in 2 vernacular Indian languages in addition to English. We started a series of activities with the public to uncover the mental health issue through popular arts and painting. We ran many thematic events across the city of Bangalore and west Bengal to explore how views on mental health have been expressed through music, literature, painting, games, swimming and culture. Our aim is to provide children, caregivers and others with well-researched counselling that will help them make informed decisions on how to deal with mental health issues.

MENTAL HEALTH SERVICES

India Gives works extensively on providing positive psychology and wellbeing-based mental health services that are otherwise not available. It works with a diverse populace to understand and care for individual mental needs. Apart from individuals and schools and college students, India Gives Foundation has been providing mental healthcare education in schools and colleges, aiding students understand their mental health needs and find solutions to overcome them.



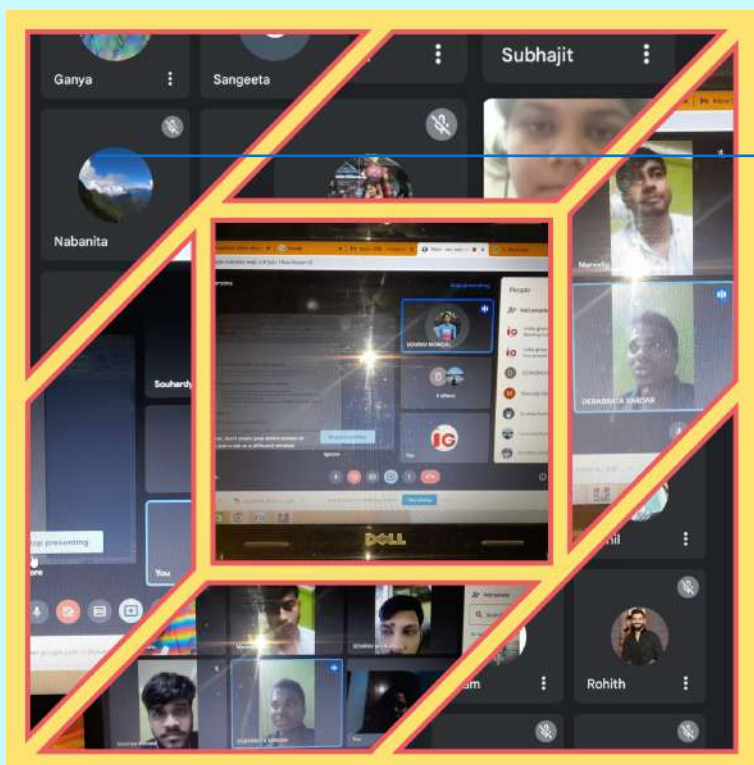
Project 2

Youth Mental Health

Mission

To help people with mental illnesses understand that they are not alone in their struggles, our services are culturally-conscious, innovative, and evidence-based. We serve as the connection point for mental health and well-being at outreach areas, delivering mental health therapy, as well as well-being education and programming to outreach students.

India Gives Foundation holds regular mental health awareness programs with free distribution of Notes books, pen, pencils, biscuits and awareness pamphlets at outreach areas. Free mental health education awareness programme was held on Saturday, 10th TO 20th October on account of World Mental Health Day 2020 at the outreach study centre at west Medinipur, west Bengal, India. The total 10 study centres has around 250 college students among them few are found suffering from mentally disorder students but they are all at initial stage. It was noted that most of the students had symptoms of aggressive behaviour, conduct disorder; depression and anxiety, our expert clinical psychologist Mrs. Ranu a psychologist spoke to all the students and collected each one case history and found some students are facing difficulty due to various causes like study pressure, unable to prepare for examination due to family moral support, Students, generally stop themselves from asking their doubts because they feel shy or hesitate. Moreover, they feel that by asking questions they will be interrupting their teacher and the teacher will scold them for stopping when they were explaining a concept to the class and examination time they depend on friends to clarify doubts. Also we found most of the students do not have sufficient study materials. India Gives Foundation provided 10 counselling sessions for 1 study centre for 3 months. Along with distributed mathematics, science and English reference study materials for needy college students. It was felt that more awareness among college students is required and the India Gives Foundation plans to do the same.



Project3

“Vijayee Bhava “Celebration of Women’s day 2022 with old age home Bangalore

India Gives Foundation celebrated women’s day on 8th march 2022 with mental health as focus. Our volunteers planned many special games for residents which included lots of sharing of experiences along with memory game to stimulate cognitive abilities ‘passing the balloon games’ also planned various brain stimulating programs as well as counselling sessions for each one to make them happy and active through this games and sharing activity all the resident in old age home gained confidence also recall their past golden school days memories and many more ,all the resident meet with guests to interact with our volunteers as well as their self esteem level increased felted be confident as they scored high on memory game played.

India Gives Foundation team focuses on the same.

Rag and bone Child

The rag pickers have no way out of poverty since they have no chance to go to school and be educated.

THE LOST SPRING

By ANEES JUNG

How can we help rag pickers? Do we stop and question where our waste goes and who collects and sorts it. Waste pickers work at the margins of our lives, removing things we don't want to see.

Rag picking was considered **an honest occupation**, more on the level of street sweeper than of a beggar. An unskilled person who picks up rags from trash cans and public dumps as a means of Livelihood. Much of the hazardous waste is in the form of medicine bottles, insecticide spray bottles, toilet cleaners, and injections.

Rag pickers are doing this in a very unhygienic and hazardous condition. They are always prone to being infected by infectious diseases, cuts, injuries, toxic fumes and accidents etc. They don't have enough education, training and support to do anything else.

The rag pickers are always at a higher risk of contracting Various infectious health diseases, especially skin diseases. The rag-pickers are exposed to all kinds of e-waste, medical waste and all kinds of harmful life threatening gases and substances. Rag pickers sustain themselves **by collecting, sorting and segregating waste and then trading it**, they clean up a significant proportion of waste that it generates. They go barefoot and work without gloves or other protective clothing. When we live protected lives, these children are exposed to all the dangers and evils.

Let us acknowledge these invisible poor people who are trying to earn their livelihood with self respect and dignity and thus let us give them the dignity, respect and equality they seek.



Project5

Digital Health

This is a technological innovation in healthcare that is developed to enhance the ability to diagnose and treat diseases and improve the delivery of healthcare to the patient. Digital health services used by patients, health care practitioners, researchers, traditional medical device industry etc.

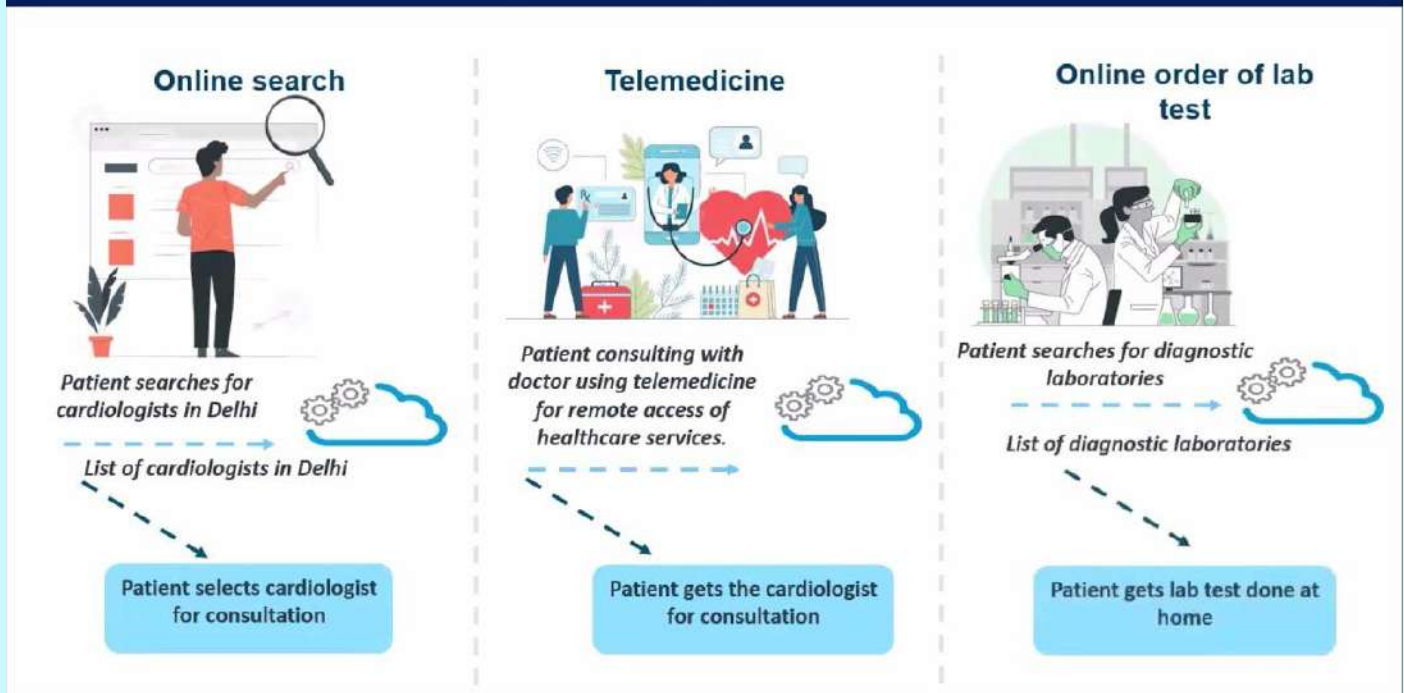
Digital health includes categories such as mobile health (m-Health), health information technology (IT), wearable devices, Tele-health and Tele -medicine, and personalised medicine. Digital health technology may help improve: access to Users health information to support clinical decision making, patient safety and continuity of care.

Digital healthcare can help women prioritise their health without the need to worry about missing time from work or household duties. This covers menstrual hygiene, gynaecology, maternal health, sexual health, mental health and dermatology and many more. Digital health technologies use computing platforms, connectivity, software, and sensors for health care and related uses.

Digital health offers real opportunities to improve medical outcomes and enhance efficiency also provide new options for facilitating prevention, early diagnosis offline-threatening diseases, and management of chronic conditions.



Some examples of Digital Health Solutions



Project6

World Environment Day

The entire life of humans depends wholly on the environmental factors the **environment can influence peoples' behaviour and motivation to act**. One of the key impacts of our work is on the environment – conserving it, reviving it and prevention of natural resources from degradation. Through reducing pollution, saving natural resources, consume less, compost, use fewer chemicals, cycle more, recycle properly, use less water, and conserve electricity.

The science is clear & time is running out - we must go from harming our planet to healing it.

But there is #Only One Earth.

Let's all take care of it.

India Gives Foundation is a non-governmental organisation which aims at promoting tree plantation across the country. The NGO is active in 2 states in India (West Bengal and Karnataka).

June 5th has been celebrated as World Environment Day every year since 1972. With this year's theme – **Only One Earth**.

You can give back to the environment through

- Conserve energy at home
- Reduce paper waste and junk mail
- Recycle your electronics

- Give your car a break
- Turn off the tap
- Replace your bulbs
- Bring your own bags to the store

Our principal aim is to create a greener, cleaner and healthier environment so that our future generations get better. India Gives Foundation celebrated World Environment Day. A tree plantation programme was organised on the premises of public place, Purba Medinipur, West Bengal on June 5, 2022

India Gives Foundation volunteers and other staff members took part in the programme enthusiastically. The slogan 'plant tree, save environment, save life' helped raise awareness regarding the environment.



Project7

“SANITATION”

Sanitation is one of the most important aspects of community well-being because it protects human health, extends life spans. One of the key impacts of our work is on sanitation through donating dustbins for throwing litter in bus stops and community areas along with awareness camps.



Project8

Refugee slums counselling

“REHABILITATION”

Rehabilitation is care that can help you get back, keep, or improve abilities that you need for daily life to restore to good condition, operation, or management, also to re-establish the good reputation in society . Our focus areas are school, colleges, hospitals, rehabilitation, prisoners, slums, family and urban /rural communities. We help people through community awareness programmes, family counselling therapy, cardiac rehabilitation, pulmonary rehabilitation, and Music or art therapy, Nutritional counselling, Occupational therapy, Physical therapy, Recreational therapy, Speech-language therapy, Treatment for pain, and Vocational rehabilitation.

Summary

Since the coronavirus pandemic started, the program has been limited during pandemic due to financial issues and unemployment. Maximum lower class parents are not admitting their children in school at proper age while they enter into the job at their early age to manage their own basic needs. They suffer from various mental illnesses and malnourishment is the common bearable factor in their life.

Our Services

India Gives Foundation rehabilitative services include, but are not limited to, physical therapy, occupational therapy, speech therapy, cognitive and behavioural therapy, recreational therapy and music therapy.

Our Aim

Rehabilitation **aims to give people the tools they need to lead the fullest lives possible**. It helps them to regain skills, abilities, or knowledge that may have been lost or compromised through illness, injury, or acquiring a disability.

Activities and work undertaken in the last 5-6 months

1. We provide services to the people with disabilities, receive individual assessments and are involved in the development of rehabilitation plans outlining the services they will receive.
2. Counselling people with disabilities and their family members to understand the role and purpose of rehabilitation and receive accurate information about the services available within the health sector.

3. We provide appropriate training, education and support to enable them to undertake rehabilitation activities.

Rehabilitation interventions

1. India Gives Rehabilitation Service Centre provides an adolescent girl with an intellectual impairment might include teaching her personal hygiene activities, e.g. menstrual care, developing strategies with the family to address behavioural problems and providing opportunities for social interaction enabling safe community access and participation.
2. Also rehabilitation for a young man with depression might include 1:1 counselling to address underlying issues of depression, training in relaxation techniques to address stress and anxiety and involvement in a support group to increase social interaction and support networks.



Project9

Slums community Counselling

A day in the life of refugee Slum-dwellers

- Posted by Ranu Mandal Sarkar

As a team of Socio-development, India Gives Foundation, a non –profitable organisation, members had the privilege to be a part of the team that visited the refugee slums of Bangalore to interact with people living there and to know about their lives. We were all excited for a new Journey of a thousand miles that begins with a single step. We have already started about the noble cause.

Slums are not so rare in Indian metropolitan cities like Bangalore, Kolkata, Delhi and Bombay. And we had chosen one nearby area. As the public bus stopped near the slum area, swarms of slum children came hovering around the bus stand. Hardly anyone cared to stop for them, so this was one odd thing for these children. They were surprised at why a school bus was going by their house.

Of course, none of them went to school. Most of the slum children didn't have clothes like us. Cloths, if they had, were tattered and torn. They were half naked and starved – their skeleton peeping out of their pale skin. This was the first glimpse of poverty. We distributed all of the biscuits and chocolates that we had brought for them. They were all ecstatic. Then we proceeded to interact with refugee slum people. Houses here were very clumsy and congested. Once into the slums, you couldn't see the cleaned to sit and eat -only slums and slums everywhere. Few houses were made up of bricks and mud with roofs made up of bamboo and leaves, while others just had V-shaped plastic roofs and nothing else. To our amazement, most of the house had a single small room, which served the purpose of kitchen, bed-room, dining room, living room and everything else. In fact, this was the small horrible world of every slum dweller. Horrible because there was no water, slum dwellers used to take baths for two or three days once or no electricity supply. Slum was built over a government garbage place and it was stinking. These small rooms had to fit in dozens and scores of members. Even if they could not ensure proper shelter and food for themselves, every family had dozens and dozens of children.

Parents considered kids as extra earning hands. They were hand to mouth. One could not have asked them to send their children to school, not unless basic needs, such as food. Shelter and cloth were fulfilled. India Gives Foundation team members have asked them to send their children to school and they were happily responding that YES! YES! We want to send them to school. What we observed at refugee slums was a

vicious circle of poverty, population, illiteracy and exploitation. Most of the men were under-paid labourers, Rangoli power seller or vendors. They worked the whole day and whatever small they earned, they squandered it over drinking, gambling and merry making. But one couldn't blame them. This is what they had seen right from childhood. This is what their grandparents did. This is what their children are to do. None of them ever thought that they could break this chain. They had stopped dreaming and even if anyone dared to, dreams hardly came true in want of money, power and opportunities. They didn't complain. They appeared quite content. Even otherwise, they had no other option but to accept the bitter truth. One of the kids complained that he had not eaten for three days. He had a fever and a vomiting sensation. But, when food is beyond reach, medicines are day-dreams.

We felt privileged that we were not born in a slum family. Can anyone point out a single fault of the slum children for which they are forced to live such a hellish life! Don't they have the right to play and read like us! Isn't right to food, cloth and shelter as fundamental as right to freedom of expression or freedom of speech

They are no different from us. They too can feel pains and pangs of life. Don't they have the right to live? A visit to slums can move anyone to pity. We can't survive in such conditions even for a day. But there is some form of human life that exists in such traumatic conditions day in and day out. What tolerance and fortitude! What have we done for them? It is so easy to comment while sitting comfortably in your living-room. Just try to step into their shoes for a day and you would know that this world is not the best place to live in. We just need to strike the right balance. What they want is a bit of space in this world.

We need to try and uplift them. India Gives Foundation team visit to slums was of no great significance. It was just one of the slums in one corner of Bangalore. There are innumerable slums and so are poor in India and the picture becomes graver when we take the entire world into account. But this visit to slums helped all of us understand the dire need of support that these people need.

We need to teach them and provide them with education, confidence and means to achieve. We just need to spare some time from our daily schedule and devote it to teaching those who are not as privileged as us educators. We need to educate them and above all make them enlightened and aware enough to distinguish between good and bad. If we are educated, it is our moral obligation to volunteer, promote and participate in programmes like 'each one-teach one'. We can't just sit idle and wait for the government to do even our share of jobs. It can be anyone, you, school students, college students, your maid servant, driver etc. Just choose anyone around you who is and ensure not only that you have taught him/her but also that he passes on this knowledge to someone around him/her. India Gives Foundation starts a new journey along with refugee slum children to teach, to send school and to teach what is meaning of life and dreams and how to achieve that. This way we would create an unending and ever-growing chain.



Project10

Tree Plantation

India Gives Foundation is a non-governmental organisation which aims at promoting tree plantation across the country. The NGO is active in 2 states in India (West Bengal and Karnataka).

June 5th has been celebrated as World Environment Day every year since 1972. With this year's theme – **Only One Earth**.

Our principal aim is to create a greener, cleaner and healthier environment so that our future generations get better.

India Gives Foundation celebrated World Environment Day. A tree plantation programme was organised on the premises of public place, Purba Medinipur, West Bengal on June **5, 2022**

India Gives Foundation volunteers and other staff members took part in the programme enthusiastically. The slogan 'plant tree, save environment, save life' helped raise awareness regarding the environment.



Project II

National Level Poster making and Slogan Writing Competition

“Online National Poster Making and Slogan Writing Competition” on account of 75th Independence Day by India Gives Foundation

About the Event

India Gives Foundation: (A Public Charitable Trust) Bangalore and West Bengal is organising a National Level Poster Making and Slogan Writing Competition on “Achievements of India during the last seven decades”.

Theme

Achievements of India during the last seven decades in the following areas:

- Poverty Eradication
- Mental Health
- Family psychoEducation
- Education and school dropout
- Environment
- Development
- Corruption
- Technology
- Any other

A National Level Free Online Poster Making and Slogan Writing Competition on account of 75th Independence Day by India Gives Foundation, 900 students have registered from all over India, students sent their poster and slogan pdf files online. Online Poster Making and Slogan Writing Competition were co-ordinated by Mrs. Ranu Sarkar Mandal, principal of Central Board of Secondary Education and Clinical Psychologist. Mr. Nilendranath Sarkar Secretary of India Gives Foundation and IT design professional. Mr. Subhamoy Mondal, President of India Gives Foundation, an Educationalist and Legal officer in west Bengal.

Date of event

: 30.08.2022

Title of the event	: A National Level Free Online Poster Making and Slogan Writing Competitions
Organised by	: India Gives Foundation
Venue Number of student participated:	: Online Poster Making and Slogan Writing Competitions : 900



Name of Poster Making Winner**Name of Ranker****Top 3 National Ranking**

Rank	Name	Topics	State
1 st	Hitarth Bharkatkar Joshi	(Development) Digital India	Gujarat
2 nd	Sarath Milton	Say do not drugs	Tamil Nadu
3 rd	Arpita Subhadarshinee and Krishan kumar	Save environment and Freedom fighters	Odisha and Haryana

Name of Slogan Writing Winner**Name of Ranker****Top 3 National Ranking**

Rank	Name	Topics	State
1 st	Krishan Kumar	Sacrifice and Freedom	Haryana
2 nd	S. Sripriya	Mental Health	Madurai
3 rd	Pratushya Chakraborty	Development	West Bengal

Rising Star Certificate Achiever List

SL.NO	Name	State
1.	Sarvajeet kumar Prajapati	Lucknow
2.	Koushik Koley	West Bengal
3.	S. Sripriya	Madurai
4.	Kalarani	Tamil Nadu
5.	Sangeetha	Tamil Nadu

Project12

Notebooks, stationery items distribution to the poor children of rural backward areas on account of 15th August, 2022

Amrit ka Mahotsav

ORGANISATION OVERVIEW

Our dream is a society free from all types of exploitation and discrimination where everyone has the opportunity to realise their potentiality. Our mission is to empower community people free from poverty, illiteracy and social injustice. IGF works with people whose lives are dominated by extreme poverty, illiteracy, health problems, environment and other social needs. IGF strives to bring about a positive change in the quality of life of the poor people. IGF is committed to making its programs socially, financially and environmentally sustainable, using innovative methods and appropriate technologies. IGF believes and is actively involved in promoting

human, women and child rights and disability rights, human dignity and gender equity.

Our Aim

Our aim is to achieve, on a large scale, positive changes through economic development programs, rights based and social programs that enable disadvantaged and marginalised women and men including persons with disabilities so that they can realise their potential.

We, India Gives Foundation have been working for socio-economic development i.e. Mental Health Education, Non-formal Primary Education and Pre-primary Education, Promotion and Protection of Human Rights, Women Rights, Disability Rights through awareness, advocacy and campaign, Women Empowerment through Skill Training and Micro Credit Support, Information and Communication Technology Transfer, Environment and Climate Change and Disaster Preparedness activities to provide livelihood for disadvantaged people and marginalised community including person with disabilities,

displaced and street children, distress and vulnerable people in cooperation with the financial and technical support by IGF Trustee sponsorship and volunteers support .

OUR BENEFICIARY

- Slum Children
- Government School Students

Outcomes

We distribute stationary material free of cost, amongst the kids living in slums as well as less privileged kids studying in government schools. Each year, we organise a 15th August Freedom kit distribution program which includes the above mentioned stationary.

India Gives Foundation Team interacted with the students and gave them some valuable inputs. The students were very pleased and promised to put the books and other items to good use. The students of the School put up a short cultural programme to welcome the guests and presented them with handmade cards.



Project 13

Distribution of Nutritious food to refugee camp

India Gives Foundation distributed refugees in camps through general food distributions, complementary feeding for the first 10 days after conception, treatment of acute and chronic malnutrition, nutrition support to people living with chronic diseases, institutional feeding, school meals, and food for training for young people.

Our Aim

- **Food**, being the most important thing in life that helps the individual to get rid of hunger and
- Also to have energy and nutrition in the body.

OUR BENEFICIARY

- Refugee Children

Outcomes

- Refugee children improved their physical, psychological, emotional and spiritual well-being.
- Decreasing **food** waste,
- Helped hunger in terms of stronger immune system,
- Control inventor
- Children and teenagers are healthy enough to attend school where they learn both academics and social skills
- Children and teenagers can grow properly when not experiencing malnutrition

Project14

“WOMEN EMPOWERMENT”

Women are the pioneers of nation, being able to be powerful and assertive, yet kind at the same time. India Gives Foundation works on women empowerment through women empowerment awareness programmes on social, educational, economic, political and psychological issues, vocational training, Support girls and women in crisis for ending discrimination towards girl child and women.



Project 15

“MENSTRUAL HEALTH”

India Gives Foundation is on a mission to empower women in India about **menstrual** hygiene and end **period** poverty. We work directly with partners including local health agencies, Mahila development

committee and local NGOs to provide them a wide range of services following areas such as school, colleges, slums, and urban /rural communities.



Project16

“LIVELIHOOD”

India Gives Foundation livelihood mandate works with the women engaged in smallholder agriculture, small businesses or employed as farm or non-farm labour. We help women build secure and resilient livelihoods to move upwards of poverty permanently.

Our focus areas:

- Small-scale farming,
- Fishing,
- Raising livestock and
- Non-farm activities,
- Construction works,
- Forestry,
- Honey, and
- Handicrafts



Project17

Buildings Constructions workers Mental Health Services

India Gives works extensively on providing positive psychology and wellbeing-based mental health services that are otherwise not available. It works with a diverse populace to understand and care for individual mental needs. Apart from individuals and schools and college students, India Gives Foundation has been providing mental healthcare education in schools and colleges, aiding students understand their mental health needs and find solutions to overcome them.







Project18

Telephonic Mental Health Counseling for Old Age Resident and Young Communities

Telephone counselling is simply a **therapy service that is conducted over the phone**. The advantage to telephone mental health counselling is that **it's more convenient than face-to-face sessions**. People could relax in the comfort of their own home and speak to therapists over the phone, no matter where they live. Or you could stay late after work and access therapy from your office.

India Gives Foundation has been providing mental health online **across all age groups** and understands their mental health needs and finds solutions to overcome them.

We do online psychometric assessments for individuals across all age groups are available in the following areas:

- ❖ Intelligence (IQ) Testing
- ❖ Specific Learning Disability
- ❖ Personality Assessment
- ❖ Psycho-diagnostics
- ❖ Career Guidance (Aptitude and Interest Assessment)



OUR BENEFICIARY

- ❖ Individuals
- ❖ Persons in relationships
- ❖ Families
- ❖ Schools and College students

Snapshots of Telephonic Mental Health Counseling for Old Age Resident and Young Communities

Rehabilitation interventions

1. India Gives Rehabilitation Service Centre provides an adolescent girl with an intellectual impairment might include teaching her personal hygiene activities, e.g. menstrual care, developing strategies with the family to address behavioural problems and providing opportunities for social interaction enabling safe community access and participation.
2. Also rehabilitation for a young man with depression might include 1:1 counselling to address underlying issues of depression, training in relaxation techniques to address stress and anxiety and involvement in a support group to increase social interaction and support networks.

Project19

Internship Training

India Gives Foundation Internship Program in India and our affiliated organisations and institutions are available in various areas such as:

- Integrated rural sustainable development

- Rural healthcare
- Environmental conservation
- Sustainable and organic kitchen gardening and farming
- Gender equity, girls and women empowerment
- In the Field of Medicinal Plants
- Teaching English and cross-cultural awareness
- IT and computer education
- Slums intervention and development

India Gives Foundation also provides Opportunities along with the Internship.

OUR BENEFICIARY

- ❖ Individuals Professionals
- ❖ Schools, College, and UG/PG students

IG INDIA GIVES FOUNDATION
Be a Caring Hand

WINTER INTERNSHIP IN CRIMINAL PSYCHOLOGY

DURATION: TOTAL 12DAYS
(FOR PSYCHOLOGY STUDENTS/PROFESSIONALS OR ANYONE INTERESTED IN THIS FIELD)
* REGISTRATION CLOSES 10TH DECEMBER *
STARTS FROM :12ND DECEMBER 2022 - 17TH JANUARY 2023

www.indiagivesfoundation.org

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***DETAILS OF THE INTERNSHIP:**

1. INTRODUCTION TO CRIMINAL PSYCHOLOGY
2. FUNCTIONS OF CRIMINAL PSYCHOLOGIST
3. SCOPE TREATMENT OF MENTAL DISORDERS
4. COMPREHENDING CRIME THROUGH PSYCHOLOGY- CRIME & HUMAN BODY, INFLUENCE OF FAMILY & ENVIRONMENT.
5. CRIME & MENTAL DISABILITY- INTELLIGENCE TESTING , PSYCHOPATHOLOGY,
6. MENTAL STATUS EXAMINATION & HOW POLICE USES PSYCHOLOGY- CRIME REPORTS, MEDICAL REPORTS, MENTAL HEALTH REPORTS, GATHERING RESEARCH, EYEWITNESS TESTIMONIES
7. AGGRESSION & SEVERE CRIMES - SOCIETY'S ROLE IN AGGRESSION
8. CASE DISCUSSION (ANTI-SOCIAL AND BORDERLINE PERSONALITY DISORDERS)
9. TREATMENT PLAN TREATMENT OF MENTAL DISORDERS

Snapshots of Internship Training

- During Internship the interns build interpersonal skills, prepare for a career and practise the principles of psychology.
- They gained real-world experience while still in school and made connections with professionals in their field, which was critical when seeking a job after completing graduate studies.

- Now Students can apply the theories they have learned from lectures, readings and coursework in professional settings.
- Total number of students attending India Gives Foundation internship training program was 25 students out of 5 students with a Law background.
- All the interns received their Internship certificates along with practical work experience.



PSYCHOLOGY Internship PROGRAM



TRAINER



PRATYUSA



PAYEL



ARPITA



PRIYANI



SHREYA

CALL

8277529316

WWW.INDIAGIVESFOUNDATION.ORG

SECOND BATCH DAY1*

FOUNDATION

LAW

Internship

PROGRAM



Manodip bera



Debabrata Sardar



Sourav mondal





PSYCHOLOGY Internship PROGRAM



TRAINER



RIYA



SOHINI



NABANITA



MAMONI



SANGEETA

CALL

8277529316

WWW.INDIAGIVESFOUNDATION.ORG

FIRST BATCH DAY1*

Project20

**Mental Health Awareness Club in Schools
(Bring Change to Mind)**

Well-being is important at school because **Mental Health Awareness Club in Schools** have an essential role to play in **supporting students to make healthy lifestyle choices and understand the effects of their choices on their health and well-being**. Childhood and adolescence is a critical period in the development of long-term attitudes towards personal well-being and lifestyle choices.

The Mental Health Awareness Club in Schools and colleges run by the proposed club's member's .The **Mental Health Awareness Club in Schools** program is supported by India Gives Foundation (IGF) that aims towards cultivating self-love while battling unhealthy emotions and becoming stronger than before because there is **a direct link between well-being and academic achievement**.

❖ The mental health club was set up by India Gives Foundation in different part of west Bengal

- The overarching aim of this club was Raise awareness about mental health issues.
- Reduce stigma associated with mental illness.
- Promote help-seeking behaviour and emotional well-being practices.
- Bridge the gap between students and mental health resources through individual education and outreach events.
- Helping students feel they are each known and valued as an individual in her or his own right, and that school life has a meaning and purpose for them.
- Developing a welcoming environment where everyone at school can feel supported and safe.
- Reduce the anxiety students feel about examinations and testing through the introduction of less stressful forms of assessment.
- Teaching methods that contribute to a positive classroom climate and well-being.
- Improving the **physical environment of the school**.

Snapshots of Mental Health Awareness Club in Schools

Academic pressure, financial issues, body image concerns, sexual identity are a few comprising the list. Further, he imbued the audience with measures to prevent suicides such as providing support services, reducing access to means of self harm, talk therapies and enhancing coping strategies of people having suicidal tendencies.

The information imparted during the program served to be an eye-opener for the young students and teachers. The learning from the program would go a long way in tackling mental and emotional issues. In future, India Gives Foundation Team will continue to take up such socially relevant issues for raising the standard of lives.



Project21

“Empowering the Nation’s youth”

“Take up one idea. Make that one idea your life; dream of it; think of it; live on that idea.”

- Swami Vivekananda

The National Youth Day is being celebrated every year on 12th January to honour the teachings and ideals of Swami Vivekananda. The government of India first declared to celebrate the National Youth Day in 1984 to recognize the teachings of Vivekananda. Since 1985 the event has been celebrated in India every year. Also popularly known as Swami Vivekananda was a great social reformer and a youth icon because Swami Vivekananda conveyed his ideas directly to the people, especially to the youth. Vivekananda was vocal about the importance of education; the prime aim of education is spiritual growth and development also empowerment of youth of a nation as an important part in the process of nation-building. Vivekananda mantra for the youth is evergreen: “Until you can trust yourself, you cannot trust Allah or God.”



Swami Vivekananda worked tirelessly towards betterment of the society, in servitude of the poor and the needy, to serve our motherland. Vivekananda ideology breeds a sense of confidence among Indians, he is best known for his famous 1893 speech where he introduced Hinduism to the Western world in Chicago. India Gives Foundation through its youth awareness programme creating a pool of young and independent people, from the underprivileged section, It is an effort to bridge the gap between unskilled Indian youth and modern India.

Snapshots of” Empowering the Nation’s youth”

Project22

National Deworming

“A STEP TO MAKE EVERY CHILD IN THE COUNTRY WORM FREE”

Ministry of Health and Family Welfare, Government of India every year February 10 to make as the National Deworming Day (NDD) in India with an aim to deworm all the children of age between 1-19 through the platform of schools and Anganwadis.

Main purpose of deworming to combat parasitic worm infections among preschool and school-age children across India, improves child immunity, and thereby protecting them from chronic illnesses caused by worms.



Symptoms of Worms' infection infestation are following

- ▣ Abdominal pain.
- ▣ Intestinal cramps and colic.
- ▣ Diarrhoea or fatigue.
- ▣ Dysentery (loose stools containing blood and mucus) or weight loss.
- ▣ Nausea or vomiting.
- ▣ Gas or bloating.

Snapshots of National Deworming

Project23

How to improve your handwriting

A person's particular style of writing. There are three different types of handwriting styles that it can be divided into. These include cursive, percussive and print styles along with modern Cursive, letter Shapes, letter Size, letter Spacing, and letter Angle also be taken care.

Following characteristics of handwriting demonstrated to the play school, primary schools and middle primary schools.

Line quality, Word and letter spacing, Size consistency, Pen lifts, Connecting

Strokes, Letters complete Cursive and printed letters, Pen pressure etc.

Following suggestions has given through online and offline in various community ,tuition centre ,schools and colleges

Hold the pencil correctly

Relax the grip

Use the right stationery

The perfect environment

Be encouraging

The posture and angle

Identify the underlying problems by teacher and supervisor

Patience, patience, and more patience

Practice, practice and more practice because Practice makes perfect.

Snap





Project 24

“Anxiety among graduate students”

“Anxiety is an unpleasant inner state that people seek to avoid”

- Sigmund Freud

George Miller Beard was an American neurologist; he was first described neurasthenia in 1869 as a medical condition with symptoms of fatigue, anxiety, and headache. Anxiety is a natural human reaction that involves mind and body, Anxiety is an alarm system that is activated whenever a person perceives danger or threat. Anxiety acts as a signal to the ego that things are not going the way they should. People experience hormonal changes throughout their lives but more changes occur during adolescence than at any other time; this process is followed by many problems, including the development of mental health disorders such as anxiety and others, because. Teen bodies are changing and releasing an increased amount of hormones during the process, but it's normal for teens to experience anxiety. There are many factors contribute for anxiety among college students like new environment, new challenges, separation from the support system of family and friends, loneliness, not taking enough breaks for self-care, a lack of

good time management, sleep disruption caused by drinking excess caffeine, uncertainty and fear of the future, internet addiction is an emerging health issue among youth, all the following causes predicts mental health problems, due to reason pulling all-nighters and suffering from many mental health issue for most the first-year and final year college students .

India Gives Foundation through its college students awareness programme creating a pool of young college students, parents, teachers and society, from the both privileged and underprivileged section, It is an effort to bridge the gap between young college students and modern society . Our aims to maximise the ability of youth and adults to realise their potential, cope with normal stresses of life.

Snapshots of “Anxiety among graduate students”

CONNECT Workshop

- ❖ A series of workshops was conducted by India Gives Foundation.
 - ❖ The overarching aim of these workshops was to sensitise and orient the participants on the mental health services offered/provided by IGF with the title of Mental Health and Stress Management.
 - ❖ The professionals were divided into 3 batches as per their specialty or role i.e. Psychiatrists, Psychologists and Social Work besides the health administrators. Each batch underwent the training 2-3 days. Major areas covered included: Farmers' suicide, programs, policies and laws for the elderly, orientation to the new Mental Health Care.
-

- ❖ India Gives Foundation conducted a seminar with the title of Mental Health Awareness, dated on 8th, 9th and 10th October 2021.
- ❖ India Gives Foundation has been celebrating World Mental Health Day on the 10th of October 2021, Ranu M.S was conducting a Stress Test. She explained Types of Stress, Factors Affecting Stress, and Basic Strategies of removing Stress, Mental Health. The Mental Health and Stress Management workshop was very helpful. This workshop was conducted under the guidance of Founder Ranu M.S.

Success Stories 1

“The program we attended was an amazing place. Our son just finished six months and it had a truly transformative impact on him. He arrived with depression, sadness and much anxiety. He leaves believing in himself and self worth and looking forward to living his life. This is a result of a strong fundamental program as well as therapists, teachers and staff who are passionate about what they do and care deeply

about all of the boys. It is also great that they live with peers who become close friends and help see that they are not alone. We would recommend it without hesitation.”

Success Stories 2

“They saved our son’s life. My family and I bounced around in a horrible mental health system for 6 or 7 years, with incorrect diagnoses and the wrong treatments. We finally found our amazing program (a Choose Mental Health member). The people there are there because they WANT to be; their goal in life is to help young people. It is not ‘just a job’ as I’ve seen in so many other places. Their dedication to relationships and the education their therapists/employees receive is second to none. They care, and are outfitted to provide the real care and help these boys deserve. I went from a Mom who assumed her son would live with her the rest of his life, unable to perform the activities to develop an enriching life, to a Mom who is watching her son grow. This feeling is indescribable. Thank you for giving our son his life back.”

Success Stories 3

Dear India Gives foundation Team, I’d like to express my sincerest gratitude to you for conferring Award to Sarath Milton. Thank you so much for providing an international platform to encourage the budding artists all over the world. It gives exposure and motivation to the kids to improve their creativity. I liked the whole process of participation in the contest. It is a user friendly and fair contest. It gives sufficient time and freedom to the participants to express their creativity. I also appreciate the publishing of the artworks of the winners which encourages the participants to improve their skill. Dear India Gives foundation Team, I’d like to express my sincerest gratitude to you for conferring Award to A.sarath Milton. Thank you so much for providing an international platform to encourage the budding artists all over the world. It gives exposure and motivation to the kids to improve their creativity. I liked the whole process of participation in the contest. It is a user -friendly and fair contest. It gives sufficient time and freedom to the participants to express their creativity. I also appreciate the publishing of the artworks of the winners which encourages the participants to improve their skill. Dear India Gives foundation Team, I’d like to express my sincerest gratitude to you for conferring Award to A.sarath Milton . Thank you so much for providing an international platform to encourage the budding artists all over the world. It gives exposure and motivation to the kids to improve their creativity. I liked the whole process of participation in the contest. It is a user -friendly and fair contest. It gives sufficient time and freedom to the participants to express their creativity. I also appreciate the publishing of the artworks of the winners which encourages the participants to improve their skill.

Highlights of the year 2021-2022 (contd...)

Helped 279 children

Receive education through Online Coaching and Evening classes

Boys: 175, Girls: 104

1052 children got their health

Checkups done in the health camps organised for SLUMS

Leadership skills

Of 151 schools and community children were enhanced

Through the INDIA GIVES unique residential and virtual workshop (conducted 11 workshops)

Mental Health Education Camp

Helped 2330 children through Mental Health Education Program Camp

Boys: 1670, Girls: 660

Social Media Campaigns

Through various media channels more than 10,000 children were reached to aware them about child rights, Drugs Prevention, Suicide Prevention.

First aid box

3045 children used the facility of first aid box

Life-skill trainings

Were provided to 4000 children

Police Station Visit programme

2316 children participated in the Police Station Visit programme.

Opportunity to perform

A majority of the project's children got the opportunity to perform (singing, dancing, etc.) at Schools, Colleges and Child Home in West Bengal and Bangalore.

Books and stationery items

Books and stationery items (138 books and stationary) were provided to the students of rural areas and refugee slums in Bangalore.

Internship Program

55 students from Psychology, social work and Law attended internship training program

Rehabilitation Guidance

113 children were rescued from abuse and provided emotional guidance to 65 children.

National Level Slogan and poster making Competition

The project has been able to reach over 900 children through poster making and slogan writing competition.

Essay writing

Through an event of essay writing 31 new children from various schools and NGOs have been identified as new rising stars.

Glimpses of 2021-2022

E- Campaigns

India Gives Foundation mental health campaigns that are making a difference

Mental Health Now Share-Your-Story Social Media Campaign

INDIA GIVES FOUNDATION is inviting health workers in the region of INDIA to share their experiences caring for patients on the frontlines of the pandemic and lessons of how they have coped during this time.

If you are a health worker living in the INDIA, **please submit a short video with your story throughout the month of October.** Participants will have the chance to be featured in an official **INDIA GIVES FONDATION** video, following the campaign.

Participation Rules

Below is an easy step-by-step guide to join the campaign and help raise awareness about the importance of mental health. You will also find tips on how to record a good video and suggestions to share this campaign with IGF network.

Submissions are open through November 10, 2022.

1. Select the platform of your choice to share your story:

Then select one of the prompts below to share your story:

- What would you like people to know about being a health worker during the pandemic?
- How has your experience caring for patients affected your mental health and Wellbeing during the pandemic?
- How are you taking care of your mental health right now?
- What advice would you give people who are struggling right now?

Submit your response in one of two ways: via video or via a written response:

- **Record your 1-2-minute video**

Recording guidelines can be found here:

- Stabilise your phone as much as possible - keep on a flat steady surface or use a tripod.
- Speak close to the microphone.
- Use natural lighting or lamps. Be sure to face the light source so the lighting is even.
- Keep a simple background like a blank wall.
- Shoot horizontally for videos to be published on IGF Twitter, Instagram and Facebook feeds and vertically for videos on Instagram and Facebook
- **Submit a written response** (<200 WORDS) & choose a photo to accompany your post.

Share & ask 3 friends to participate. Don't forget to share the campaign with the email address below.

Submission via: indiagivesfoundation@gmail.com

Content requirements

The participants must ensure that the videos do not:

- Intend to promote medicines or commercial devices

- Have a political /religion tone
- Include language that may be offensive, or that could be interpreted as vulgar, Discriminatory or stigmatising,
- Include political messaging.
- Include videos or images of minors. It is only allowed to include videos or images of Individuals after the participant ensures their written consent to use it, which may include a copy of an email.
- The participant must obtain and keep a record of this written consent and provide it to INDIA GIVES FOUNDATION upon request. Such consent must be given without any restrictions or expectation of compensation or remuneration. Include videos or images of patients.
- Include visible elements (images/logos) promoting or showcasing private companies or their products.
- Submit works created by others, even with attribution.

Evaluation Criteria

Best videos or posts will be shared on INDIA GIVES social media platforms or compiled by INDIA GIVES into a final video. During the selection of videos, the review team will consider the following criteria to secure a diverse and powerful final video:

- People sharing authentic stories or advice about how health workers can manage their mental health.
- Focus on a varied collection of videos to strike a tone that appropriately portrays the breadth of effects of the pandemic while remaining uplifting.
- Display the diversity of the Region of INDIA.
- Focus on posts with high engagement in the event of a large number of stories collected.

Permissions for Use

Users whose videos are selected to the final compilation:

Declare that he or she is the original author/creator of the submitted materials, and the participant will hold INDIA GIVES FOUNDATION harmless from any cost or liability that may arise from any claims of infringement of a copyright or any other rights of third parties.

Copyrights

Image or video submissions that contain depictions of other third-party artistic works, other company's products, copyrights, trademarks/trade names, logos, or similar brand identifying marks will not be permitted.

By entering, each participant warrants and represents that entry is his/her own original work,

Note: If necessary, changes in deadline for submission will be communicated on INDIA GIVES FOUNDATION social media platforms.

Testimonials

Sarath Milton 1

Dear India Gives foundation Team, I'd like to express my sincerest gratitude to you for conferring Award to Sarath Milton. Thank you so much for providing an international platform to encourage the budding artists all over the world. It gives exposure and motivation to the kids to improve their creativity. I liked the whole process of participation in the contest. It is a user friendly and fair contest. It gives sufficient time and freedom to the participants to express their creativity. I also appreciate the publishing of the artworks of the winners which encourages the participants to improve their skill. Dear India Gives foundation Team, I'd like to express my sincerest gratitude to you for conferring Award to A.sarath Milton. Thank you so much for providing an international platform to encourage the budding artists all over the world. It gives exposure and motivation to the kids to improve their creativity. I liked the whole process of participation in the contest. It is a user friendly and fair contest. It gives sufficient time and freedom to the participants to express their creativity. I also appreciate the publishing of the artworks of the winners which encourages the participants to improve their skill. Dear India Gives foundation Team, I'd like to express my sincerest gratitude to you for conferring Award to A.sarath Milton. Thank you so much for providing an international platform to encourage the budding artists all over the world. It gives exposure and motivation to the kids to improve their creativity. I liked the whole process of participation in the contest. It is a user friendly and fair contest. It gives sufficient time and freedom to the participants to express their creativity. I also appreciate the publishing of the artworks of the winners which encourages the participants to improve their skill.

S.Sripriya 2

Thank you Ma'am/Sir. Received my certificate. Thank you for the golden opportunity Ma'am/Sir

Social Media Visitor 3

Hello India Gives Foundation! I simply want to offer you a huge thumbs up for your excellent information you have here on social media posts. I will be coming back to your website for more soon.

Arpita Subhadarshinee

Really loved the contest.... happy to be part of the contest.....After winning the third prize in the poster contest, it was more merrier

Koushik Koley

THIS IS REALLY GREAT AND ABSOLUTELY  I LIKE IT

Shankhadeep

India Gives Foundation doing very good social work.
All the very best for future

Arjun Raj

Good foundation with great idea, found interesting

Supporters

Our voluntary **individuals who are social persons working for a charitable cause**. A variety of activities are carried out by India Gives Foundation, a public charitable Trust (NGO) including environmental, social, advocacy and human rights work. In addition to promoting social or political change on a broad scale, they can also work on a very local level.



E-Volunteer Speak

Volunteer 1

"I had the opportunity to volunteer in India Gives Foundation for 3 weeks where I was able to participate in several projects. The first week I volunteered at an orphanage, where I helped prepare meals, assisted with chores and played games with the children. The second week I volunteered in a community counselling program where I assisted community workers and helped needy patients.

Volunteer 2

"I really enjoy volunteering in India Gives Foundation for 4 weeks where I have talked to big groups of children who asked lovely questions such as how do I dream, talked to people in the workplace, and discussed with psychology students the emotional side of sight loss; the isolation and the feeling that there is no point to life. It's hard to believe I was in that dark place myself, it seems like a lifetime ago."

Volunteer 3

"We really enjoy working as volunteers, doing a wide variety of roles and jobs, from which we get the personal satisfaction of knowing that we are helping many people with mental disorders. The group sometimes goes out to different places to collect data about mental health status and we have visited care homes, companies, schools and colleges.

Support Group and Community Volunteer

At first I felt very low, and then along came IGF who taught me how to overcome my fears and to lead a useful life again. I just wanted to do my bit for the centre and to help people, so this is the perfect role for me

Tele-Contact Volunteer

I find that I get out more now and see more people. It is very rewarding talking to the clients on the phone; it is a vital service that goes a long way to combat isolation and loneliness for the client. It can be a way to build confidence too. I love talking to, and meeting new people. I find the role both humbling and incredibly rewarding.

Awareness Volunteer

An Eye Health Awareness week was my first experience of fundraising and approaching the public. I have been at several events to publicise the work of IGF. Being a volunteer is both rewarding and enjoyable. I like the contact with other volunteers and feel supported and appreciated by IGF Community Engagement staff."

Self Help and Support Group Volunteer

I have been volunteering for IGF for a while now. It is very satisfying to know that you are helping people to cope with their condition. Everybody here is very understanding, supportive, friendly and encouraging.

Computer Support Volunteer

Last 2 years as a voluntary community technician have given me the most joy. I hope I am able to be involved in this work for many more years to come. I would encourage anyone with time to spare, to come and join the volunteers' team." Joining the team at the **IGF** is one of the best things I've ever done –

Thanks for having me.”

Communications and Outreach

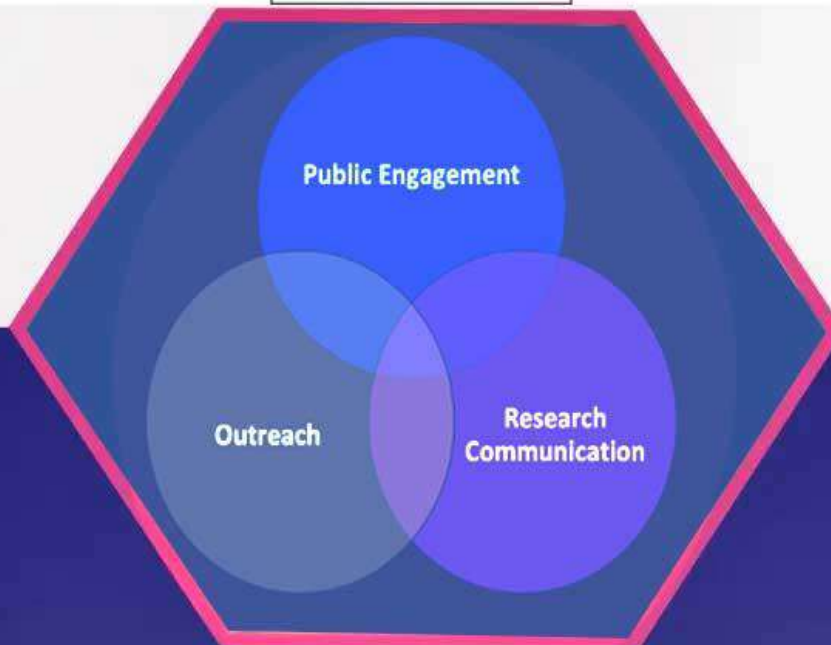
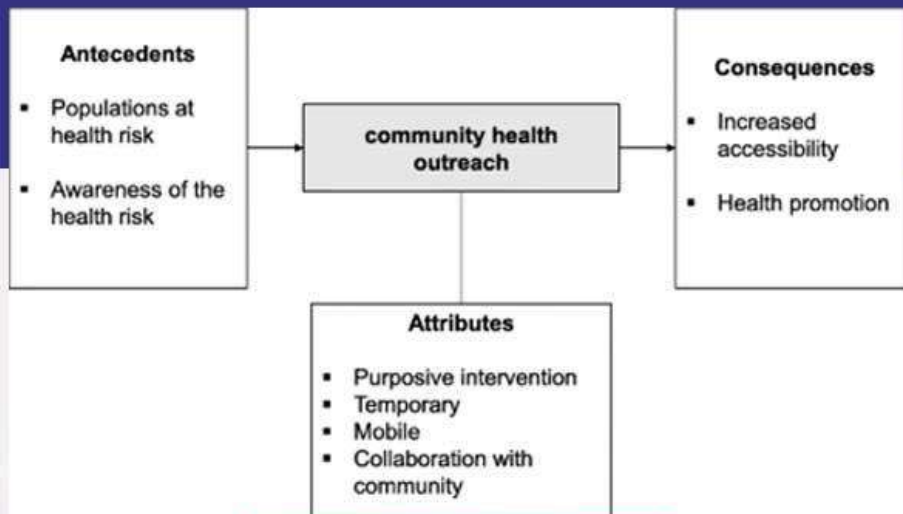
TEN TIPS FOR CONDUCTING EFFECTIVE COMMUNITY OUTREACH

- Communicate.
- Explain Your Process.
- Do Your Homework.
- Listen.
- Speak Their Language.
- Keep in Touch.
- Respect People's Time.
- Understand Your Role.

The objective of outreach is to explain the benefits of research to a larger public such as **school presentations, workshops, public talks and community visit.**

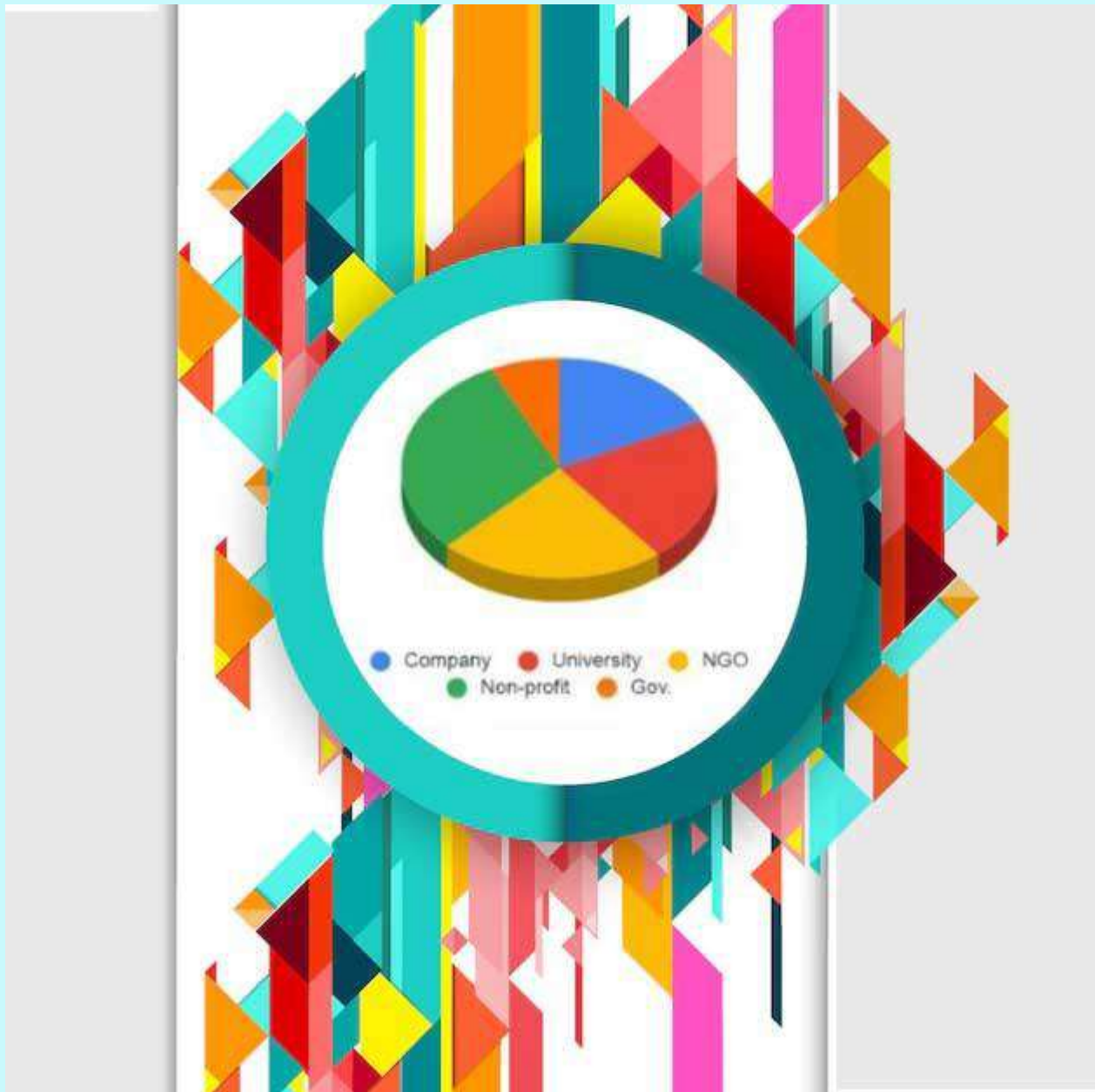
Our Community Outreach Programs

- Education. The e- Vidyaloka project, which aims to bring school to the streets, uses a mobile van with audiovisual equipment to hold alternative learning sessions.
- Psychosocial Interventions.
- Health and Mental Health Services.
- Skills Development.
- Internship
- Tele-counselling
- Counselling



Financials

A **chart** of accounts is a numbered list that organises India Gives Foundation financial activity into different categories within our accounting system.



Our Partners

The target that India Gives Foundation achieved this year sounds quite stupendous. This could be made possible only because it got significant support from a wide range of partners, donors, and other organisations.

GET INVOLVED

As a Citizen

1 in every 8 people or 970 million people around the world was living with a mental disorder, with anxiety and depression. **People with severe mental health disorders have a 10–25-year reduction in life expectancy.**

By **helping the needy** with moral support **can** add value **to** your life since you **will do** something worthy and put a smile on **someone's** face. One of the better ways to help the poor and needy people is to **give them a hand up rather than a hand out.**

Have you ever given heed to the condition of depressed children while seeing books in the classroom? These children are one of the most deprived sections of our society as they suffer from extreme forms of mental illness and destitution? As a citizen, you can do a number of things to alleviate their sufferings. Most importantly, developing awareness about their life and sharing the same with others. You can even connect the needy children with the NGOs and govt-managed institutions working for their welfare. If you want to do more and become part of a systematised effort, you can always do better by volunteering at INDIA GIVES FOUNDATION.

As an NGO or Individual

India Gives Foundation is always open to collaborate with people and organisations working for children in difficult circumstances. We gladly share our materials, publications, policies, etc. for the benefit of others.

As a Professional Social Worker

If you are looking for an opportunity to work with people with mental disorders in need of care, wellbeing and protection, then India Gives Foundation can be a place of your choice.

Board of Trustees

Founder Director

Mrs. Ranu M.S

- Principal of the Central Board of Secondary Board Of Education
 - Software Developer
 - Information Officer
 - Clinical Psychologist
-

Qualifications

- Masters in Clinical Psychologist
- Masters in English Literature

- Masters in Library and Information Science
 - Diploma in Software Application
-

Sri Nilendranath Sarkar

- (IT Professional)
 - Founder of NRS Client Solutions Pvt. Ltd
 - Secretary of India Gives Foundation
 - Lecturer
-

Sri Subhamoy Mondal

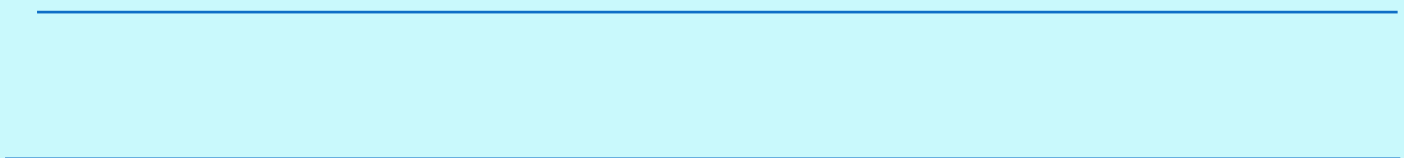
- Educationalist
-
- Employee of Paralegal at Government of West Bengal
-
- Social Worker
 - Founder of Troyee Pathology Diagnostic Centre
 - President of India Gives Foundation
-

Ms. Soumi Mondal

- Nursing Professional (Apollo Hospital Kolkata)
-

Mrs.Moumita Kuila

- (Educationalist in Bengali Literature)
 - Kindergarten Trainer
-



CONTACT US

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