

INDIA GIVES FOUNDATION

ANNUAL REPORT

2022-2023



FONDERS 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 organization stands for and is actively working. Your attention is particularly drawn to thousands of disable orphaned children, slums children and marginalized 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

TABLE OF CONTENTS

About India Gives Foundation

Vision and Mission

Our Footprints

Models of change

Our Programme Overview

2022-2023 at a Glance

Highlights of the year

Mental Health Services through an
online model

Telephonic Mental Health Counseling

Paraprofessionals for Mental Health

Internship Training

Projects

CONNECT Workshop

Success stories

Impact of Our Giving

Glimpses of 2020-2021E- Campaigns

Testimonials

Supporters

Founding Team

E-Volunteer Speak

Communications and Outreach

Financials

About India Gives Foundation

India Gives Foundation (IG Foundation) is a non-profit organisation in India organization 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 work for promoting education particularly among weaker section of the population.
3. The foundation improving 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

Objectives

- ❖ India Gives Foundation acts as planners and implementers of developmental plans.
- ❖ We help in mobilizing 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

Mission and Vision

Mission

- Bringing people together to end poverty for good
- 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.

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: **AABTI9975RF20231**

Udyam (MSME) Reg No: **Wb – 12 - 0048370**,

Donations to organization will eligible for Income Tax under Section 80G (IT Act 1961)

Our Footprints

- ❖ Implementation of India Gives Foundation Mental Health care model at Vathsalya 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.

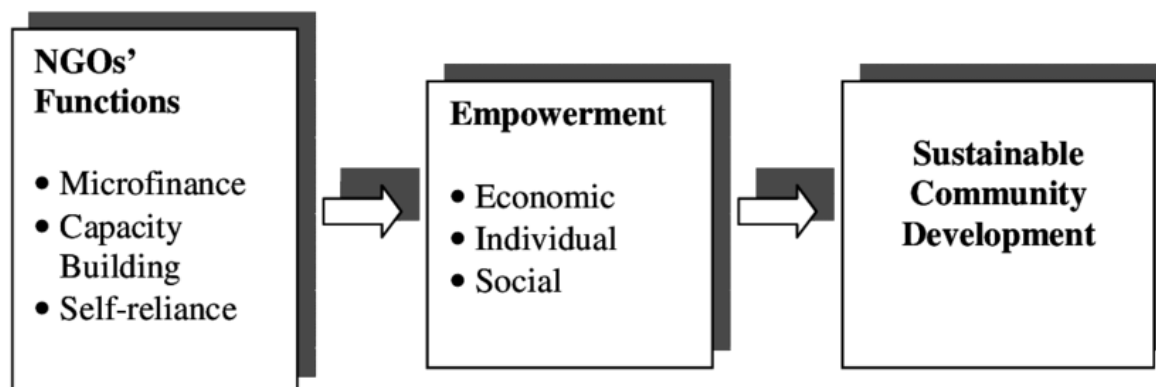
- ❖ Gradually we also began engaging with our audience offline. We conducted a workshop for teachers on their role in promoting their students' wellbeing also internship training programme for UG/PG students and individuals to enhance their professional skills.
- ❖ Published the mental health guidelines 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 team work 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 are so much hunger in the world that god can not appear better than in form of bread”.

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

Country's current situation is getting worst and worst 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



India Gives Foundation a non- profit organizations play a crucial role in

- Addressing social issues,
- Promoting sustainable development,
- And advocating for the rights
- And welfare of marginalized communities.
- To work toward public or social welfare goals

Our Programme Overview

Date	Programme	Location	Outcome
10-10-22	World mental health day	Bangalore and West Bengal	Awareness has given to the 1234 children
15-10-22	BIJAYA DASHAMI	West Bengal, East Medinipur	Sweet distribution to children home in 3 rural villages
16-10-22	World food day	Social Media Campaigns	Its reached to the target populations
17-10-22	International Day for the Eradication of Poverty	Digital awareness Marketing	The information spread to the target populations
3-11-22	Deepavali	West Bengal	Sweet distribution to children home
3-12-22	International Day of Disabled Persons	Bangalore	Its reached to the target disabled populations
23-12-22	National Farmer's Day	East Medinipur ,West Bengal	Its reached to the target populations
25-12-22	Christmas	Bangalore	Sweet distribution to children home in slums
28-12-22	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 stationary 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
30-1-23	E- Campaign on Narcolepsy	Digital awareness Marketing	Its reached to the target populations
1-02-23	Camp on Depression with Suicidal Thoughts	Bangalore Slums	Receive 589 young population
4-02-23	E- Campaign on Sleep Disorder	Digital awareness Marketing	Its reached to the target populations
5-02-23	E- Campaign on How to improve handwriting	Digital awareness Marketing	Its reached to the target populations
10-02-23	National De-Worming Program	Bangalore Slums	Distributed de-worm medicine to the school students
11-02-23	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
14-02-23	Camp on Building Resilience in children	Bangalore Rural	Helped 349 populations
15-02-23	Camp on International Childhood Cancer Day	Bangalore Urban	Its reached to the target populations
16-02-23	Programme on Obstructive Sleep Apnea (OSA)	Mysore Govt.School	Helped 1098 government students
17-02-23	Program on HIV/AIDS and Mental Health	West Bengal Private Colleges	Its reached to the target populations
21-02-23	Program on	West Bengal Private	Its reached to the target

	Adolescent sexual behaviour pattern and Mental Health	Colleges and tuitions centre	populations
21-02-23	E-Campaign on International Language Day	Digital awareness Marketing	Its reached to the target populations
24-02-23	Program on 'The Essence Of Life '	Virtual Workshop	Helped 7839population all over India
25-02-23	One day training on How to Control Emotion	Bangalore Animation College	Helped 1098 animation students
27-02-23	World NGO Day Celebration	West Bengal ,Khargapur	Attend virtual meeting on life skill training along with tuitions centre students
28-02-23	National Science Day Celebration	West Bengal Govt. Schools	Its reached to the target populations
01-03-23	Mental Health Awareness Program for building Construction Workers	West Bengal (Constructions workers associations)	Distributed necessary things along with mental health awareness pamphlets
03-03-23	One Day Training on 'Behaviour – Modification ' for School Students	Bangalore and Tamil Nadu	Its reached to the target young school student populations
08-03-23	Women's Day Celebration with Old Age Home	Tamil Nadu Old age Home	Games and competition was hold in different old age home
09-03-23	Camp on sanitization	West Bengal ,Rural	Awareness has given to the 1211 populations
14-03-23	Community Mental Health Program	Bangalore slums community	Awareness has given to the 1634 children
18-03-23	Holi Celebration	Bangalore street children	Sweet and Rongali powder distribution to street children
26-03-23	One Day Training On Aggressive Behaviour for ply students' parents	Bangalore and west Bengal	Its reached to the target young school student populations
30-03-23	E- Campaign on Digital Health	Digital awareness Marketing	Its reached to the target populations
03-04-23	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 2023	Awareness Camp on Blindness Week	Digital awareness Marketing	Its reached to the target populations
05-04-23	E- Campaign On Panic Attack	Media awareness Marketing	Its reached to the target populations
07-04-23	Campaign on Our Planet ,Our Health	Digital awareness Marketing	Its reached to the target populations
17-04-23	Slum Community training Program	Bangalore and west Bengal	Its reached to the target young populations
18-04-23	E- Campaign on Volunteers Opportunity	Digital awareness Marketing	Its reached to the target populations
10-04-23	Camp on Mid –Life Crisis	Digital awareness Marketing	Its reached to the target populations
08-05-23	Mother’s Day Celebration	Bangalore play home	Its reached to the target populations
09-05-23	Tree Plantation Programme	West Bengal	Planted 200 basil and Neem plant
13-05-23	Street campaign for prevention of Mental Retardation and Developmental Disabilities	Bangalore slums	Its reached to the target young school college’s student populations
28-05-23	International Day of Action Women’s Health	Social Media Campaigns	Its reached to the target populations
31-05-23	E- Campaign World	Digital awareness Marketing	Its reached to the target populations

2022-2023 at a Glance

This year we were able to touch 5000 women’s , individuals and working children through our different projects, 50 contact points, two rehabilitation centre, 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's work during 2022-23

- Activities of parents meeting of different schools and colleges, teachers counselling program, and change-makers training were organized to empower parents and other community members to seek their involvement in the projects.
- Organized schools and colleges workshops for the mental health education, and reduced the practice of consuming harmful substances among substance abusing school and college students.
- Organized UG/PG AND Individuals Internship training programmes to educate and enhance professional skills.
- Consultation workshops organized 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.
- Organized Campaign on 'Personality Disorder' for school and colleges students in west Bengal and Bangalore to educate and enhance positive thought among the students.
- **E-** Campaign on Mental Health was organized through social media also **E-** Campaign on how does a 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 organized in West Bengal along with nutrition food distribution 3 government school students.
- INDIA GIVES helped marginalized communities on its project areas opening DAY CARE centre for their children and needy people.

- E- Campaign on Restless Legs Syndrome (RLS) and E- Campaign on Narcolepsy was organized 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 organized 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 organized 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 Organized 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 organized at different slums in Bangalore along with 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 emergency.
- Program on Autism Awareness Day in intellectually disable centre in Bangalore
- Awareness Camp on Blindness Week was celebrated in different areas in west Bengal.
- E- Campaign on Panic Attack to spread awareness on during emergency.
- Campaign on Our Planet, Our Health along with tree plantation in west Bengal.
- Slum Community training Program on enhance 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 organized 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 organized to spread awareness among youth.

PROJECT - SHIKSHA VRIDDHI

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India Gives Foundation **SHIKSHA VRIDDHI** model is based on surveys, research, and experiment; all the programs are developed in response to the needs of the children. It is believed that “the healthy growth of a child is possible, with the conducive environment” which includes family, community, education, income, dignity also The linkage between Leadership Practices and Student Outcomes in our Indian education system setting.

India Gives Foundation **SHIKSHA VRIDDHI** model has an active and vibrant volunteer program. The quality and deliverables of the programs are maintained with the active participation of volunteers. Volunteers from Corporates, B-Schools, and other professionals with their expert fields add value in building the capacity of the organization matching with the latest knowledge and technology. The impact of **SHIKSHA VRIDDHI** model continues developing understanding qualities in Education to create sustainable change to children.

PROJECT OUT COMES:

- We provide teaching materials (lesson plans, textbooks, teaching aids, etc.)
- Student's development and welfare through stakeholder management.
- Co-curricular and extra-curricular activities, and skills training
- Students' emotional well-being,
- Student safety and security
- Awareness and life skills.
- Counselling children and parents in groups and individuals. Domestic violence and child abuse is common in the slum areas and children get traumatized as they witness the same etc.

Best practices

- India Gives Foundation believes that every child could be a leader. Every child is given some kind of responsibility from the very beginning. For example- Class monitor, row monitor, food monitor, cleanliness monitor, etc.
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- We work to build an environment where children learn to believe in themselves and have high self-esteem.

- Student safety and security is improved by the following methods – A special Counseling session is held to address issues related to child abuse and to teach children about “bad and good touch.
- Working with children from marginalized sections of society has its challenges. We have identified some of the key issues and also found unique and innovative workarounds to address them.

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SHIKSHA VRIDDHI PROGRAMS



- Most of the parents are migrant workers, they go back home when they don't have work – To fix this problem, vocational training is provided to increase their employability and inform them about various government schemes related to this. We also collaborate with other NGOs to help the parents with livelihood opportunities.
- India Gives Foundation stands out from the rest for its uncommon and exciting projects. We invite all to join us and take part in our next program for computer institute on **SHIKSHA VRIDDHI**

PROJECT - Free Computer Centers Inside Schools

[@Indiagivesfoundation](#)

India Gives Foundation a NGO in Bengaluru, India, main aim is to provide ... Free computer centers inside schools this program is unique for every government school as it is designed based on a need-analysis of the school. Goal is to provide an ideal digital environment that encourages holistic development through infrastructural and personnel support and mainly to complement what the govt. is already doing.

Our motto “Innovate Your World with IT Excellence” rightly fits to this project that we have taken. Around 14 schools are benefited with free computer centers inside campus with proper permission and the entire expense of these centers taken up by India Gives Foundation such as MES girl's high school, Bangalore, CPS school and many more in the pipeline. A computer teacher Mr Nilendra from our foundation is appointed for such centre. Our achievement is making it possible and with all love and support you give us.

KEY GOAL

Project Objective:

- To provide basic computer knowledge to students who come from rural and economically weaker sections of the society
- This includes:
- Understanding the fundamental concepts of computer manipulation;
- Managing computer files,
- Word processing, using spread sheets and databases;
- Generating presentations;
- Digital information, and more are all covered in basic computer skills classes

SPECIFIC OBJECTIVE

- To identify and build a safe environment for a computer lab within the school premises.
- To enhance the learning levels of the students in curricular subjects through computer-aided education using multimedia software CDs.

FREE COMPUTER CENTERS INSIDE SCHOOLS



Our motto “Innovate Your World with IT Excellence” rightly fits to this project that we have taken.

- To appoint a part-time computer teacher.

- To roll out computer basics classes, including them in curriculum and provide educational materials.
- Regular audits & interventions to check the effectiveness of the computer literacy initiative.
- We train teachers including the non-teaching staff the basic computer like typing and excel etc.
- Update the teachers all new trends in teaching using computer programs and software for digital class.
- Regular audits & interventions to check the effectiveness of the initiative.

PROJECT OUT COMES:

BENEFITS FOR STUDENTS

- Personality development
- Confidence building
- Better job opportunities
- Post course practice sessions
- Setting up of computer labs in schools and teaching to be done with the hired teachers
- Setting up smart classes in the school
- Cultivating reading habits through a library setup & co-scholastic learning
- Teachers capacity building workshop
- We provide teaching materials (lesson plans, textbooks, teaching aids, etc.)
- Student's development and welfare through stakeholder management.
- Co-curricular and extra-curricular activities, and skills training
- Students' emotional well-being,
- Student safety and security
- Awareness and life skills.
- Counselling children and parents in groups and individuals. Domestic violence and child abuse is common in the slum areas and children get traumatized as they witness the same etc.

KEY ACHIEVEMENTS

- India Gives Foundation believes that every child could be a leader. We found every child is given some kind of household responsibility either taking care of their siblings or take care of family members instead of sending school from the very beginning but changes the negative to positive one For example- Class monitor, row monitor, food monitor, cleanliness monitor, etc.
- Our volunteer tirelessly working on it to build a healthy environment where children learn to believe in themselves and have high self-esteem and positive wellbeing towards self and others.
- Student safety and security is improved by the following methods – A special Counseling session is held to address issues related to child abuse and to teach children about “bad and good touch.
- Working with slums children from marginalized society has its challenges. We have identified during our community development program some of the key issues and also found unique and innovative ideas to address them.
- Most of the parents are migrant workers, they go back home when they don’t have work – To fix this problem, vocational training for 14+ children is provided to increase their employability and inform them about various government schemes related to this. We also collaborate with other computer centres to help the children with livelihood opportunities.
- India Gives Foundation stands out from the rest for its uncommon and exciting projects. We invite all to join us and take part in our next program for computer institute on **Free Computer Centers Inside Schools**

PROJECT - Free Computer Centers Inside Schools

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India Gives Foundation a NGO in Bengaluru, India, main aim is to provide ... Free computer centers inside schools this program is unique for every government school as it is designed based on a need-analysis of the school. Goal is to provide an ideal digital environment that encourages holistic development through infrastructural and personnel support and mainly to complement what the government is already doing.

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SPECIFIC OBJECTIVE

- To identify and build a safe environment for a computer lab within the school premises.
- To enhance the learning levels of the students in curricular subjects through computer-aided education using multimedia software CDs.

FREE COMPUTER CENTERS INSIDE SCHOOLS



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PROJECT OUT COMES:

BENEFITS FOR STUDENTS

- Personality development
- Confidence building
- Better job opportunities
- Post course practice sessions
- Setting up of computer labs in schools and teaching to be done with the hired teachers
- Setting up smart classes in the school
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- Student's development and welfare through stakeholder management.
- Co-curricular and extra-curricular activities, and skills training
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- Awareness and life skills.
- Counselling children and parents in groups and individuals. Domestic violence and child abuse is common in the slum areas and children get traumatized as they witness the same etc.

KEY ACHIEVEMENTS

- India Gives Foundation believes that every child could be a leader. We found every child is given some kind of household responsibility either taking care of their siblings or take care of family members instead of sending school from the very beginning but changes the negative to positive one For example- Class monitor, row monitor, food monitor, cleanliness monitor, etc.
- Our volunteer tirelessly working on it to build a healthy environment where children learn to believe in themselves and have high self-esteem and positive wellbeing towards self and others.
- Student safety and security is improved by the following methods – A special Counseling session is held to address issues related to child abuse and to teach children about “bad and good touch.
- Working with slums children from marginalized society has its challenges. We have identified during our community development program some of the key issues and also found unique and innovative ideas to address them.
- Most of the parents are migrant workers, they go back home when they don’t have work – To fix this problem, vocational training for 14+ children is provided to increase their employability and inform them about various government schemes related to this. We also collaborate with other computer centres to help the children with livelihood opportunities.
- India Gives Foundation stands out from the rest for its uncommon and exciting projects. We invite all to join us and take part in our next program for computer institute on **Free Computer Centers Inside Schools**

PROJECT - The Urban Slum Health Action Programme

@Indiagivesfoundation

India Gives Foundation a NGO in Bengaluru, India, main aim is to provide NGOs play a vital role in extending primary healthcare services to underserved areas. By establishing clinics, mobile health units, and community health workers, they bridge gaps in healthcare access, ensuring that even remote populations receive essential medical care.

Our motto “**Your Health, Our Priority**” rightly fits to this project that we have taken. Around 10 schools are benefited with free health awareness program inside campus with proper permission and the entire expense of these centers taken up by India Gives Foundation such as KPS girl’s high school, Bangalore, APS School and many more in the pipeline. A medical officer from BBMP PHC from our foundation is appointed for such services. Our achievement is making it possible and with all love and support you give us.

KEY GOAL

Key activities

- Nutrition awareness sessions are held regularly
- Cooking demonstrations are organised with nutritionists to promote adequate dietary habits, low cost nutrition food and recipes
- Timely immunization is held with due convergence with Government Health Department
- Mother and Child health days are observed along with government’s Immunization camp

- Frequently held sanitation campaigns are helping promote hand hygiene, covering the WASH component along with cleanliness drives to promote community health and ownership
- Home visits and follow-up with community health workers ensures up-to-date messaging with target groups.

SPECIFIC OBJECTIVE

- We extending primary healthcare services to underserved areas.
- By establishing clinics, mobile health units, and community health workers,
- they bridge gaps in healthcare access,
- Ensuring that even remote populations receive essential medical care.



Health Awareness Campaign

Why are the poor unable to access healthcare facilities?

- Ignorance a lack of awareness also contributes to the fact that poor is unable to access health care services. Mostly poor are undernourished which further aggravates the problem.
- Overcrowded and poor living conditions can contribute to the spread of airborne diseases such as tuberculosis and respiratory infections such as pneumonia.

- Reliance on open fires or traditional stoves can lead to deadly indoor air pollution. A lack of food, clean water and sanitation can also be fatal.
- The main aim of community awareness programs is to make the community more informed, alert, self-reliant and capable of participating in all activities.
- To create awareness and educate people about healthcare. To identify and address health issues in a community. To promote preventive healthcare and reduce the incidence of diseases.
- Health awareness program offer a safe space for students to express their emotions, seek support, and learn coping strategies for stress and anxiety

PROJECT OUT COMES:

KEY ACHIEVMENTS

- By raising public awareness about important health issues, healthcare campaigns can reduce ill-health and premature deaths from diseases that are treatable if they are addressed in time. The importance of health awareness campaigns lies in giving people the opportunity to take accountability for their health.
- Being aware of the symptoms of a disease is important so that a medical practitioner or a doctor can be called timely at home for a proper and supervised investigation. Apart from that, it can help a person understand the necessary lifestyle changes that are required at that point in time.
- India Gives Foundation promotes healthy habits to the communities, in areas such as nutrition, exercise, hygiene, the use of healthy habits and emotional health.
- India Gives Foundation addresses behavioural factors such as the vaccination of families and pets, thorough hand washing, safe sex and practising good food hygiene. We invite all to join us and take part in our next program for computer institute on **The Urban Slum Health Action Programme.**

PROJECT: 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 aims 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 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: 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 program 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 for clarify doubts.

KEY ACHIEVMENTS

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.

PROJECT: “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.

PROJECT: 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 gasses 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 giving them the dignity, respect and equality they seek.

PROJECT: 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 uses 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 personalized 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 priorities 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.

PROJECT: 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 organization 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 a better. India Gives Foundation celebrated World Environment Day. A tree plantation programme was organized on the premises of public place, Purba Medinipur,

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

PROJECT: "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.

PROJECT: 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 corona virus 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. Counseling 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.

PROJECT: 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 organization, 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 new Journey of thousand miles 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 areas. As public bus stopped near slum area, swarms of slum children came hovering around bus stand. Hardly anyone cared to stop for them, so this was one odd thing for these children. They were surprised for why did a school bus going by their house.

Of course, none of them went to schools. Most of the slum children didn't have cloths 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 the poverty. We distributed all of them 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 roof made up of

bamboo and leaves, while others just had V-shaped plastic roof 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 bath since 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 they were happily response 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 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 from three days. He had fever and 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 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 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 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 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 education, confidence and means to achieve. We just need to spare some time from our daily schedule and devote it in 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 government to do even our share of job. It can be anyone, you, school students, college students, your maid servant, driver etc. Just choose anyone around you who are 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.

PROJECT: Tree Plantation

India Gives Foundation is a non-governmental organization 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 organized on the premises of public place, Purba Medinipur, West 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: 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 organizing 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 psycho Education
- 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 through 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 : 30.08.2023

Title of the event : A National Level Free Online Poster Making and Slogan Writing Competitions

Organized by : India Gives Foundation

Venue

: Online Poster Making and Slogan Writing
Competitions

Number of student participated:

: 900

Name of Poster Making Winner

Name of Ranker

Top 3 National Ranking

Rank	Name	Topics	State
1 st	Hitarth Bharatkumar Joshi	(Development) Digital India	Gujarat
2 nd	Sarath Milton	Say do not drugs	Tamilnadu
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

SL.NO

Name

State

1.	Sarvajeet kumar Prajapati	Lucknow
2.	Koushik Koley	West Bengal
3.	S. Sripriya	Madurai
4.	Kalarani	Tamilnadu
5.	Sangeetha	Tamilnadu

PROJECT: Notebooks, stationery items distribution to the poor children of rural backward areas on account of 15th August, 2023

Amrit ka Mahotsav

ORGANIZATION OVERVIEW

Our dream is a society free from all types of exploitation and discrimination where everyone has the opportunity to realize 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 marginalized women and men including persons with disabilities so that they can realize their potential.

We, IGF 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 marginalized 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 organize 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: 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

PROJECT: "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 programme 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: "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.

PROJECT: “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

PROJECT: 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 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: 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 therapist 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 find 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

PROJECT: 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.

PROJECT: Internship Training

India Gives Foundation Internship Program in India and our affiliated organizations 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

Snapshots of Internship Training

- During Internship the interns build interpersonal skills, prepare for a career and practice the principles of psychology.
- They gained real-world experience while still in school and make 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 attended India Gives Foundation internship training program was 25 students out of 5 students was Law background.
- All the interns received their Internship certificates along with practical work experience.

PROJECT: 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

PROJECT: CONNECT Workshop

- ❖ A series of workshops was conducted by India Gives Foundation.
 - ❖ The overarching aim of these workshops was to sensitize 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 was 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 conducted Stress Test. She explained Types of Stress, Factors Affecting Stress, and Basic Strategies of remove Stress, Mental Health. 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 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.

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Highlights of the year 2022-2023 (contd...)

Helped 579 children

Receive education through Online Coaching and Evening classes

Boys: 278, Girls: 301

2052 children got their health

Check-ups done in the health camps organized for SLUMS

Leadership skills

Of 151schools and community children were enhanced

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

Mental Health Education Camp

Helped 3330 children through Mental Health Education Program Camp

Boys: 1670, Girls: 1660

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 opportunity to perform (singing, dancing, etc.) at Schools, Colleges and Child Home in west Bengal and Bangalore.

Books and stationary items

Books and stationary 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.

Testimonials

Sarath Milton 1

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S.Sripriya2

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

Social Media Visitor3

Hello India Gives Foundation! I simply want to offer you a huge thumb up for your excellent information you have here on social media post. 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

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 publicize 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.

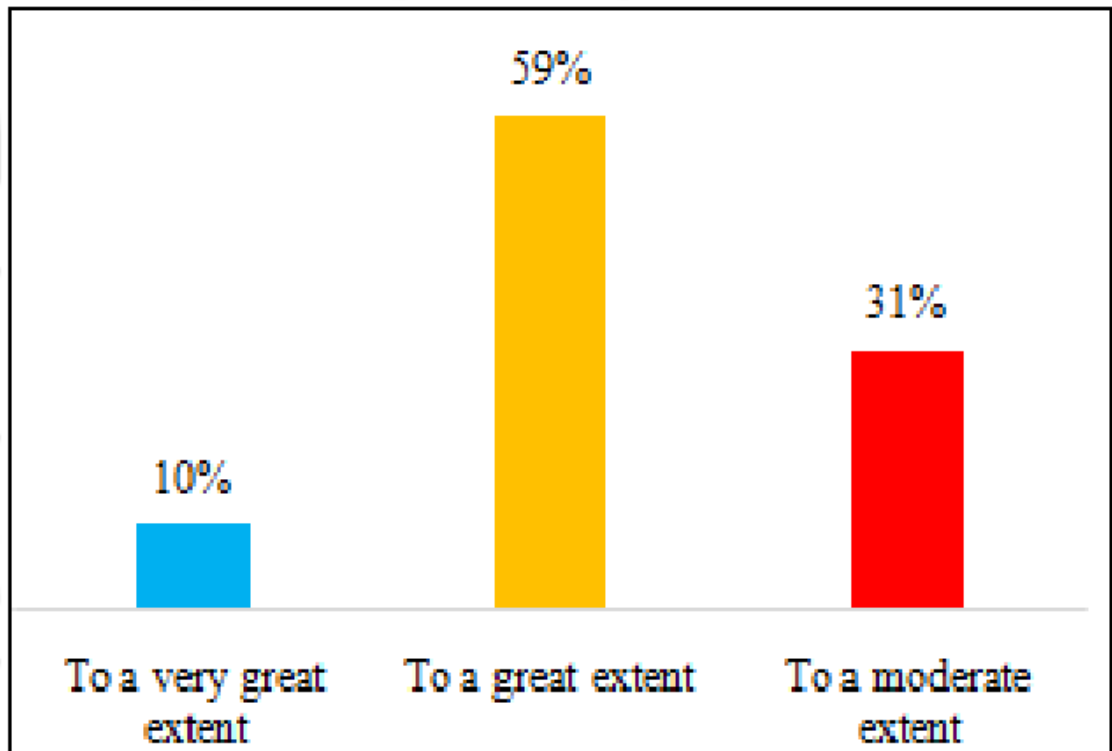
Computer Support Volunteer

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

Financials



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 organizations.

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 depressive. **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 children depressed while see books at

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 government managed institutions working for their welfare. If you want to do more and become part of a systematized effort, you can always do better by volunteering at INDIA GIVES FOUNDATION.

Supporters

Our Partners

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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 mental disorder people in need of care, wellbeing and protection, then India Gives Foundation can be a place of your choice.

Board of Trustees

Ms. Ranu M.S Founder Director

- 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

- Lecturer in IT College, Bangalore

- Managing Director of Nrs Client Solutions Pt. Ltd
 - Secretary of India Gives Foundation
 - Social Worker
-

Sri Subhamoy Mondal

- Educationalist /Member of Para-Legal at Government of West Bengal (Purba Medinipur, West Bengal District Judge Court)
 - 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
 - Profession as a teacher
-

