# **India Gives Foundation**

















# 2024-2025 ANNUAL REPORT

Highlighting achievements, growth, and progress through a comprehensive annual report that reflects our commitment to excellence and transparency

Prepared By : INDIA GIVES FOUNDATION

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#### FONDERS SPEAK

INDIA GIVES FOUNDATION feels proud to present its Annual Report 2024-2025, 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 socalled 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.

Ms Ranu Sarkar Mandal

Founder & Managing Trustee

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#### MAJOR RECOGNITIONS OF INDIA GIVES FOUNDATION

# SOME OF THE MAJOR RECOGNITIONS / CERTIFICATES OF INDIA GIVES FOUNDATION ARE AS FOLLOW BELOW:

- Ngo Registration No: IV 110300014 / 2021
- Niti Aroygo Registration No: Wb/2022/0302668
- $\blacksquare$  Udyam (MSME) Reg No: Wb 12 0048370
- PAN No: AABTI9975R
- Donations to organization will eligible for Income Tax under Section 80G (IT Act 1961) IT Registration no.AABTI9975RF20231

- CSR registration no. CSR00068370
- Goods & Services Tax Code (Registration Number): 27AAACN2082N1Z8
- CIN U72900MH1995PLC095642

#### ABOUT INDIA GIVES FOUNDATION

India Gives Foundation (IG Foundation) is a Non-Profitorganisation in India organization that offers knowledge services in the area of mental healthworking in WestBengal 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
- 9. Dental Care Camp
- 10. Eye Screening Camp
- 11. Internship Training/ Placement
- 12. Disabled Placement Service
- 13. Women's Awareness Camp
- 14 Family Planning and Reproductive Health Awareness Camp for rural village communities
- 15. Pre Campus Placement Training
- 16. Shiksha Vriddhi Initiatives
- 17. Mission on Mind Initiatives

## **India Gives Foundation 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.

#### **EDUCATION PROGRAM**

#### SHIKSHA VRIDDHI

Since 2021more than 15000 children in the age group of 6 th to 18yrs.have been benefited from our Shiksha Vriddhi Education Program .Currently 21 Shiksha Vriddhi Education Centre Across Karnataka and west Bengal state of India are directly reaching to 9000 children .

#### **HEALTH**

#### **HEALTH CARE PROGRAM**

Since 2024 reaching over 120000 lac people across urban and remote villages in Karnataka and west Bengal along with government school through India Gives Health Program .Currently 3 states reaching 3 lac population.

#### LIVELIHOOD

#### INTERNSHIP TRAINING PROGRAM

Since 2022, reaching over 11000 underprivileged youth have been trained through Internship and 2,456 Youth have placed. Currently Internship training centres are operational across the global population.

#### GIRL CHILD & WOMEN EMPOWERMENT ATMANIRBHAR YOUTH

Since 2022 successfully made a difference to the lives of over 21,000 underprivileged women and girls .Currently 5 programs Across Karnataka and west Bengal state of India are directly reaching nearly 9000 underprivileged women and girls through Atmanirbhar youth program.

#### **TYPE OF SERVICE**

1 EDUCATION

2 HEALTH

3 MENTAL HEALTH

4 WOMEN EMPOWERMENT

5 LIVELIHOOD

6 EMPOWERING GRASSROOT

7 PRIVILEGED CHILDREN

8. PROTECT ENVIRONMENT

9. OLD AGE PENSION

# CERTIFICATES OF INDIA GIVES FOUNDATION ARE AS FOLLOW ARE BELOW:

- Ministry of Health and Family Welfare, Government of India Certificates for TB MUKT BHARATH Program
- Ministry of Health and Family Welfare, Government of India Certificates for LEGAL ADOPTION AND PROTECT OF

**CHILDREN** 

- Ministry of Labour and Employment Certificates for CHILD LABOUR AND RISE AGAINST PROGRAM
- Ministry of Agriculture & Soll Awareness Camp. Ministry of Agriculture & Soll Awareness Camp.
- Ministry of Youth Affairs & Dorts Certificate
- Ministry of Education of India Certificates for UTTAM POSHAN, UTTAM JEEVAN
- Ministry of Women and Child Development of India Certificates for CYBER SAFETY FOR WOMEN.
- Ministry of Health and Family Welfare, Government of India & DONATION CAMP
- Department of Drinking Water and Sanitation (DDWS) the Ministry of JAL SHAKTI Certificate

#### **MISSION**

Bringing people together to end poverty for good

India Gives Foundation 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.

#### **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 75<sup>th</sup> 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.

#### **OUR PROGRAMME OVERVIEW**

Date Progra	mme Location Outcome
10-10-24	World mental health day Bangalore and West Bengal Awareness has given to the 1234
children	
15-10-24	BIJAYA DASHAMI
West I	Bengal, East Medinipur Sweet distribution to children home in 3 rural villages
16-10-24	World food day Social Media Campaigns Its reached to the target populations
17-10-24	International Day for the Eradication of Poverty Digital awareness Marketing The
information sp	pread to the target populations
3-11-24	Deepavali
West I	Bengal Sweet distribution to children home
3-12-24	International
Day of Disabl	ed Persons Bangalore Its reached to the target disabled populations
23-12-24	National Farmer's Day East Medinipur, West Bengal Its reached to the target
populations	
25-12-24	Christmas Bangalore Sweet distribution to children home in slums
28-12-24	Camp on Rag pickers Bangalore ,Mysore Helped 300 children and sent to school
1-01-25	New year West Bengal Sweet distribution to old age home
12-1-25	Campaign on 'Empowering the Nation's Youth' Digital awareness Marketing Its reached
to the target populations	
14-1-25	Makar Sankranti Mysore Sweet distribution to needy and school children
15-1-25	Campaign on 'Anxiety among graduate students' Digital awareness Marketing Its reached

to the target populations		
18-1-25 Campaign on		
'Personality Disorder' Digital awareness Marketing Its reached to the target populations		
19-1-25 E- Campaign on Mental Health Digital awareness Marketing Its reached to the target		
populations		
23-1-25 Subhas Chandra Bose Jayanti West Medinipur Books and stationary items		
distribution to needy children		
24-1-25 National Girl Child Day Bangalore Child Home Helped 230 girls children and		
distributed sanitary pad		
25-1-25 E- Campaign on how does a social media affect Mental Health Digital awareness		
Marketing Its reached to the target populations		
26-1-25 Republic Day Celebration West Bengal (Aradhana Club)		
30-1-25 E- Campaign on Restless Legs Syndrome (RLS) Digital awareness Marketing Its reached		
to the target populations		
30-1-25 E- Campaign on Narcolepsy Digital awareness Marketing Its reached to the target		
populations		
1-02-25 Camp on Depression with Suicidal ThoughtsBangalore Slums Receive 589 young		
population		
4-02-25 E- Campaign on Sleep Disorder Digital awareness Marketing Its reached to the target		
populations		
5-02-25 E- Campaign on How to improve handwriting Digital awareness Marketing Its reached		
to the target populations		
10-02-25 National De- Worming Program Bangalore Slums Distributed de-worm medicine to		
the school students		
11-02-25 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		
14-02-25 Camp on Building Resilience in children Bangalore Rural Helped 349 populations		
15-02-25 Camp on International Childhood Cancer Day Bangalore Urban Its reached to the		
target populations 16-02-25 Programme on Obstructive Sleep Apnea (OSA) Mysore Govt.School Helped 1098		
government students		
17-02-25 Program on HIV/AIDS and Mental Health West Bengal Private Colleges Its reached		
to the target populations		
21-02-25 Program on Adolescent sexual behaviour pattern and Mental Health West Bengal		
Private Colleges and tuitions centre Its reached to the target populations		
21-02-25 E-Campaign on International Language Day Digital awareness Marketing Its reached		
to the target populations		
24-02-25 Program on 'The Essence Of Life' Virtual Workshop Helped 7839 population all over		
India		
25-02-25		
One day training on How to Control Emotion Bangalore Animation College Helped		
1098 animation students		
27-02-25 World NGO Day Celebration West Bengal ,Khargapur Attend virtual meeting on		
life skill training along with tuitions centre students		
28-02-25 National Science Day Celebration West Bengal Govt. Schools Its reached to the target		
populations		
01-03-25 Mental Health Awareness Program for building Construction Workers West Bengal		
(Constructions workers associations) Distributed necessary things along with mental health awareness		
pamphlets		
03-03-25 One Day Training on 'Behaviour – Modification' for School Students Bangalore and		
Tamil Nadu Its reached to the target young school student populations		
08-03-25 Women's Day Celebration with Old Age Home Tamil Nadu Old age Home Games and		
competition was hold in different old age home		

09-03-25 Camp on sanitization West Bengal Rural Awareness has given to the 1211 populations Community Mental Health Program Bangalore slums community Awareness has given to 14-03-25 the 1634 children Holi Celebration Bangalore street children Sweet and Rongali powder distribution 18-03-25 to street children 26-03-25 One Day Training On Aggressive Behaviour for ply students' parents Bangalore and Its reached to the target young school student populations west Bengal E- Campaign on Digital Health Digital awareness Marketing Its reached to the target 30-03-25 populations 03-04-25 Program on Autism Awareness Day Social media awareness campaigns Its reached to the target young school student populations Awareness Camp on Blindness Week 1stApril to 7th April 2025 Digital awareness Marketing Its reached to the target populations 05-04-25 E- Campaign On Panic Attack Media awareness Marketing Its reached to the target populations Campaign on Our Planet, Our Health 07-04-25 Digital awareness Marketing Its reached to the target populations 17-04-25 Slum Community training Program Bangalore and west Bengal Its reached to the target young populations E- Campaign on Volunteers Opportunity Digital awareness Marketing Its reached to the 18-04-25 target populations 10-04-25 Camp on Mid –Life Crisis Digital awareness Marketing Its reached to the target populations 08-05-25 Mother's Day Celebration Bangalore play home Its reached to the target populations 09-05-25 Tree Plantation Programme West Bengal Planted 200 basil and Neem plant 13-05-25 Street campaign for prevention of Mental Retardation and Developmental Disabilities Bangalore slums Its reached to the target young school college's student populations 28-05-25 International Day of Action Women's Health Social Media Campaigns Its reached to the target populations 31-05-25 E- Campaign World No Tobacco Day Digital awareness Marketing Its reached to the target populations

#### 2024-2025 AT a GLANCE

This year we were able to touch 1,50000 women's, individuals and working children through our different projects, 97 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 2024-25**

- 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 thisyear 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.

#### **INDIA GIVES'S WORK DURING 2024-25**

1.Eye Screening and Cataract Surgery camp

- 2. Dental Camp
- 3. Mental Health Awareness Program (Mission on Mind)
- 4. Slums Children Education(Shiksha Vriddhi Initiative Program)

Month Grocery Items for Blind Family initiative

- 6. Skill Training Centre room rent
- 7. Anganwadi Adoption Program
- 8. Women's Awareness Program
- 9. Suicide prevention program
- 10. Internship Program
- 11. National Level Competition
- 12. Scholarship Program

#### VolunteerManagement

A 2 days virtual camp was conducted, 33 volunteers were part of it. Around 52+ existing volunteers were spoken to understand their willingness to continue.

Volunteer management is crucial for at India Gives Foundation a Non-Governmental Organizations because volunteers are often at the heart of their operations, providing essential support in delivering programs and services. Effective volunteer management helps ensure that India Gives Foundation can maximize the impact of their work, while also fostering a positive environment for volunteers.





# INDIA GIVES FOUNDATION

# **VOLUNTEERS**

LET'S MEET, MAKE SOME FRIENDS AND HAVE FUN!!













www.indiagivesfoundation.org

#### **Dental Screening**

Camp in MES High School, Bangalore South -78

The primary objective of this dental camp is to promote oral health awareness and provide essential dental care services to the school community. By conducting dental check-ups and offering educational sessions, we aim to empower students, staff, and their families with knowledge about proper oral hygiene practices.

# **DENTAL CLINIC**

BEAUTIFUL NATURAL SMILES





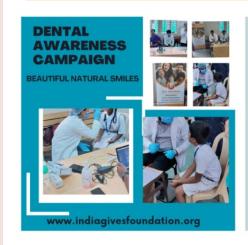








www.indiagivesfoundation.org







#### **Primary School Visit for Promoting Primary Education**

We collaborate withteachers, parents, and communities to work towards inclusive education. These partnerships and collaborations magnify the impact of their efforts and create a wave of positive changes in primary education system.















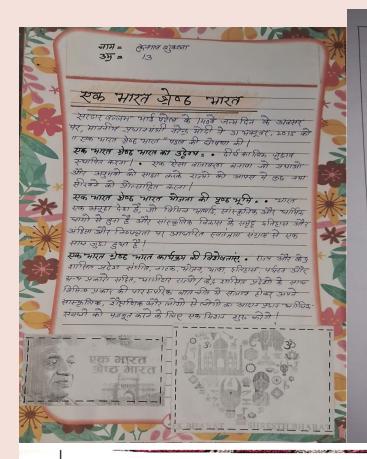
# Raksha Bandana Celebration at Konanakunte ICDS School along with Chuckles, Biscuit and sweet distribution

Our aim is to sprinkle a little magic into their lives by celebrating the day; your small act of kindness can create ripples of change. By your support, we're igniting a spark of hope in a young heart. Imagine the joy, the gratitude, and the sense of belonging that your gesture can create in the hearts of these kids. Let's together create a world where every child feels loved and protected.



National Level Essay writing competition on account of 78TH Independence Day As a part of Independence Day Celebrations-2024, An Essay Writing Competition on the topic Ek Bharat Shrestha Bharat was conducted by INDIA GIVES FOUNDATION from 12th August to 15th August' 2024 in order to create patriotic feeling among youth and masses across the nation. The Competition received 101 entries from different age groups and across different states. All essays were judged on their content, organization, relevance to the theme, and novelty of ideas; after a thorough assessment, 3 participants were chosen as prize winners in each of the categories.





#### अया ७१३७, दळ्यके ७१३७ 16 5416 6310 आदम प्रका

वर्नमा क्वंग इंगे , अपि अभीश देवहित्युव ट्लाम्स विद्यालट्यं अभवावक व्यवसाम्म त्यास अक किंद्र प्रशास वर्ड अविद्युष अस्तर ट्रमाम्पर्द्ध । « यह हार्ये अस्ति हारे । « यह हार्ये अस्ति हारे । « यह हार्ये अस्ति हारे । अस्ति हारे असी असी सामित्र

दुर्ड हाउंदिक अपनेम्टरंड (क्येपुक्टे

असर इस्सिक्य । इस्मिक्य भा २९ हर्व स्पित्रियं भड़ इस्केडीन भड़ा स्कुर्यं न स्ट्राइट स्मिन्न अस्मित्याल्य स्मिन्न स्मिन्न स्मिन्न क्षेत्र हर्वे हर्वे । स्मिन्न ड्रेस्सिस्ट स्मिन्न स्मिन्न स्मिन्न क्षेत्र हर्वे हर्वे । स्मिन्न इस्मिन्न स्मिन्न स्मिन्न क्षेत्र हर्वे हर्वे । स्मिन्न प्रमिन्न स्मिन्न स्मिन्न क्षेत्र हर्वे हर्वे । स्मिन्न । अस्मिन्न स्मिन्न स्मिन्न क्षेत्र हर्वे हर्वे । स्मिन्न । अस्मिन्न स्मिन्न स्मिन स्मिन्न स्मिन स्मिन्न स्मिन्य स्मिन्न स्मिन्न स्मिन्न स्मिन्न स्मिन्न स्मिन्न स्मिन्न स्मिन्य 2037 26772 NT 1

त्या हाउंक ' इन्त्रेम हाउंक "- तडं हिर्दि : " अह हाउंक ' इन्त्रेम त्यक्, अनुद्रमात्र

खान्मात स्थानकी विक कोर अंदे दमात्राहर दम्स्कीटत क्षण्यात्र क्षेत्र, वह आधारमार कर निक्तालह द्वारामण्ड खिं थर कारे कि अनि कर दूस हिंदी पुराहि भार तर

Sanchita Santra 13/08/2024

#### EK BHARAT SHRESHTHA BHARAT: A Vision for the Future

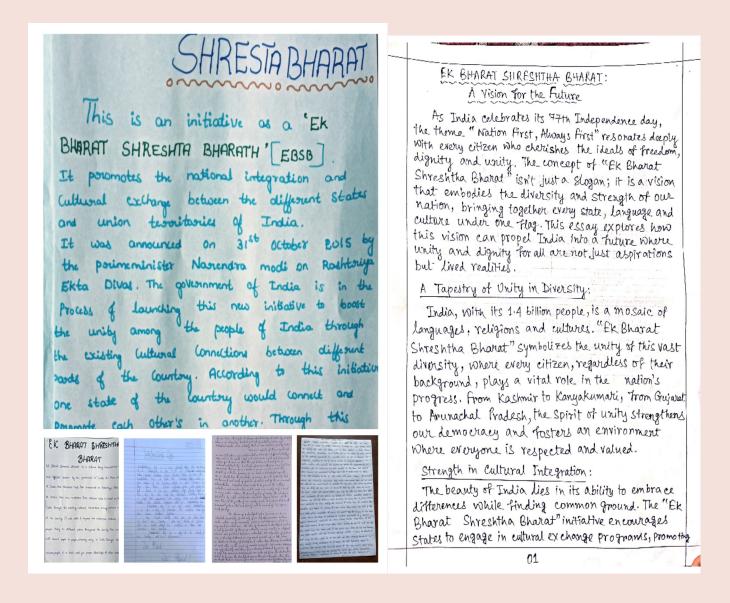
As India celebrates its 47th Independence day, the theme "Nation First, Always First" resonates deeply with every citizen who cherishes the ideals of freedom, dignity and unity. The concept of "Ek Bharat Shreshtha Bharat" isn't just a Slogan; it is a vision that omindied the diversity and strength of OUR that embodies the diversity and strength of our nation, bringing together every state, language and culture under one flag. This essay explores how this vision can propel India into a future where unity and dignity for all are not just aspirations but lived realities.

#### A Tapestry of Unity in Diversity:

India, with its 1.4 billion people, is a mosaic of languages, religions and cultures. "Ex Bharat Shreshtha Bhanat" symbolizes the unity of this vast divorsity, where every citizen, regardless of their background, plays a vital role in the nation's progress. From Kashmir to Kanyakumari, From Gujavat to Amunachal Pradesh, the Spirit of unity strengthens our democracy and fosters an environment Where everyone is respected and valued.

Strength in Cultural Integration:

The beauty of India lies in its ability to embrace differences while finding common ground. The "Ek Bharat Shreshtha Bharat" initiative encourages States to engage in cultural exchange prognams, promoting



#### Women's Empowerment Program [Capacity Building Development]

ATMANIRVAR NARRI is a social enterprise dedicated to empowering women, widows, and single women to become independent and self-reliant by developing skills through training and education programs to support them in leading a respectable life. Our aim to encourage local people to take action on local issues themselves. Capacity building fosters a sense of ownership and empowerment, so that community partners gain greater control over their own future development.



# WOMEN'S EMPOWERMENT

Capacity building fosters a sense of ownership and empowerment, so that community partners gain greater control over their own future development.

OUR WEBSITE: WWW.INDIAGIVESFOUNDATION.ORG

#### **Dengue Awareness Campaign**

The day aims to raise awareness about dengue and mobilize public support for the control and prevention of the disease. This event was instituted as a part of a broader public health campaign to lower theprevalence of dengue fever, which, if left untreated, can have fatal consequences and cause serious health issues.

- Educating people: About dengue's causes, symptoms, and ways to prevent it
- Fromoting healthy practices: To reduce the risk of dengue transmission
- Encouraging community engagement: To raise awareness in neighbourhoods and households
- ighlighting the importance of early diagnosis and treatment
- Demonstrating the power of collective action: In the fight against dengue

#### Other objectives of dengue awareness campaigns may include:

- Improving planning, prediction, and control of epidemics
- Intensifying surveillance
- Applying integrated vector management (IVM) strategies
- strengthening monitoring and evaluation
- Conducting operational research









#### Mental Health /Well-being workshop

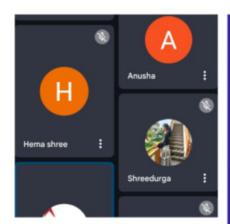
Mental Health / Well-being workshop

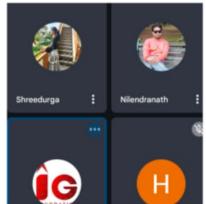
**Duration: 6Months** 

**Mode: Physical and Virtual** 

Eligibility: Any Individual age 18+

**Objectives:**Our goals to holding regular mental health workshops for your staff are huge. It's not just your staff that benefit, your business does as well. Improved moral, productivity, efficiency, workplace wellbeing and culture are just some of the benefits. Also Employees focus specifically on workplace-related stress and anxiety. They tackle things like high pressure, job security, team motivation, leadership, resilience, and crisis management, plus more specific issues the team is facing.





# NATIONAL ONLINE WORKSHOP ON MENTAL HEALTH AND CYBER SECURITY.

Target Audience: All the professional & Students of Class 6th to 12th

Date:10th May to 23rd May 2025

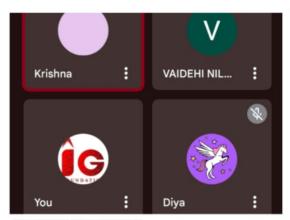
Time:4:00 PM to 5:00 PM

**Mode: Online** 

JOIN US

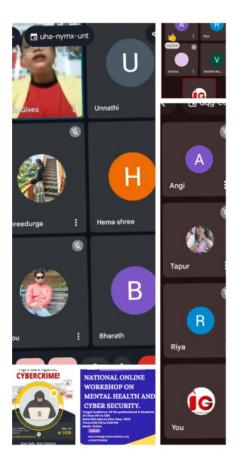
www.indiagivesfoundation.org

+ 91 8277529316









#### **Employment Opportunity for disabled**

**Employment Opportunity for disabled** 

**Duration: 12Months** 

Eligibility: Any Individual age 18+, the applicant should have disable certificate, issued by Govt. of

India.

#### **Objectives:**

The Act provides additional benefits for persons with benchmark disabilities, such as employment vacancies in government establishments, education opportunities, land allocation, and poverty alleviation schemes, among others.



# **ROJGAR KI KHABAR**

JOB PORTAL FOR PERSONS WITH DISABILITIES

FOR PERSONS WITH DISABILITIES

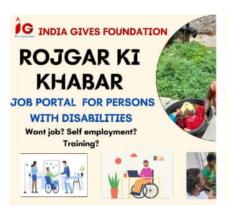
Want job? Self employment? Training?













#### **Current Opening for PwDs**

**Job Profile: Programme Manager** 

Qualification: Graduate with programme

Location : Bangalore , Karnataka

Disability: OH Candidate

Skills Required: Programming knowledge, Good typing

No. of Vacancy: 3-6

Please send us your CV with the application at:

indiagivesfoundation@gmail.com







#### **India Gives Foundation ACCOUNTS** LOCOMOTOR DISABILITY HIRING LOCATION -MUMBAI OFFERED SALARY -4₹ - 8₹ CAREER- ACCOUNTS / TAXATION

**EXPERIENCE- 3-5 YEARS** APPLY NOW @ WWW.INDIAGIVESFOUNDATION.ORG

#### **Tomorrow's Best Teachers Training**

**Tomorrow's Best Teachers Training** 

**Duration: 6Months** 

**Mode: Physical and Virtual** 

Eligibility: ICDS Teachers / Play School Teachers / Kindergarten Teachers and Any PUC passed /

**Graduate /NTT.** 

#### **Objectives:**

- ☐ The main objective of training programs for teachers is to hone their skills to stimulate experience under an artificially built environment, less with resources and more by creating an emotional atmosphere.
- ☐ The training aims to develop a command of the subject matter of the assignment assigned to educators in the classrooms.
- ☐ Training assists the teachers in acquiring the ability to be a child with children, an adult with adults and a responsible citizen in the community.
- ☐ The broad aim of training programs is to empower and encourage prospective teachers for productive teaching.



#### Apply for a grant

At India Gives Foundation, we support marginalized women to become financially independent.

Eligibility: Marginalized groups include women, people with disabilities, people of color, LGBTQ+ folks, Indigenous peoples, people of a lower socio-economic status and Physical ,psychological violence, sexual abuse, acid burning, genital mutilation, feticide and human trafficking,

# **SCHOLARSHIP** PROGRAM 2024 - 25

We seek the soul of young donors who are ready to contribute to education in this country through this scholarship program

#### SCHOLARSHIP ELIGIBILITY

This scholarship offers crucial financial support to students, whose families are affected by severe illnesses, ensuring uninterrupted education for a brighter future.

#### REQUIREMENTS:

- · At least one parent must have a disability of 40% or more.
- The applicant's family must belong to the Below Poverty Line (BPL) category.
- · Applicants should be enrolled in government-approved institutions in Karnataka.
- · All applicants must have a bank account for receiving the scholarship amount



#### SUBMIT YOUR **REGISTRATION TO:**

www.indiagivesfoundation.org

#### MORE INFORMATION:

**91 8277529316** 

indiagivesfoundation@gmail.com







Shiksha Vriddhi initiative involves identifying exceptional students from economically challenged families and recognizing their academic prowess through scholarships.

#### CONTACT US +91 8277529316















A India Gives Foundation initiative Elementary Education Program for Migrant Children

Location: Bangalore South, Karnataka

DATION

#### **Skills Development Centre**

Skills Development Centre

Duration: 6Months

Mode: Offline Eligibility: Any Individual age 18+, school dropouts, college dropouts and unemployed

youth.

#### **Objectives:**

Skills development "can reduce un- and underemployment, increase productivity, and improve standards of living." In this way, youth skills development can champion social justice, combat economic Up Coming Projectsinequality, and create pathways to positive change in the future. It aims to empower India's youth by offering necessary skills and training to increase their chances of getting jobs in various sectors. This also boosts an individual's productivity and knowledge. To equip young people with the necessary knowledge and expertise to succeed in the job market,

#### **Our Mission and Impact**

#### **Your Support Can Transform Lives**

Millions of women in India face extreme poverty, illiteracy, and unemployment. Social and economic barriers limit them to low-paying, home-based jobs, restricting their financial independence. Together, we can break this cycle.

#### **Brief Job Description**

Self Employed Tailor is a skilled tailor versed with making customized Indian dresses. The job thus involves taking measurement, cutting fabric as per measurement and sewing with the help of ordinary sewing machines. The personal so does alteration works of stitched dress materials to Correct and fit as per customer requirements stock related Self Employed Tailor is a role of a self-employed professional tailor who can sew and repair garments, made ups and home furnishing articles and manage livelihood out of it.













#### Quick links for Government /Private Job portal

Quick links for Govt./ Pvt. Job portal

**Duration**: 24Months

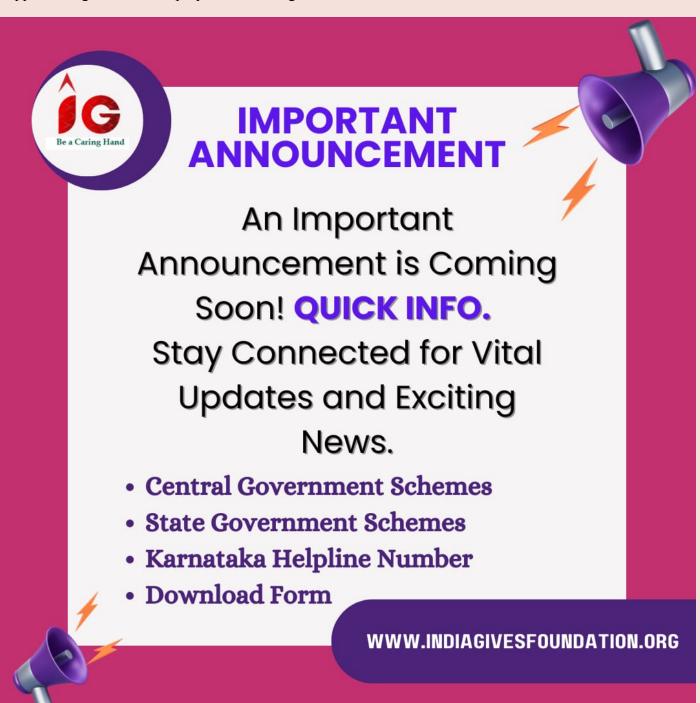
Objectives:

This links will helps those who are educated and talented but cannot generate enough opportunity to apply for government jobs or other jobs due to the financial crisis / other reason.

"It's very useful for all poor peoples. Reduced the unemployment. Create the employment opportunities.

Also provide employment market information, career counselling and vocational guidance through physical and virtual mode.

Support to register with Employment Exchange for disabled



#### **Eye Screening Camp**

Eye Screening Camp

Objectives:

This programme will help many, to understand the importance of maintaining good eye health and sight by Regular Eye check-ups. During the camp we will distribute informative pamphlets on Eye care tips, prevention and treatment in eye diseases, and also forms for Pledging to donate their eyes. Health Talks and question & answer session can be arranged during camps.

#### **Eye Screening Camp -1**











### **Eye Screening Camp -2**













#### Volunteer

#### Management

3 days volunteer camp was conducted in west Bengal, 18 volunteers were part of it. Around 9+volunteers were spoken to understand their willingness to continue as volunteers and want to involved themselves in various activities.

#### **Eye Screening**

#### Camp in MES High School, Bangalore South -78

The primary objective of this dental camp is to promote oral health awareness and provide essential dental care services to the school community. By conducting dental check-ups and offering educational sessions, we aim to empower students, staff, and their families with knowledge about proper oral hygiene practices.

#### **Orphanage home Visit for Promoting Counseling Education**

We collaborate between teachers, parents, and communities to work towards the goal of inclusive education. These partnerships and collaborations magnify the impact of their efforts and create a wave of positive changes in primary education system.



































### **PROJECT - MISSION ON MIND**

Mental health awareness is crucial for a supportive society and individual well-being. It reduces stigma, promotes early intervention, and encourages open conversations about mental health, leading to better outcomes for individuals and communities.

Here's why mental health awareness is important:

#### **Reduces Stigma:**

Awareness helps dismantle misconceptions and negative stereotypes surrounding mental health, making it easier for people to seek help without fear of judgment.

#### **Promotes Early Intervention:**

Recognizing the signs and symptoms of mental health conditions allows for earlier intervention, potentially preventing chronic health problems and improving outcomes.

#### **\*** Encourages Open Communication:

Awareness fosters a culture where it's safe to talk about mental health, reducing isolation and encouraging support networks.

#### Supports Overall Well-being:

Mental health is intricately linked to physical health, relationships, and productivity. By prioritizing mental health, individuals can improve their overall well-being.

#### **\*** Empowers Individuals:

Awareness equips individuals with the knowledge and skills to manage their emotions, cope with stress, and seek help when needed.

#### Creates a Supportive Community:

A society that is mentally aware fosters a more compassionate and inclusive environment where everyone feels valued and supported.

#### Advocates for Systemic Change:

Awareness can drive policy changes and resource allocation to address mental health needs in areas like education, healthcare, and the workplace.

#### Main Concerns

*	Lack of Concentration
*	Low Self Esteem and low Confidence
*	Irritability
*	Stress related to academics and family
*	Loss of Loved one
*	Hygiene problems
*	Under Nutrition (Bad Eating Habits)
*	Anger Management Issues
*	Pain, especially headache
*	Concentration and Memory Problem
*	Issues with time management
*	Behavioural Issues
*	Certain Phobias
*	Physiological issues (Height, weight, menstrual)
*	Feeling tired very easily
*	Feeling Disturbed and tensed
*	Sleeplessness
*	Anxiety
*	Alcoholic father effecting children's mental state
*	Stress related to academics and family
*	Sexual abuse

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, and mental health concentration in studies, family problems or anything else they wanted to share. Most of the students showed resistance to talking, and this was tackled by playing educational games with them, so that they could feel more comfortable around the intern counsellors of India Gives Foundation.

Constructive counselling was provided to the Students, to help them to deal with their problems more effectively. This constructive counselling included the active interventions made by the intern counsellors in each case and the session summary, to ensure the availability and accessibility of minimum mental healthcare for all in the foreseeable future, particularly to the most vulnerable and underprivileged sections

of the population. Mental health education equips students with the knowledge and skills to manage their emotions, reduce stigma, and seek help when needed

#### Mental Health Campaign out Come

- ❖ We came across many problems such as anxiety, sexual abuse, alcoholic parents, physical changes (in adolescence), concentration in studies, family problems (E.g.-economic status, pressure to take responsibility of the family etc.).
- ❖ In accordance to the predicaments faced by them, constructive counselling was provided to the students, by the intern trainers (psychologists) of the India Gives Foundation, in order to help them to deal with their problems more effectively.
- ❖ The students were provided with enough information and problem solving skills with regards to the stress and problems confronted by them. Intern trainer Psychologist also discussed their diet history, present illness and treatment history. Stress questionnaire was given to the children and their stress level was diagnosed.

#### **Academic Benefits:**

#### **\*** Improved academic performance:

Students with good mental health are better able to focus, concentrate, and manage stress, leading to improved academic outcomes.

#### **Reduced absenteeism:**

Mental health issues can contribute to absenteeism, but a well-supported program can help students stay engaged and in school.

#### **❖** Increased motivation and productivity:

Students with better mental health are often more motivated and productive in their studies, leading to greater academic achievement.

#### **Social and Emotional Benefits:**

#### **Enhanced social and emotional competence:**

Mental health programs can help students develop skills in areas like communication, conflict resolution, and emotional regulation, leading to stronger social connections.

#### **❖** Increased self-esteem and confidence:

Support and encouragement from a mental health program can boost self-esteem and confidence, helping students feel more capable and resilient.

#### **Reduced stigma surrounding mental health:**

Programs can help de-stigmatize mental health issues, making it easier for students to seek help and support without fear of judgment.

#### **\*** Improved interpersonal relationships:

Better mental health can lead to healthier and more fulfilling relationships with peers, family, and others.

#### **Other Benefits:**

#### **❖** Improved physical health:

Mental and physical health is interconnected, and programs can help students adopt healthy habits and manage stress, leading to overall improved well-being.

#### **A** Greater life satisfaction:

By addressing mental health concerns and promoting resilience, programs can help students feel more satisfied with their lives and more hopeful for the future.

#### **Reduced risk of mental health problems:**

Early intervention and preventative measures can help reduce the risk of developing more serious mental health issues later in life.

# School Mission on Mind Camp -1

### **Membership Options**

India Gives Foundation (MOM) offers both Individual and Organizational Memberships, by becoming a member; you gain access to a host of exclusive benefits and opportunities to collaborate with like-minded individuals and organizations.

Key Benefits of India Gives Foundation (MOM) Membership

Type of Activities -Financial Assistance



# School Mission on Mind Camp - 2





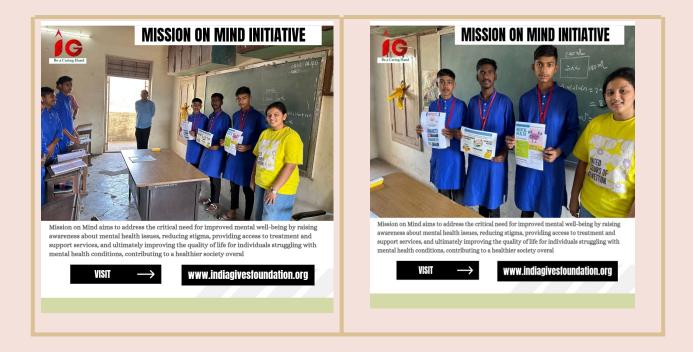




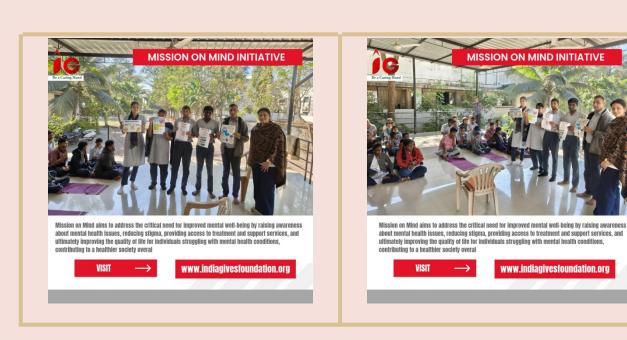
# Collage Mission on Mind Camp - 3







# Collage Mission on Mind Camp -4







# Study Centre Mission on Mind Camp -5









# Community Mission on Mind Camp -6









#### RURAL HEALTH CARE INITIATIVE

### **Core Objectives:**

Improving Access to Healthcare:

Ensuring that rural populations, particularly vulnerable groups, have access to affordable and quality healthcare services.

Reducing Mortality Rates:

Specifically, reducing infant and maternal mortality rates through improved antenatal care, skilled birth attendance, and postnatal care.

Disease Prevention and Control:

Implementing programs to prevent and control both communicable and non-communicable diseases, including infectious diseases like malaria and tuberculosis, as well as chronic conditions.

Strengthening Healthcare Infrastructure:

Enhancing the capacity of rural health facilities, including providing necessary equipment, medicines, and trained healthcare professionals.

Promoting Community Participation:

Engaging local communities in the planning and implementation of health programs to ensure they are relevant and effective.

Integrating Traditional Medicine:

Recognizing and integrating traditional healthcare systems, like Ayurveda, Yoga, Unani, and Siddha, into the overall healthcare framework.



#### NOTEBOOK DISTRIBUTION INITIATIVE

The objective of a notebook distribution initiative is primarily to support students' education by providing them with essential learning materials, particularly notebooks, to aid in their studies and academic progress. These initiatives often focus on underprivileged communities where students may lack access to basic educational resources.



#### SHIKSHA VRIDDHI

#### **OUR PROJECT GOAL:**

As educated individuals, these children can secure better job opportunities in the future, Leading to increased income and improved living conditions. Moreover, educated slum children are more likely to become agents of change within their communities, inspiring others to pursue education as well.



#### **OUR PROJECT OUTCOMES:**

- 1. We visit slums door to door to survey about the slum conditions in Bangalore urban. This will help us understand the challenges that children in slums face when it comes to getting an education.
- 2. We provide free elementary education to slums communities that are working to improve education in slums.
- 3. Our volunteers help in a slum school or community centre to improve education quality.
- 4. we advocate for policy changes that would improve access to education for children living in slums.



- 5. We provide mentorship or tutoring services to children living in slums.
- 6. We support businesses that are working to improve education in slums.
- 7. We provide free professional training for unemployed youngsters that are working to improve job opportunities in slums.

### SHISHU SHIKSHA ICDS ANGANWADI SCHOOL

Our goal to improve the nutritional and health status of children in the age group of 1-6 years to lay the foundation for proper psychological, physical and social development of the child to reduce the incidence of mortality, morbidity, malnutrition and school dropout. Also we build sustainable, low cost, educational, health and community facilities for children and their families in disadvantaged communities in India. We assist in the economic sustainability of the communities in which we work by training and employing local builders, artisans and other professionals.



#### **OUT COMES**

#### **Early education**

Anganwadi centers help children learn language, math, and science, which helps them develop better thinking skills.

Healthcare

Anganwadi centers provide regular health check-ups and shots to children and pregnant or breastfeeding women.

Nutrition

Anganwadi centers provide extra food to children and women.

Community health

Anganwadi workers have local knowledge and can help identify and address health issues in the community.

Socio-economic development

Anganwadi centers help to improve the socio-economic status of communities.

Women's health

Anganwadi workers teach women about health and nutrition, which helps to improve their lives.

#### INTERNSHIP TRAINING

Interns at India Gives Foundation are assigned specific tasks and often become involved in key projects, Awareness Program, presentations, and initiatives within the organization.

By participating in real-world activities, interns gain practical experience and contribute meaningfully to the Foundation's mission.

Our internship placements cover a wide range of areas, including mental health, education, community development, and women's empowerment, allowing interns to gain exposure to critical social issues. India Gives Foundation offers these opportunities to both national and international participants, providing an enriching experience that combines learning and community service.

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Gives Foundation offers these opportunities to both national and international participants, providing an enriching experience that combines learning and community service

#### **FOLLOW THE LINKS**

#### **DRY FOOD DONATION**

Donating to the needy is a great way to improve the conditions in your neighbourhood or community. Donating food to the worthy people or organizations helps counter poverty, hunger and at the same time, it can improve harmony, friendliness, and trust among residents.



































Under this HUNGER HAS NO SPECIES program, the India Gives Foundation provides dry rations and provisions to those in need, intending to help them prepare and eat nutritious meals

#### CHRISTMAS DAY CELEBRATION

We make sure that the children celebrate each and every festival in order to understand the true meaning behind the traditions. Spreading joy and kindness to those in need is a wonderful way to celebrate Christmas. On this day we distributed chocolates, cake and games for disabled children





#### **CHILDREN'S DAY**



On account of Children's Day The birthday of Pandit Jawaharlal Nehru, the first prime minister of independent India on 14th November is celebrated as children's day all over India. We offer nutritious meals to home children studying and distributes Anganwadis children study materials and fruits and Choco - cookie.

Our NGO's Annadanam program is a heartfelt initiative dedicated to providing nourishing meals to those who need it most. Annadanam Campaign aims to combat hunger and malnutrition in society

#### ANNADANAM PROGRAM







**OBJECTIVES** 

Improve health: Provide nutritious food to help children grow up healthy and strong

Reduce hunger: Help families in need by providing regular meals

Support education: Provide access to food so children can attend school Reduce food waste:

Collect excess food and redistribute it to help the environment

Build compassion: Encourage people to be more generous and understanding of the struggles others face

Foster community: Unite people to work together for the common good

Provide emotional support: Help children feel encouraged and supported



A drawing competition for rural children aims to foster creativity, self-expression, and artistic development among young people from rural areas, often by providing a platform to showcase their unique perspectives, while also potentially raising awareness about important social or environmental issues relevant to their communities through themed competitions; it can also encourage critical thinking, build confidence, and provide a sense of community engagement.

#### **COMPETITION GOALS:**

Encourage Artistic Expression: Motivate young participants to unleash their creativity and artistic talent. Highlight the Importance of Self-Expression through Art. The aim of the drawing competition was to engage children in a creative exercise to identify their hopes and dreams for the future.

#### DANCE COMPETITION

Boost your confidence: Winning—and even losing—is an important part of increasing confidence and self-esteem. Dance competitions help participants learn to control their emotions, whether they win or lose. It also makes them think more objectively about their performances

















#### POEM RECITATION COMPETITION

Poem Recitation on Social issues activities help students to build confidence as they learn to speak more accurately and persuasively about any piece of writing. Keeping this in mind, a poetry recitation activity was organized by India Gives Foundation collaborate with Aradhana Sports and Culture club on 2nd October, 2025 within the club. 38 students participated in the Poem Recitation activity.

#### **OBJECTIVES:-**

To enable the students to recite the poem with proper rhythm and intonation. To enable the students to enjoy the recitation of the poem. To develop the students' power of imagination.

To develop love for poetry reading and writing



#### NATIONAL YOUTH DAY ART COMPETITION

The objectives of a National Youth Day art competition for students are to:

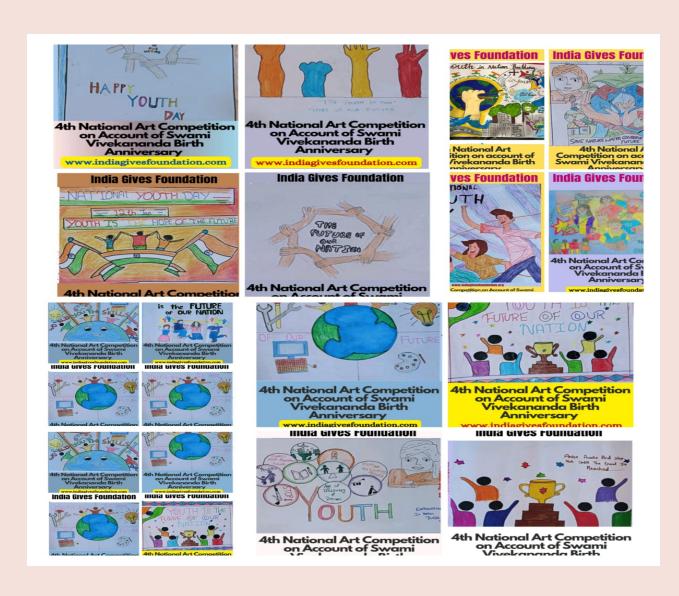
Inspire students: Motivate students to participate in nation building and to understand their role as citizens

Showcase talent: Give students the opportunity to showcase their abilities and boost their confidence

Promote awareness: Raise awareness about the life and message of Swami Vivekananda

Preserve beliefs: Preserve the beliefs of Swami Vivekananda Communicate ideas:

Communicate ideas about the theme of the ART.



### HEALTHAND CLOTH DISTRIBUTION CAMP

**Health Needs:** In emergency situations such as natural disasters, pandemics, or conflict, many individuals lack access to basic health services. Health camps provide immediate medical attention, screenings, and medications, which can save lives and alleviate suffering.

**Clothing Needs:** Disasters and poverty can lead to the loss of clothing, leading to discomfort and vulnerability. Distributing clothes ensures that individuals, especially children and the elderly have the basics they need to stay warm, protected, and dignified.



# PROJECT TITLE: MENTAL HEALTH AWARENESS AND COUNSELLING PROGRAM

Organized by: India Gives Foundation

Date: [Insert date or duration] Location: [Insert location(s)] Target Group: Youth (Ages 15–30)

Total Beneficiaries: 2,678 youth

#### Introduction

India Gives Foundation organized a Mental Health Awareness Camp to promote emotional well-being, reduce stigma around mental illness, and provide access to professional counselling services for youth. The program aimed to enhance awareness, build resilience, and encourage help-seeking behaviour among participants.

#### 2. Objectives

- \* To raise awareness about mental health and its importance.
- \* To identify early signs of stress, anxiety, and depression.
- \* To provide professional counselling and support.
- \* To equip youth with coping strategies and emotional intelligence skills.
- \* To promote a culture of openness and peer support in communities.

# MISSION ON MIND

# Nurturing Young Minds A Call For Mental Health Awareness in Youth

Mental health is crucial for youth because it impacts their overall well-being, academic performance, relationships, and ability to cope with life's challenges. It's a foundation for Future success and positive relationships.











#### 3. Activities Conducted

**Awareness Sessions:** Interactive workshops on stress management, emotional health, and self-care.

One-on-One Counselling: Professional counsellors provided confidential sessions to participants.

Group Discussions: Peer sharing circles to encourage open dialogue.

Screening and Referrals: Identification of cases requiring advanced mental health support and referral to clinical professionals.

Distribution of Educational Materials: Pamphlets and guides on managing mental health were distributed.

#### 4. Outcomes and Impact

**Total Youth Reached:** 2,678 individuals participated across all sessions.

Counselling Support Provided: 824 participants received personalized counselling sessions.

**Increased Awareness:** 92% of participants reported improved understanding of mental health issues.

**Behavioural Change:** 76% expressed willingness to seek professional help if needed.

**Community Engagement:** Teachers, parents, and community leaders were sensitized to support youth mental well-being.

#### 5. Key Benefits

- ✓ Enhanced mental health literacy among youth.
- ✓ Early detection of emotional and psychological issues.
- Reduced stigma and myths around mental health.
- ✓ Improved coping skills and self-confidence.
- ✓ Stronger peer and community support systems.

#### 6. Feedback and Testimonials

Participants expressed gratitude for the opportunity to discuss mental health openly. Many shared that this was their first exposure to professional counselling and that they now felt more empowered to seek help.

#### 7. Conclusion

The Mental Health Awareness Camp successfully empowered 2,678 youth through awareness, counselling, and skill-building sessions. The initiative highlights the importance of continuous mental health programs and collaboration with educational institutions and health professionals to ensure sustainable impact.

- ❖ 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 8<sup>th</sup>, 9th and 10<sup>th</sup> October 2024.

❖ India Gives Foundation has been celebrating World Mental Health Day on the 10th of October 2024, 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 him 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. 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 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 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 2024-2025 (contd...)

### Helped 1279 children

Receive education through Online Coaching and Evening classes

Boys: 175, Girls: 104

## 11052 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: 2670, Girls: 660

### Social Media Campaigns

Through various media channels more than 15,000 children were reached to aware them about child rights, Drugs Prevention, Suicide Prevention.

### First aid box

4045 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

113children 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.



"Hello! My name is Rashmi ... I live in the slum area of South Bangalore called Urban Slum. Growing up in a tribal village in District Ramanagara Karnataka, Rashmi faced poverty and educational setbacks. She worked to support her family and fund her child education. India Gives Foundation provides her training on paper bag making and helped her for marketing local shops and also helped to receive loan to start her business to expand.I express my thanks to India Gives Foundation. Today, I am able to help my family and feel free from financial burden in various like medical, child education and daily house expenses and many more. I feel blessed and above the world. I persistence, believe that with conviction and with the help of India Gives Foundation, I will be able to realize my dream of becoming a successful business women.



"Hello! My name is Kamal.......

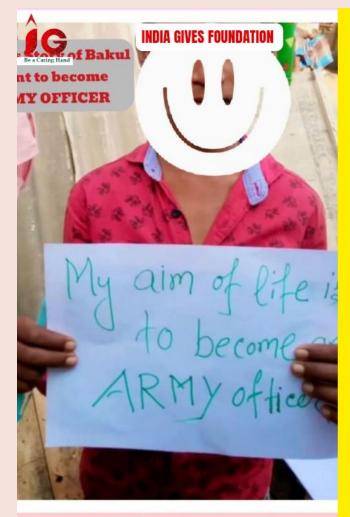
I live in the slum area of South
Bangalore called Urban Slum.

My family consists of 6 members consisting of 1 elder and 3 younger siblings and my parents. To bread, such a large family is a mammoth's task. Due to the poor financial condition, I would not have been able to study further. Thanks to India Gives Foundation becoming my bacon and showing me a path. India Gives Foundation has supported me throughout to pass my 12th board and helped me learn life skills. Due to their Immense support, I have managed to secure a handsome job and able to support my further studies and family financially. Due to association with India Gives Foundation, I have found a better version of myself and constantly learn try to inculcate the most possible.

In the future, I want to be a Police Officer and focus on education, social welfare, and crime prevention for a better future."



Ambika is a 9-year old girl who migrated with her family from Tamilnadu and had no choice but to discontinue schooling. When her came to Bangalore, family started living in urban slums. Owing to the distance of the nearest school from their home, she was unable to admission. Ambika admitted in the Remedial section of the SHIKSHA BRIDHI programme. Due to hygiene issues she used to fall ill often and was irregular in attending classes. India Foundation helps her by counselling, basic medical treatment provides necessary stationary things to attend her remedial classes. She said she wants to become a teacher and she wanted teach to underprivileged children. Her wish was appreciated by all her friends, her parents expressed happiness. After her 6month Ambika classes remedial admitted to school for regular schooling . Now Ambika is studying grade after attending SHIKSHA BRIDHI remedial classes.



ಾರತವು ಫೌಂಡೇಶನ್ ಶಿಕ್ಷಾ ವ ಕಾರ್ಯಕ್ರಮವನ್ನು ನೀಡುತ್ತದೆ

#Success #Story: From Slum to the Dream of the #Indian #Army #Officer.

Bakul (name changed), Fifteen Year-old boy from #urban #slum #community in India, grew up surrounded by #poverty and daily #financial struggles. Bakul has three brothers and sisters. His father worked as a daily wage laborer but during #Covid he lost his father and his mother often took odd jobs to #support the family. With very limited income, even basic needs like clothes, food, note books, and school #stationary were difficult to manage.

Like many children in the slum, Bakul's early life was full of challenges-lack of proper housing, no electricity, during the rainy season and winter was very difficult to manage daily life and the constant parents #pressure of dropping out of school to earn a living and helping his family. But Bakul had something #special: a burning dream to serve the nation by becoming an Indian #Army officer along

with helping his parents.

Despite financial struggles, Bakul continued his schooling and worked hard in school. He spent

evenings studying under #India #Gives #Foundation #SHIKSHA #VRIDDHI #PROGRAM and evenings mornings helping his mother for daily house activities. With #support from volunteers and an India Gives Foundation (NGO )#tuition #program for #underprivileged children, Bakul received for #underprivileged children, Bakul received extra coaching in subjects like English, General Knowledge, and Physical Training.

His #determination paid off—he scored well in school 10th exams, he became a #leader in sports and School Election Committee, and was recognized for his discipline and leadership skills. School Teachers and NGO #awareness Volunteer #encouraged him to prepare for the #National #Defence #Academy (NDA) #entrance exam, guiding him step by step.
Today, Bakul is moving closer to his dream.



🔅 I am deeply grateful India Gives to Foundation for their generosity and for thinking about senior citizens like us. Their initiative brings only food to our homes but also smiles and hope to our hearts."

A grateful
 beneficiary of the India
 Gives Foundation
 Grocery Donation
 Drive



I am deeply grateful to India Gives Foundation for their generosity and for thinking about senior citizens like us. Their initiative brings not only food to our homes but also smiles and hope to our hearts."

A grateful beneficiary of the India Gives
 Foundation Grocery
 Donation Drive

We are deeply grateful to India Gives Foundation for your kind support through the monthly grocery donation. Your generosity helps people with mental disabilities live with dignity and comfort.



Heartfelt Thanks We extend our sincere gratitude to India Gives Foundation for their generous monthly donation of rice bags. Your continued support and compassion bring hope and nourishment to many families in need. Thank you for standing with us in making a difference, month after month.

### **VOLUNTEER SPEAK**

# COLLECTIVE FEEDBACK ON OUR VOLUNTEERING EXPERIENCE

Dear India Gives Foundation Team,

On behalf of all the volunteers, we would like to extend our heartfelt thanks to the India Gives Foundation for giving us this wonderful opportunity to serve and contribute to a meaningful cause.

The entire experience was inspiring and well-organized. From the orientation to the execution of activities, every step reflected the Foundation's strong commitment to social impact and community development. The clear communication, continuous support, and encouragement from the coordinators made our volunteering journey both enjoyable and impactful.

Through this opportunity, we not only learned valuable lessons about teamwork, empathy, and social

responsibility but also felt proud to be part of an initiative that is making a real difference in people's lives.

We truly appreciate the Foundation's efforts in creating such an inclusive and motivating environment for volunteers. It was a privilege to work under your guidance, and we look forward to more opportunities to collaborate and contribute in the future.

With gratitude, All Volunteers (India Gives Foundation Volunteering Team)

### Our volunteer

Bharat AN, Anand, Arjun, Ravi KiranDhirajMaurya Manoj ThapaSuraj Kumar vatsala, Subhamoy Mondal, Nilendranath Sarkar, Akashdeep, GauravDorjeeTamang,Lok BahadurChetry, Milan Vishwakarma,Rahul Paul Sushila madam, Narahari Babu Lakshmikant, Ranu Mandal bapan, SudipBera, Banashri,ChandanPattaynayak, KokhanShingh, Ruma madam.

### 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** 

# **OUR INDIVIDUAL SUPPORTERS**

- Bharat AN,
- Nirmal,
- Narendranath Sarkar
- Mithun
- Pritam,
- Hanumant,
- Girija Prasad,
- SuchitaNayak,
- Manoj Thapa,
- Krishna Prasad,
- Bansi,
- Bappaditya,
- Anand

•	Suraj De,
•	Sujay De,
•	Chikam,
•	Madhav D,
•	subvanka,
•	Aniruddh
•	Ratan
•	Aniket Sarkar
•	Rajat
•	Krishna
•	Manik
•	Sultana
•	Sath Das
•	Krishna
•	Naidu Pavan
•	Manoj Kumar
•	Surendra Kumar Kharge,
•	Rashmi
•	Ram Singh,
•	Lakshman
•	GopalGhorai
•	NamitaShenoy,
•	Sunny
•	Saketh Rama Krishna,
•	VarunMahendra,

Panchanan Mondal Roopa Madam Hitesh, MahakalMaharaj, Sunil Vanjre HG, PailaniMargasahayamNairar, Amarjeet Singh Gahaloth, Tarun Kumar, Vijaya, Ravi Ram, Anhad, Madhu SH, Alpona, M Venkat Karan Kumar, Palani M ChandanSir, Rakhi madam, Prithvik, AakashSir, Priyanka, Lakshmi, RohanRA, Vipinsir, IshaDeepak,

Ravi Sir,

- Sugandh Kumar,
- PrasenjitMaity
- Ranu Sarkar
- Nilendranath Sarkar
- Subhamoy Mondal
- Pratima Sarkar
- Shafali Mondal
- Subhangi Mondal
- BapanMaity
- Khokan Singh
- Moumita Kuliya
- Banashree
- Chandan
- Sultana,
- Vipin,
- AnandShit,
- Nitin,
- GokulA,

# **OURSUPPORTERS**

- Nrs client Solution Private Limited,
- HP Gas
- Future graphics social media Private Limited,
- Turain Software Private Limited,

- Manjunatha sales Private Limited,
- Offsonal Private Limited
- Athenax Private Limited,
- Liki foods Private Limited,
- Balan interiors,
- Sportswear,
- Koley Jewellers,

# **OUR PARTNERS**

Azad Hind International karate Foundation

Aradhana sports and culture

Vivekananda Mission ashram Netra Neeramay Niketan

# SCHOOL / UNIVERSITY PARTNERS

Gautam Buddha University

Parul University

Ignou Open University

Marwadi University

Haldia Law College

Andhra University

Jain University

Lotus Valley International School

MES Public School

KPS GOVERNMENT HIGH SCHOOLS

**ICDS SCHOOLS** 

# PARTNERSHIP FOR PROTECTION AND PROGRESS

Bangalore South police Station,

Jayanagar police Station,

Ramnagara police Station,

Purba Medinipur police Station,

Kolkata Police Station

Lodhasuli police Station

**Hyderabad Police Station** 

## **IMPACTED**

India Gives Foundation is National Level non-profit development Organization ,reaching out to more than 1,15,750 underprivileged children, women, slums communities and disabled youth directly every year through 15 welfare projects on Education , Mental Health Education , Women Empowerment , Placement opportunity for disabled and scholarship for disabled .

India Gives Foundation focuses its interventions on children, their families and the community.

# **EDUCATION**

### SHIKSHA VRIDDHI

Since 2021more than 15000 children in the age group of 6 th to 18yrs.have been benefited from our Shiksha Vriddhi Education Program .Currently 21 Shiksha Vriddhi Education Centre Across Karnataka and west Bengal state of India are directly reaching to 9000 children .Key Outputs & Achievements, The program is built on surveys, research & experimentation; it aims to respond to children's needs including family, community, education, income, dignity.

### **Key program components:**

- Provision of teaching materials (lesson-plans, textbooks, teaching aids)
- Student development via stakeholder management (family/community engagement)
- Co-curricular and extra-curricular activities, skill training for students
- Focus on students' emotional well-being
- Ensuring student safety & security
- Awareness raising and life-skills training
- Counselling children and parents (in groups and individually) including addressing domestic violence, child abuse issues in slum settings

#### **Best Practices & Model Elements**

- The programme emphasises every child could be a leader leadership qualities are nurtured.
- Active volunteer involvement: volunteers from corporates, B-schools, professionals enrich capacity, knowledge & use of technology.
- The model claims to create sustainable change in children's education by focusing not just on academics but holistic dimensions: environment, family, dignity.

### **HEALTH**

### HEALTH CARE PROGRAM

Since 2024 reaching over 120000 lakhs people across urban and remote villages in Karnataka and west Bengal along with government school through India Gives Health Program .Currently 3 states reaching 3 lac population.

#### LIVELIHOOD

# INTERNSHIP TRAINING PROGRAM

Since 2022, reaching over 11000 underprivileged youth have been trained through Internship and 2,456 youth has placed. Currently Internship training centres are operational across the global population.

### SKILLS TRAINING PROGRAM

Skill training programs focus on equipping young people with practical, social, and professional skills. Their empowerment impact includes:Since2023, reaching over 18000underprivileged youth have been trained through Internship and 1,456 youth has placed.

- a. Economic Empowerment
- b. Personal Development
- c. Social Empowerment
- d. Skill Training Programs for Families
- e. Economic Stability
- f. Strengthened Family Dynamics
- g. Access to Resources and Networks
- h. Combined Impact

### **Example Programs:**

Vocational training for youth + financial literacy for parents.

Life skills workshops for teenagers + parenting skills for families.

Mentorship programs connecting skilled adults with youth.