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# ANNUAL PROGRESS REPORT YEAR 2017-18

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**INDIAN CENTRE FOR DEVELOPMENT  
AND RIGHTS**

Striving for a Better Society



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# **INTRODUCTION**

Indian Centre for Development and Rights (iCFDR) is a non-for-profit social organization working on upliftment of marginalized and weaker sections of the society. iCFDR focuses on four core areas encompassing the fields of - Education, Health, Empowerment, and Environment. iCFDR promotes basic education, aides in improving maternal health as well as reducing child mortality rates and other related diseases, works towards eradicating extreme poverty and hunger, advocates for human rights especially as it relates to gender equality, raises awareness on empowering women, as well as thrives to ensure environmental sustainability. iCFDR carries out both long-term and short campaigns and events that strive to meet the goals set by the organisation for itself and to enable the organisation to drive the society towards the vision that the organisation has.

## **How it started**

While working in the UK in 2011 after completing his MBA from Glasgow Caledonian University, Scotland, Ravindra Vikram Singh had the urge to start an organisation that would work on improving the condition of this motherland, India. Ravindra gave up his corporate career to start iCFDR in 2013. The organisation's activities are presently conducted in various places like New Delhi (headquarters of iCFDR), Badaun, Lucknow, Chandigarh, Agra, Noida, Bangalore, Chennai, Mumbai, Bareilly and so on. In its long term project, the organisation has adopted a school in Badaun, Uttar Pradesh and provides education to students from the 6th to 12th standard.

## CHAPTER 2

# FROM THE FOUNDER

*There is nothing mind can do that cannot be better done in the mind's immobility and thought-free stillness. -*

Sri Aurobindo

I spend a lot of time thinking about how iCFDR can best contribute to society given changing times and what unique gifts we have to offer. Thus returning to the strategy and goals has given me some insight into these aspects.

What we do best is help cultivate the empathy towards nature and society and make us more ecologically literate citizens. We focus on tuning into the world around us and using it to practice solving real problems and making real discoveries. One of our favorite projects is easy classes and winter clothes drive both volunteer driven in the near future and also some other projects along the way. This kind of project consistently brings all our students, and our associates together ensuring their contributions will be unique and valued. Each stratum of society must interact with each other, argue with one another, find common ground learning the skills they need to make complex decisions both in the present and in the future. Truly, I often wish for infinite (or even finite) funding, while I enjoy these small endeavor to make the world more habitable. We have an amazing group of talented associates who have made this journey promising, I would once again like to thank them for their immense contribution.

*- Ravindra Vikram*

Founder, iCFDR





We at ICFDR, display a keen interest in protecting our environment. We have embarked on this journey, not just for our good, but for the good of all the 'Delhites'. The fact that Delhi has succumbed to pollution is not hidden from anybody. Air pollution is on the rise, followed by Smog which leads to respiratory problems. Barring, people from stepping out of the house after 6 p.m.

*"Breathing clean air seems a distant memory  
Wearing a mask has become our identity  
Times like this may make us summon to the enemy,  
But a ray of hope still burns in me"*



Therefore, ICFDR has been working towards keeping this 'lamp of hope' alive. By spreading awareness and ringing a bell before it's too late. It had conducted an awareness campaign in Connaught Place Central Park- CP, Delhi, on 12-11-2017. It was an awareness campaign to make Delhi's environment a bit cleaner and healthier. The motive of the campaign was to increase on consciousness among people and youth. The campaign also supports "safai karamchari", who are tirelessly working to keep the city clean, as their job. There were catchy slogans and interesting hoardings made by our zealous volunteers. There was also, active participation from the people.

We are into this together &  
We can come out of this together.



# Stand against HIV and AIDS

In the past several years there have been numerous significant developments in HIV prevention, leading to a more complete understanding of HIV transmission. With youngsters moving towards adopting the western culture and 'fast life'. It is important to showcase the consequences if not taken preventive measures. With the changing fast forward life and giving a nod to live-in relationships. There is the utmost importance of educating the youth, specifically about the sexually transmitted diseases. HIV & AIDS is one such STD that does not have a cure. But it can be prevented by taking certain measures. India has observed thousands of teenage pregnancies in the past. The interesting part is, the ratio has been going down from the last few years. ICFDR works towards the betterment of society and youth. They had organized an awareness program enlightening the 'college-goers' about the dangers they are prone to while involved in sexual activity and how can one get assured and checked with the help of HIV testing.



Keeping this in mind and to raise awareness about HIV Testing and risk, ICFDR conducted a signature campaign against HIV and AIDS in Lucknow University on 01-12-2017 organized by Indian Youth leadership Forum. Let's make this as our slogan:

"Love is blind, not bound,  
The Aftermath may not be sound,  
The Principles are not treasures  
All is well if you follow the measures".



## FLY- for little Youth



In India, millions of children are forced into going for work due to a lack of income. The income earned by their parents is not enough to get the 'chulha burning'. Thereby pushing so many children towards dropping out of middle school or depriving them of going to school at all. Did you know that children from the age group of 5 onwards start contributing to the family income?

We know it is really sad because they are supposed to be in kindergarten and not weighing down under the pressure of the brick basket. To improve its current scenario and to impart knowledge about the same, ICFDR is striving to educate the general public.

ICFDR aims at laying a strong foundation for youth to conduct programs to improve the level of education in the country. This year, ICFDR conducted a signature campaign for little youth in Lucknow University on 01-12-2017. Hence, focus on those children who were deprived of their childhood because of child labor. ICFDR is calling out to all the little warriors to join them in making the childhood of the 'unfortunate one' brighter and better.



# WINTER CLOTHES DISTRIBUTION DRIVE

*It was an Old Cloth Distribution campaign for homeless and needy people to protect them during winters.*

With the goal to help the marginalized and oppressed sections of the society, ICFDR conducted a donation activity. The distribution drive was carried out in some of the prominent cities like Delhi where the drive took place on 10-12-2017, in Chandigarh it was held on 23-12-2017, in Agra it was carried out on 24-12-2017 and in Noida, it took place on 24-12-2017 respectively. The campaign called out to people to donate a handful of their old items of clothing to the people in need. It was a dual benefit program. That is, the idea initiated the general public to be generous enough to lend and it also benefited the people who were struggling to protect themselves from the biting cold. The main objective behind this campaign was to protect the homeless and needy during extreme climatic conditions. The destitute people need to be shown affection and care and that's why we are here to help. We are doing our part by delivering the items to them. You have to do your part by lending your old clothes, bed sheets, or anything you want to. It is never too late to do a good deed.



Instead of discarding it, try giving it to somebody in need. You will feel a sense of contentment of having done something noble. Come join ICFDR in putting a smile on somebody's face. Come join us in feeling content...



# Activity with Kids at Orphan Home

Kids have always been a source of joy and ecstasy. They bring a smile even on a disdain person's face. Hence, We at ICFDR decided to do something to put a smile on their beautiful faces. Our Organisation had conducted activities for kids and old people in Bangalore on 14-01-2018.



Activities were aimed at sharing joy with all the children and old age people and trying to make their day a little better. We had chalked out some fun games and activities beforehand. On reaching the orphanage, the children were so excited to see all the volunteers. Some of the activities included getting an impression of their hand on the poster, playing board games, action songs, and much more. There were on their toes to play the next game and to do something fun. Their energy of positivity and enthusiasm filled the entire room.



The motto was fulfilled because at the end of the day we could see elders, as well as the blooming buds, laughing in peals of laughter. It was a sight to watch. We called it for the day with a heart full of contentment and immense happiness. If you want to feel the same, reach out to ICFDR, so that we can reach out to the people in need...



“Old is Gold and never to be sold’ as we have grown up listening to this popular phrase. We at ICFDR, swear by this. Our Organisation, had paid a visit to all the ‘Goldies’ at an old age home in Delhi on 21-01-2018. Though grey and old, what an enthusiasm they had. Our volunteers had a conversation with them, and listened to their experiences of life. Those who visited, had a wonderful time, they got an opportunity to know them closely, their warmth and caring nature created an aura of love.

We had a little photo session with them, which made them extremely happy. They showered us, with their blessings and love and what can be better than that?

The purpose of visiting them was to spend some meaningful time with the old age people for improving their quality of life. All they want is somebody to talk to them. Somebody to listen to them. Somebody to care for them. We have been fortunate to witness their unconditional love.

Do you want to be a part of our journey? Then, what are you waiting for? Come pour out your love and concern on the neglected ones.

“ Put a little love on them.

After all ICFDR is just one call away...”

## Activity at Old Age Home



Given its success, we should continue with our ongoing website promotional strategy.

## GENDER EQUALITY AWARENESS CAMPAIGN



We ages, we have heard about India being gender bias. Or even when people using Feminism to play the victim card. Male dominance etcetera. People have been tortured and some have been living in guilt for quite a long time. ICFDR has proved to become a voice to such victims. It had conducted gender equality awareness campaign in Connaught place- Delhi, Chennai, and at the Juhu beach Mumbai on 11-02-2018, 18-02-2018, 24-02-2018, and 25-02-2018 respectively.

The Awareness campaign urged people to come together and speak up against sexual harassment while sharing the message for gender equality. People felt free on speaking on this issue, which was once an embarrassing thing to them. It is important to expose the reality of these predators. They should be having a sting of guilt and not the victims.



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Water is our basic source of living. With ample of water resources, we might have forgotten that preserving them is our responsibility. With the waste being led into the water bodies has left us wondering if we are going to face water scarcity in the future. Maybe people are unaware about the consequences. Hence, to educate them ICFDR has taken up an initiative to promote awareness about water conservation. In 2018, ICFDR had conducted water conservation awareness campaign in Bareilly and near the Yamuna River on 22-03-2018 and 25-03-2018 respectively. The folks gathered around to witness our activity, were told about the importance of saving water.

The volunteers conveyed a strong message about how every drop of water matters. The campaign was aimed at raising awareness about the judicious use of water. It highlighted upon the ways in which water wastage can be reduced and the aftermath of water pollution. That no artificial technology would be of any use to quench our thirst. It also urged people to keep the water bodies clean as most of the folks do their laundry at the banks of the rivers or lakes. If you are a lover of nature and thriving to conserve the environment. Then, be a part of ICFDR and join us in all the awareness campaigns...



# WATER CONSERVATION AWARENESS CAMPAIGN



A group of children and an adult are sitting on a grassy area, looking at a book together. The children are of various ages and are dressed in casual clothing. The adult is wearing a blue and white striped shirt. The scene is outdoors, and the grass is green. The text 'EASY CLASSES PILOT BATCH' is overlaid on the top half of the image in a large, white, serif font. Below the title, there is a horizontal line and a paragraph of text in a smaller, white, sans-serif font. The background image is slightly blurred, focusing attention on the text and the group of people.

# EASY CLASSES PILOT BATCH

Easy class is an activity for young children in need of guidance and counselling, organised by iCFDR under Social Work Leadership Program

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SWLP associates, conducts activities like having an informal session for teaching, counselling poor and needy ones. The classes target academic development, life coaching, counselling, monitoring and regular engagement of young children. It is conducted in two formats. Depending upon the time with associates and requirement of students, the classes can be Weekly Easy Classes on any 3 Sundays of the month or Monthly Easy Class on any Sunday. The classes have a duration of at least one hour, which aim at complete involvement with the kids. A well-layout has been developed for implementing easy classes in which one of our coordinators will be helping out associates.

## ART AND CULTURAL ACTIVITY, UNDER EDUCATIONAL BEAUTIFICATION DRIVE AT SHAHEED



**Mayor of Lucknow, Mrs. Sanyukta Bhatia, joined the youth participants at the inauguration and spent time motivating them.**

iCFDR has always stressed on the need of a youth, a rich cultural heritage and maintenance of the city. Cleanliness, being one of the important agendas, is always reflected and propagated in our work.

On the same lines, the organisation collaborated with Nagar Nigam, Lucknow to conduct a cultural project comprising of education on heritage, youth capacity building activities, like wall painting and team building, and a cleanliness drive. The theme adopted was cleanliness and cultural heritage.

Under the project, iCFDR ensured participation of the college students to inculcate the values of cleanliness and highlight the culture of their city. With the help of 28 college volunteers, the organisation cleaned and painted 54 columns and beams, which supports the prestigious Shaheed path.

The beautification drive was inaugurated by the Mayor of Lucknow, Mrs.Sanyukta Bhatia. Her presence not only motivated the youth participants, but also highlighted the need for such a campaign on cultural heritage. The 5-day project involved sensitising the youth on cleanliness, explaining the rich cultural heritage of the city and training the youth in wall painting. The event ended with celebrating the successful accomplishments of the project.

In a first-of-its-kind activity for the participants from colleges, they were very enthusiastic about



One of the cities which are highly rich in culture and history, we tried to capture the history of Lucknow in images. The Bada Imambara and the Clock tower are symbolic to the grace of the city.



### Ravindra Vikram Singh, Chief Mentor

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He loves working on socio-economic issues, aiming to bring ourselves together for sustainable development. After 6 years of corporate roles, he focused his energies on social organisations and entrepreneurship. He is currently pursuing a degree in LLB, after an MBA from Glasgow Caledonian University, UK and B.Com. (Hons.) from Sri Aurobindo College, University of Delhi. In free time, he is usually travelling

### Gaurav Krishna Gupta

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He is based in Delhi. He did his schooling from DPS Mathura Road, Delhi; B. Com from Delhi University and MBA from Glasgow Caledonian University, Glasgow, UK. He is a management professional working in Noida.

### Gunjani Patel, Co- Founder

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She received her M.A. in Counseling Psychology from the University of North Dakota in 2008. She received her B.S. in Nutrition Science from University of Cincinnati in 2002. After receiving her Counseling degree, she began her career path in Manhattan, New York before relocating to Tampa Bay, Florida in 2013, where she runs her private practice with individuals, couples, families, and children. Trained in both psychodynamic as well as family systems psychotherapy, she works with families to identify overall family dynamics, including healthy and unhealthy patterns of interacting, roles, various communication styles, boundaries, and power structures. Additionally, she has spent several years working with women and children survivors of domestic and sexual abuse at a Community Violence Intervention center where she provided crisis counseling, suicide helpline and support for victims of rape, sexual abuse. Thus giving her exposure to a wide range of social, emotional and mental health issues from sexual abuse, and domestic abuse, to depression and anxiety disorders.

## Dr. Richa Jaswal

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She is a public health researcher and advocates health as a human right. She graduated in dentistry from Himachal Pradesh University and went on to do Masters in public health (epidemiology) from Manipal University, Manipal. She also has a certificate course in health economics and policy from Maastricht University, Netherlands. There after she worked in a team as senior research assistant in Public Health foundation of India, where she was involved in evaluating quality of health care from both provider's and consumer's perspective in public health facilities in six states of India as part of USAID-funded project. She is now based in Sydney contemplating her research career and has a vision to design and implement policies in public interest.

## Smita Singh

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She is a law graduate from National Law University Jodhpur with a degree in BBA (H) LLB(H). Currently working in legal advisory. She has a passion for writing on emerging social and legal issues.

## Dr. Hari Om Solanki

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He was born and brought up in a farming community in Bulandshahar, Uttar Pradesh. After primary education, with his family he shifted to Delhi. He has been awarded with 'Indira award' and also national scholarship for his achievements in 2002. He secured admission to reputed Maulana Azad Medical College, Delhi and completed his MBBS in 2010. After working with Delhi government for a while he got into All India Institute for Medical Sciences, New Delhi to pursue post-graduation (MD - Community Medicine). He has experience of working at multiple levels in health system, administration of health centre, leading health teams, implementing national health programmes etc. He has the drive and passion to work for improving the health and upliftment of the people especially those who are under-served and left out of the mainstream. Presently he is working as Assistant Professor at Government Medical College, Haldwani (Uttarakhand), where he teaches MBBS and MD students as well as is involved in health service delivery to community and departmental research activities.

## Sayak Ghosh

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He is a mechanical engineer who graduated from NIT Warangal. He has worked in different sectors including management consultancy, construction and real estate, data centers and healthcare. He used to work with ITC Limited in Bangalore and is presently pursuing his MBA from Rice University in Houston, USA. He advises iCFDR on strategy, educational and sustainability initiatives.

## Ankit Singh

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An architect from IIT Roorkee, he is a certified sustainability professional. He presently works with ITC Limited as a project and strategy manager and handles projects across India in locations such as Guntur, Bangalore, Lucknow, Kolkata, Ernakulam and Patna. He heads the sustainability initiatives at iCFDR.

# THANK YOU!

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