

# INDIAN CENTRE FOR DEVELOPMENT AND RIGHTS



## Annual Report

2021-22



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“Our Vision is for all of us to realise that each individual should care for society. Our work and events are open for all those who are passionate about creating a better, more empathetic society.

We at iCFDR strive towards achieving a joyous and healthy world, wherein people live in harmony whilst providing an ideal environment for generations to come. We believe it is possible to create a world which knows no suffering, one where knowledge permeates through all levels. We have put our mission as our motto in a few words i.e. "striving for a better society..... ”

## iCFDR: Core Values

- Trust ○
- Transparency ○
- Volunteerism ○
- Grassroots Effort ○
- Universal Oneness ○

# WORDS FROM THE FOUNDER

Dear Supporters, Volunteers, and Donors,

The year 2021-2022 has been a remarkable chapter in the journey of NGO ICFDR, and I want to express my heartfelt gratitude to each one of you for your unwavering support and dedication, specially in these difficult times of covid, as we world gets is trying to get back to normal and pick up at new pace, we too have been planning to extend our work and team. Hopefully in coming year, I personally would step down from organisation to hand over baton to younger generation as I am more committed now to my legal practise and it becomes difficult to manage the social organisation.

Our volunteers have continued to shine brightly, demonstrating compassion, resilience, and an unbreakable spirit of service. Your commitment to our mission has transformed the lives of those we serve, and your passion is the driving force behind our success.

To our donors, your generosity has been a cornerstone of our ability to make a lasting impact. Your financial support has enabled us to expand our reach, launch new initiatives, and address critical needs in our communities.

In the face of ongoing challenges, our unity and determination have been our greatest strengths. Together, we have accomplished so much, and I am excited about the future possibilities that lie ahead.



Thank you for your enduring support in 2021-2022. Let us carry this momentum forward into the coming years, as we work together to create positive change in the world.

With deep appreciation and warm regards,

**RAVINDRA VIKRAM SINGH**

*Advocate*

Founder, ICFDR

# CHILDREN WITH TERMINAL ILLNESS

In an inspiring effort to provide support, care, and hope to children facing terminal illnesses, ICFDR organized a remarkable program in Mumbai. The event aimed to bring together medical professionals, volunteers, and families to raise awareness about the challenges faced by these children and to create a nurturing environment where they could find solace and encouragement. ICFDR's initiative shed light on the importance of compassion, empathy, and comprehensive care for young patients battling terminal illnesses.

**Raising Awareness and Understanding:** One of the primary goals of the program was to raise awareness and deepen the understanding of terminal illnesses among the general public. By dispelling misconceptions, ICFDR aimed to reduce stigmatization and discrimination that often surround such conditions. Through workshops, seminars, and interactive sessions, medical professionals and experts addressed various aspects of pediatric terminal illnesses, including their impact on the children's physical and emotional well-being, as well as the challenges faced by their families.

**Supportive Care and Counselling:** Recognizing that a comprehensive approach is crucial in managing terminal illnesses, the program emphasized the significance of supportive care and counseling. Professionals in psychology, social work, and child life specialists were present to provide emotional support and guidance to both the children and their families. These dedicated individuals offered counseling services, coping strategies, and resources to help them navigate the difficulties associated with the illness. Their presence helped create a safe space where children and families could openly express their fears, hopes, and concerns.

**Engaging Activities and Rehabilitation:** To uplift the spirits of the young patients, ICFDR organized a range of engaging activities and rehabilitation programs. Creative workshops, art therapy, music sessions, and recreational activities were designed to provide children with a much-needed escape from the daily challenges of their illness. These activities not only fostered creativity and expression but also served as a form of therapy, allowing the children to find joy and solace amidst their pain.



# EDUCATION OF UNDERPRIVILEGED



In an earnest endeavor to bridge the educational divide and empower underprivileged children, ICFDR has successfully organized a transformative campaign in Dehradun. The initiative aimed to address the pressing issue of limited access to quality education faced by marginalized communities. By advocating for equal opportunities, fostering community engagement, and implementing impactful strategies, ICFDR campaign has made significant strides in uplifting the educational prospects of the underprivileged in the nation's capital.

**Empowering Communities through Education:** ICFDR's campaign recognized education as a powerful catalyst for social change and empowerment. By focusing on the educational needs of underprivileged children, the organization aimed to break the cycle of poverty and provide a platform for a brighter future. The campaign placed emphasis on the belief that every child, regardless of their socioeconomic background, deserves equal opportunities to learn and grow.

**Promoting Access to Quality Education:** One of the primary goals of the campaign was to promote access to quality education for underprivileged children in Delhi. ICFDR collaborated with local schools, NGOs, and educational institutions to identify children in need and provide them with scholarships, tuition assistance, and essential learning resources. The organization also worked tirelessly to advocate for policy reforms and better infrastructure in government schools to ensure that every child has a conducive learning environment.

**Community Engagement and Empowerment:** The success of the campaign hinged on active community engagement and participation. ICFDR collaborated with local communities, parents, and stakeholders to raise awareness about the importance of education and encourage collective responsibility for the education of underprivileged children. Community workshops, meetings, and awareness drives were organized to sensitize society about the challenges faced by these children and mobilize support for their education.

**Skill Development and Vocational Training:** Recognizing that education extends beyond textbooks, ICFDR campaign emphasized skill development and vocational training. By providing practical training in various trades and professions, the organization aimed to equip underprivileged children with the skills necessary to secure employment and lead self-sustaining lives in the future. Vocational training programs were tailored to the needs and aspirations of the children, empowering them to unlock their potential and pursue rewarding careers.

**Digital Literacy and Technological Integration:** In an increasingly digital world, ICFDR campaign recognized the importance of digital literacy in empowering underprivileged children. The organization facilitated access to digital resources, computer labs, and internet connectivity, enabling children to develop crucial technological skills. By bridging the digital divide, the campaign ensured that these children could compete on an equal footing and gain access to a world of knowledge and opportunities.

## GREEN INITIATIVES

# ENVIRONMENT PROJECT

AT K BLOCK, PALAM VIHAR

*In a commendable effort to promote environmental awareness and sustainability, ICFDR launched an inspiring campaign called "Green Initiatives: Environment Project" in K-Block, Palam Vihar, Gurgaon. The project aimed to create a greener and healthier community by focusing on various aspects of environmental conservation, including waste management, tree plantation, and promoting eco-friendly practices. Through community engagement and collaborative efforts, the ICFDR's campaign has played a pivotal role in transforming K-Block into a sustainable and environmentally conscious neighborhood.*



**Waste Management and Recycling:** A key component of the "Green Initiatives: Environment Project" was the emphasis on waste management and recycling. The ICFDR organized awareness drives and workshops to educate residents about the importance of proper waste disposal and recycling practices. By encouraging segregation of waste at source and promoting recycling initiatives, the campaign aimed to minimize the environmental impact of waste and foster a culture of responsible consumption.

**Tree Plantation and Green Spaces:** To enhance the aesthetic appeal and environmental value of K-Block, the campaign focused on tree plantation and the creation of green spaces. The ICFDR, in collaboration with local authorities and community members, organized tree plantation drives, where residents actively participated in planting saplings in parks, along roadsides, and in public spaces. The initiative aimed to improve air quality, provide shade, and create a vibrant and eco-friendly neighborhood.

**Promoting Sustainable Practices:** The "Green Initiatives: Environment Project" also aimed to promote sustainable practices among residents. The ICFDR conducted workshops and awareness programs on energy conservation, water harvesting, and reducing carbon footprints. By advocating for the use of energy-efficient appliances, rainwater harvesting systems, and encouraging the adoption of sustainable transportation options, the campaign sought to create a greener and more sustainable living environment.

**Educational Programs and Workshops:** The ICFDR organized educational programs and workshops to raise awareness and educate community members about environmental conservation. These initiatives included sessions on the importance of biodiversity, the impact of pollution on human health, and sustainable practices for a greener lifestyle. By empowering residents with knowledge and information, the campaign aimed to instill a sense of responsibility and inspire collective action for the betterment of the environment.

# PSYCHOSOCIAL EMOTIONAL PROJECT

*ICFDR has taken a proactive step to address the growing issue of stress, anxiety, and mental health challenges faced by college and university students in Mumbai. To combat the detrimental effects of exam phobia, depression, tension, and substance abuse, ICFDR recently launched a groundbreaking awareness program as part of its psychosocial emotional project. Through this initiative, ICFDR aims to educate and support students by providing them with the necessary tools and resources to navigate their academic journey while maintaining their mental well-being.*



**Understanding the Issue:** Academic pressure and the fear of failure can have a profound impact on students' mental health. In recent years, there has been an alarming increase in cases of stress, anxiety, depression, and substance abuse among college and university students in Mumbai. Recognizing the urgency of addressing these challenges, ICFDR has taken a proactive approach to create awareness and provide support to students in need.

**The Awareness Program:** ICFDR's awareness program under the psychosocial emotional project focuses on educating students about stress management, building resilience, and promoting mental well-being. The program includes interactive workshops, seminars, and awareness sessions conducted in colleges and universities across Mumbai. These sessions cover topics such as stress reduction techniques, time management, healthy coping mechanisms, and seeking help when needed.

**Counselling Sessions for Students in Need:** ICFDR understands the importance of providing direct support to students who are experiencing severe stress, anxiety, or depression. As part of the psychosocial emotional project, the organization has set up counseling sessions for students in dire need of support. Trained professionals are available to offer a safe and confidential space for students to express their concerns, seek guidance, and develop strategies to manage their emotional well-being effectively.

**Collaborative Efforts:** ICFDR has also partnered with educational institutions, mental health experts, and community organizations to enhance the impact of the psychosocial emotional project. By fostering collaborations, ICFDR aims to create a comprehensive support network that addresses the multifaceted challenges faced by students.

**Empowering Students for a Better Future:** The launch of the psychosocial emotional project by ICFDR represents a significant step forward in empowering students in Mumbai. By equipping them with the necessary knowledge and resources to manage stress, anxiety, and depression, ICFDR aims to create a positive and nurturing environment for students to thrive in their academic pursuits.



# DAUGHTERS OF CSW

*ICFDR has played a crucial role in providing assistance and support to the daughters of commercial sex workers (CSWs) in Mumbai. Recognizing the vulnerable and marginalized position of these young girls, ICFDR has implemented a range of programs aimed at improving their lives and empowering them to break free from the cycle of exploitation and poverty.*

One of the key ways in which ICFDR has helped these daughters is through education. The organization has established educational initiatives that ensure access to quality schooling and vocational training. By imparting essential skills and knowledge, these programs enable the girls to pursue alternative career paths, granting them a chance to build a brighter future for themselves. ICFDR's emphasis on education not only equips these daughters with practical skills but also boosts their self-esteem and confidence.

Beyond education, ICFDR has been instrumental in providing psychological and emotional support to these girls. Growing up in an environment affected by the stigma attached to their mothers' profession can take a toll on their mental well-being. ICFDR offers counseling services and safe spaces where the daughters of CSWs can express themselves freely and receive guidance to cope with the challenges they face. This holistic approach recognizes the importance of addressing emotional needs alongside practical concerns.

In addition to education and emotional support, ICFDR has also focused on advocating for the rights and social inclusion of these girls. The organization works tirelessly to raise awareness about the discrimination and prejudices faced by CSW daughters, advocating for policies that protect their rights and promote equal opportunities. By partnering with other NGOs, community leaders, and government agencies, ICFDR amplifies the voices of these young girls, helping to reshape societal attitudes and perceptions.



In conclusion, the Indian Centre for Development and Rights has been a beacon of hope for the daughters of commercial sex workers in Delhi. Through its multifaceted approach encompassing education, emotional support, and advocacy, ICFDR has not only improved the immediate circumstances of these girls but has also paved the way for a more equitable and promising future. The organization's dedication to empowering and uplifting these young lives exemplifies the transformative impact that grassroots initiatives can have on marginalized communities.

A group of children and two adults are sitting on a green lawn. They are gathered around a book that is open on the grass. The children are looking at the book with interest. One adult is pointing at something in the book. The scene is outdoors and appears to be a learning or educational activity.

# THANK YOU!

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