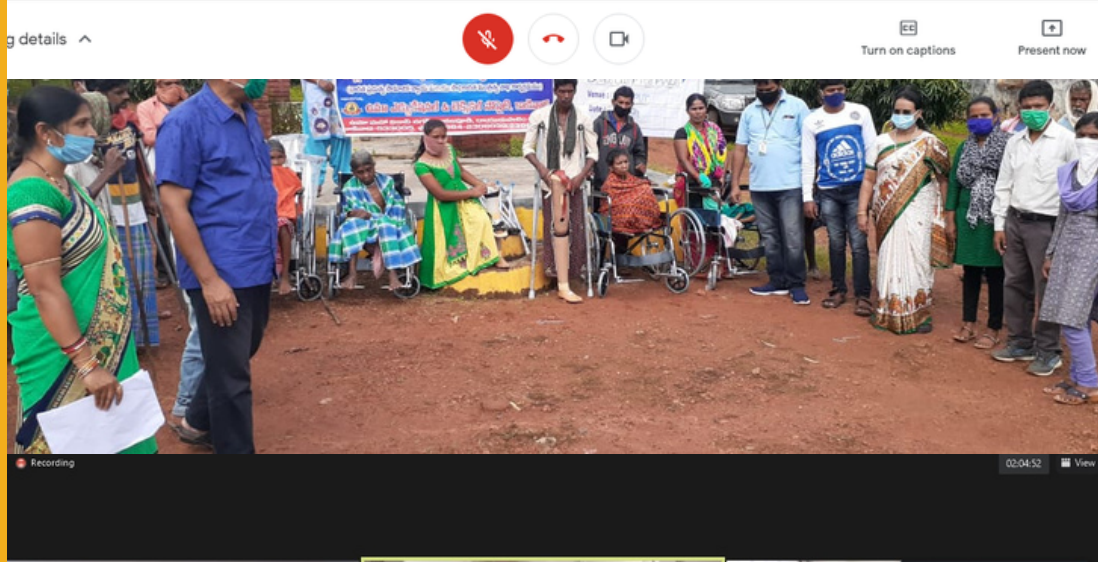
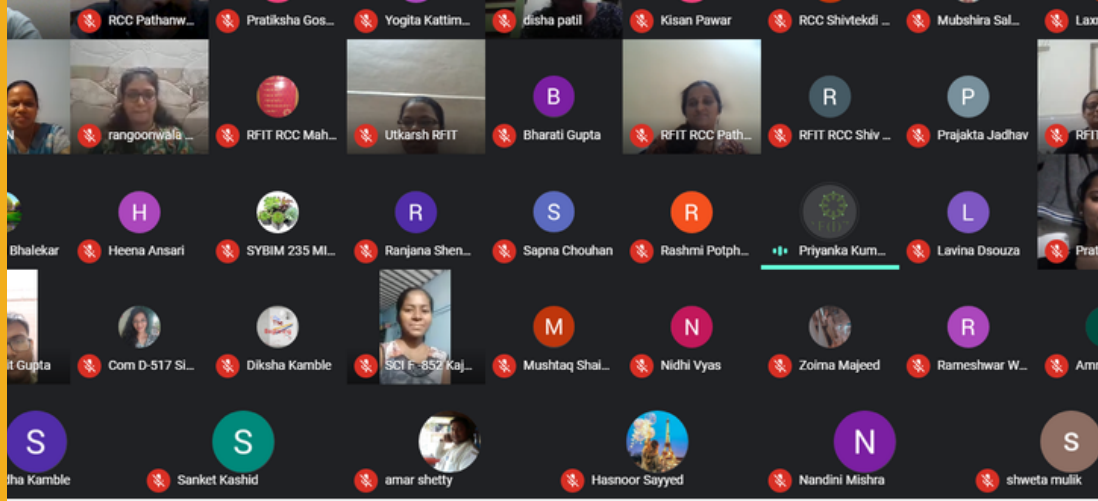


RF(I)T

Rangoonwala Foundation (India) Trust

Annual Report 2020-21



Message from the CEO

The Covid19 pandemic has thrown up enormous challenges for lives as well as livelihoods. It has changed the way we work.

Maharashtra, our home State and Mumbai where we are based, were one of the worst affected in the country.

It is said Mumbai never sleeps, but the pandemic induced lockdown brought a sudden pause in many ways. For many, living 'inside' the house was a new experience. Most homes in Mumbai's slums are not large enough to hold the whole family together at a time. Dwindling resources, no avenues to borrow and mental stress made survival a challenge for many.

We have worked through one of the longest and harshest lockdowns continuing to maintain our connect with people. Our committed team and strong community based volunteer cadre made this possible.

Pivoting our work to the realities of the situation was a continuous endeavor during the year. Each programme component was reviewed, re-structured and re-started. Standard Operating Protocols (SOPs) were worked out in the context of the new normal- from safety and sanitization in office and the Centres as well as for each programme component -- be it counseling, health teleclinics, community based work with children, case facilitation for patients and students, etc.

The Covid 19 pandemic and emerging issues related to corona and non- corona patients as well as increased socio-economic vulnerabilities of people due to the lockdown, various degrees of restrictions and their impact on livelihoods, education, daily living were the core on which we focused our work this year.

Information dissemination was done on all relevant topics related to Covid19, health access & treatment costs; education, livelihoods & entitlements by all programme verticals and also with RF(I)T contacts in the city, state, as well as at the national level. We reached out to 154,966 people.

We work in uncertain times. The past 16 months of the pandemic, the second wave being much more harsher, the complexities of working in Mumbai which has been by far the most conservative in the country in easing pandemic related restrictions continue to be a challenge. The inadequacy of the Covid 19 vaccine roll out adds to this challenge.

We persevere to unlearn, learn and re-learn in keeping with our need based approach. Our Activity-to - Impact Paradigm through our 6ks help us plan, reflect, review and regroup in a fast changing macro and micro environment

Nisreen Ebrahim

CEO

RF(I)T – an Overview

Rangoonwala Foundation (India) Trust-[RF(I)T] registered in 2003, is a Mumbai based people-centric organization working with communities to achieve inclusive and sustainable development.

With development programmes focusing on issues of health, livelihood, capacity building and community services across population groups, we aim to achieve long-term sustainability and socio-economic self-reliance in marginalized communities.



Our 6 Ks

- Kya kar rahe hain
- Kyu kar rahe hai
- Kab kar rahe hai
- Kaise kar rahe hai
- Kiske saath kar rahe hai
- Kya hoga

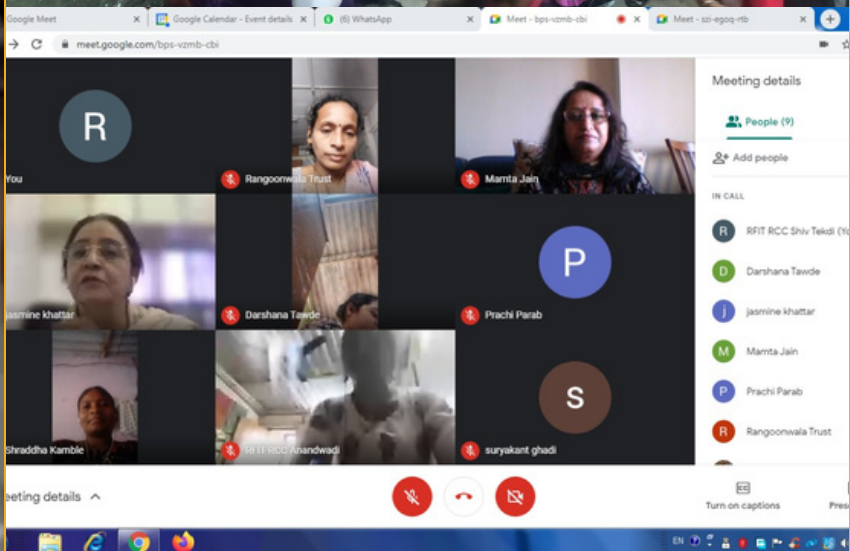
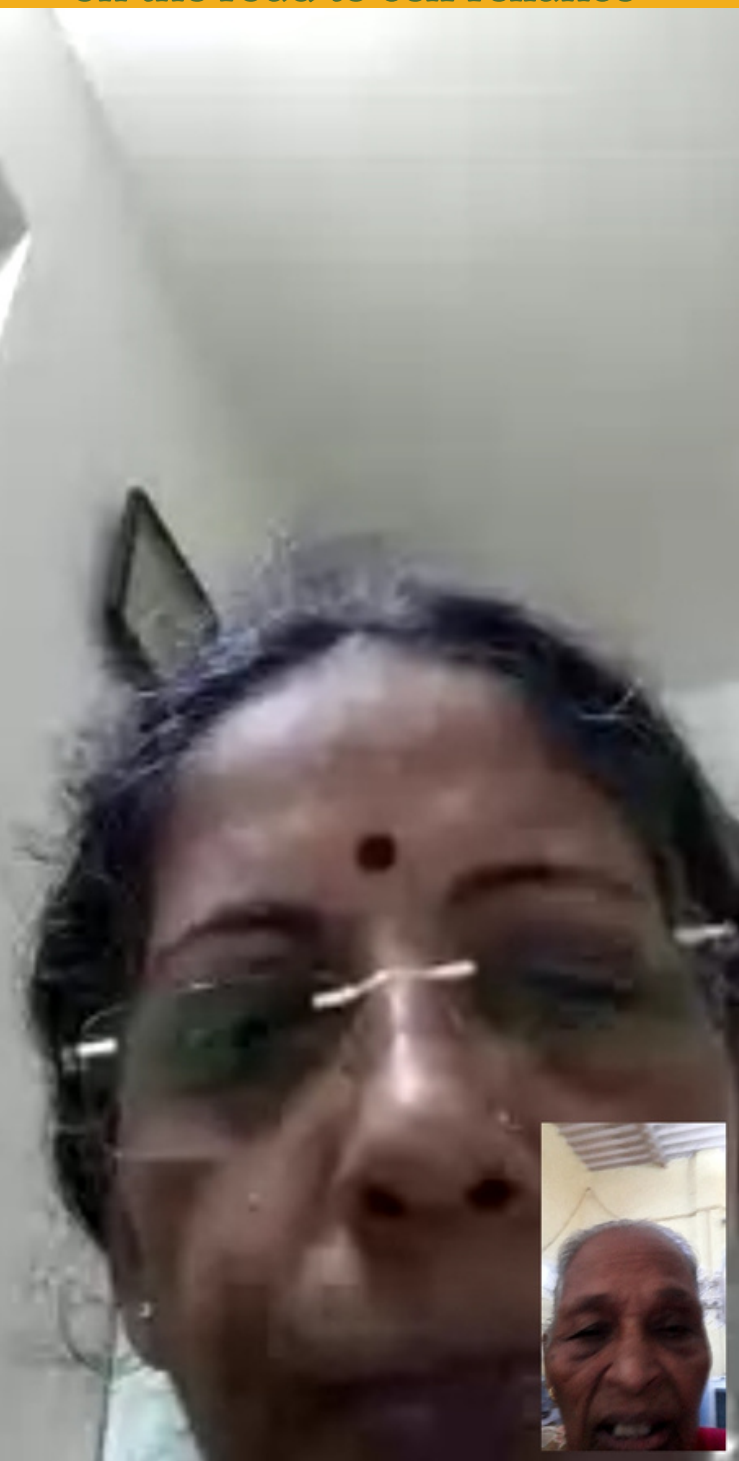
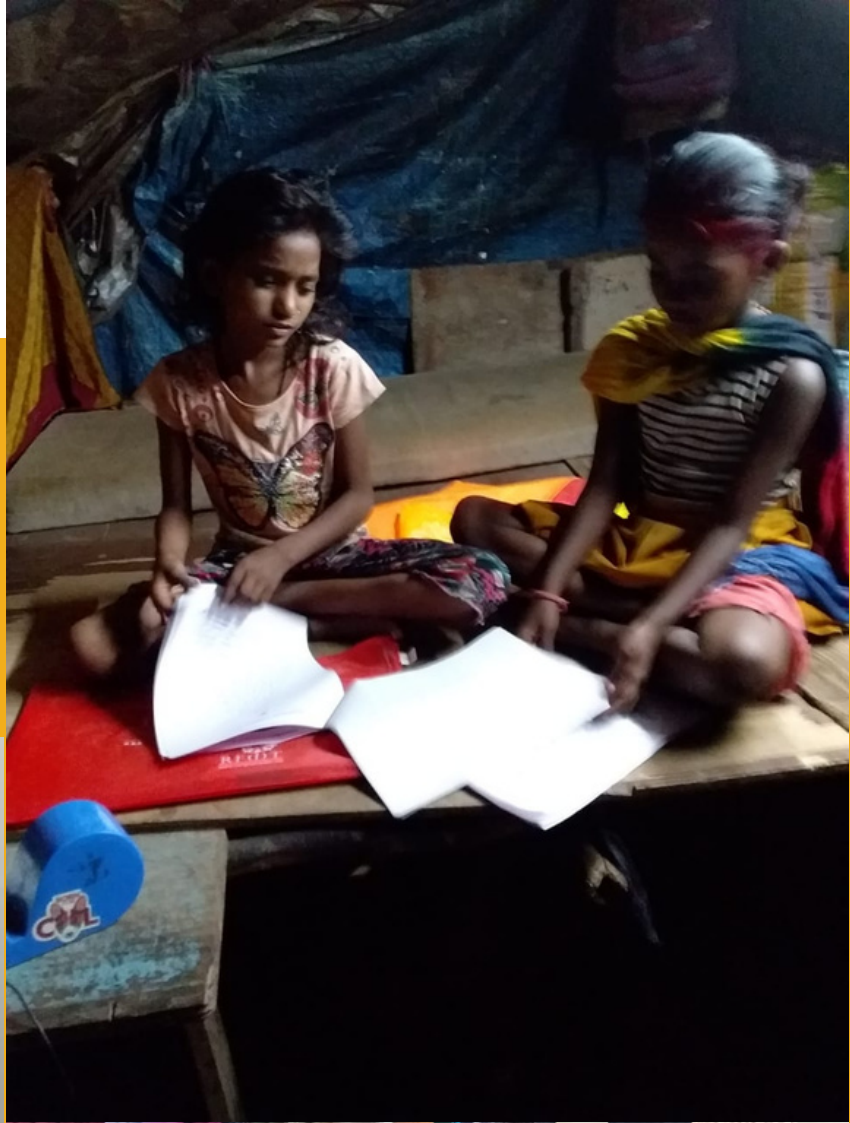
...our activity to impact paradigm continues to guide our need-based service delivery to rights-based approach, strategy, plans and implementation.

RANGOONWALA COMMUNITY CENTRE

आत्मनिर्भरता के पथ पर

Rangoonwala Community
Centres (RCCs):

atmanirbharta ke path par.....
on the road to self reliance



RCCs – our direct interventions with the resource poor in the slums of Premnagar- Bandra Plot , Subashnagar- Bandrekarwadi, Shivtekdi in Jogeshwari (East), Mahakali in Andheri (East) and Anandwadi & Pathanwadi in Malad (East) in Mumbai remained the focal point of our relief work and development interventions during the year.

Our work during the year at a Glance:

Work with Population Groups	Participation
Work with Children: Virtual -cumHome Based Bal Umang, on line meetings with parents and children. BalUtsav. Reaching the Unreached Children. Virtual-cum-Home Based Festival and summer camps.	16,245
Work with Youth (online): Value & perspective building training for reflect group youth volunteer cadre Buildingfacilitating social work students identification & primary assessment of needy students for scholarship. skill or employability trainings	544
Work with Women (online): Yoga Mehend & Beautician trainings (including Covid 19 safety protocols)Volunteer cadre building & facilitation. Closed group counseling for victims of domestic wolence. sessions for single women specific inputs and guidance on reproductive health, EnglishCommunication. Womens Day celebrations	4,843
Work with Senior Citizens- Women (online): Weekly input sessrons on deferent topics. Yoga. Dance Movement therapy. Session on various health topics Setdefence traning, art therapy etc and nutrition support to very vulnerable single women	305
Work with Groups (online): " Health Consultation Tele-clinics. Counseling, Computer trainings MS office- Word Excel.PowerPoint through different modules. Tally for accounting Desk Top Publishing for designating. focus on mental health through counseling senices Input sessions on various topics by subject experts like Right to Information Public Distnbution System TB CKD & reproductive health, Stress Management. Parenting. Substance Abuse etc We also continued our TB Programme- supplementary protein rich nutrition support, linkage to the Govt NTEP referrals etc	22,112
Outreach: Information about Govt Schemes. Covid 19 updates. entitlements. shanng initiatives being undertaken by RFI T	90,026

This excludes Covid 19 relief support, which is detailed separately in this document.

* Activities/ initiatives in which mixed groups – children, youth, women, senior citizens, and full families (e.g. TB programme) and at times men from the community (e.g. Monthly Open forums and Volunteer Cadre meetings and processes) participate have been categorized under work with groups.

Analysis of kidney status health camp data since the inception of RCCs is being undertaken under the guidance of our consulting Doctor.

Sanitation being a determinant of health, we undertook rapid assessment of community toilets in RCC areas and filed complaints in the 2 Municipal wards that RCCs come under. Meetings were held with 10 Corporators/ local leaders on the issue of sanitation & hygiene at Community toilets

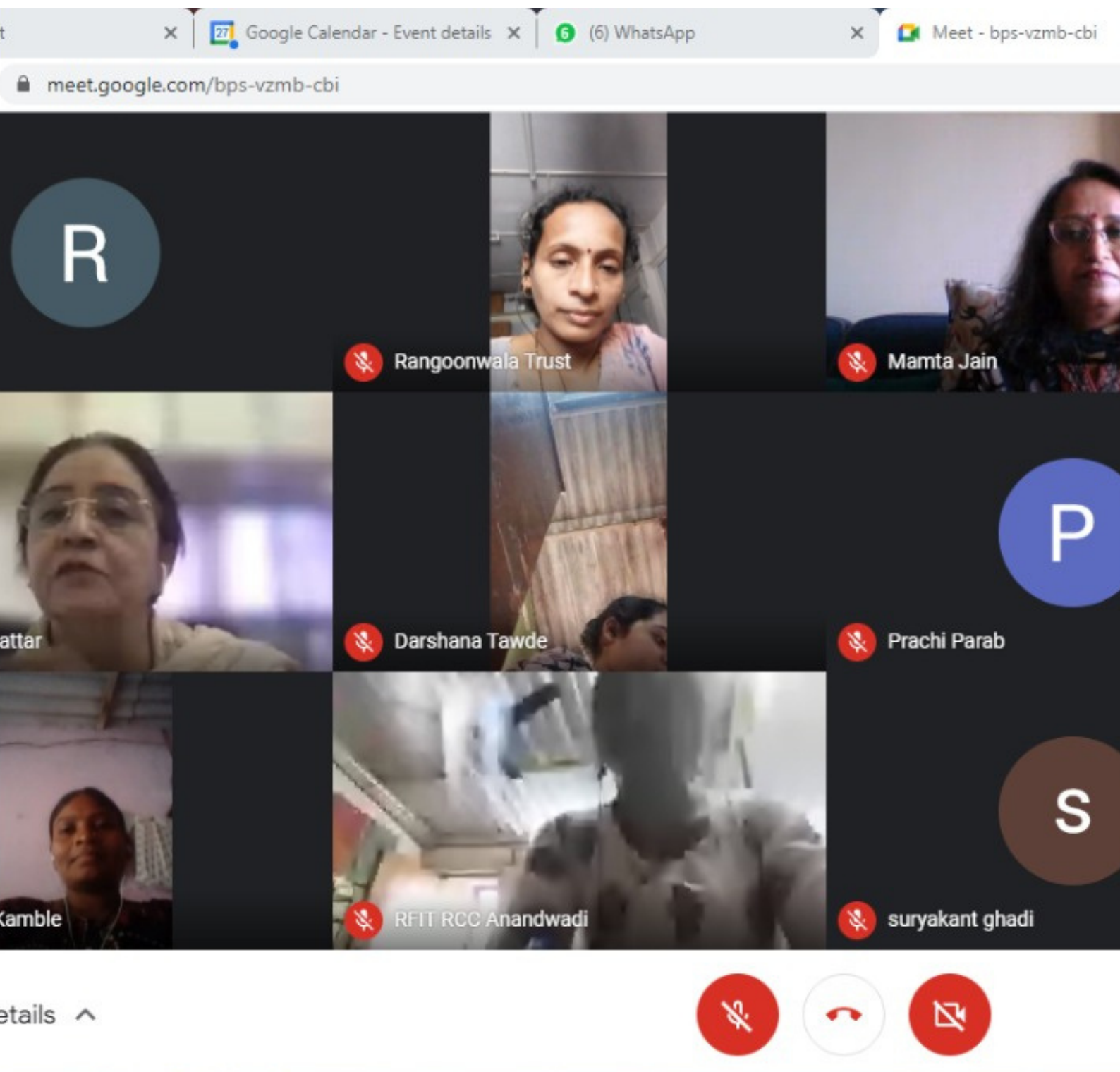
Processes for a baseline survey were initiated with an external Consultant.

Bal Umang- our intervention with children (6-12 years) was piloted in a new, hybrid format-home based -cum-virtual in July 2020.

Our **Annual Event- Bal Utsav- celebrating Children's Day**, reached out to 3,893 children on the RCC operational areas over 2 days. Children were given do-it your self activity kits and a goodie bag. In the pandemic, academics as well as co-curricular and extra- curricular activities for children are not a priority for parents as they struggle for survival. Our interventions with children sought to address this in a small way.

Different modules have been worked out for online Computer training.

Most of the work with Youth is now facilitated through the Utkarsh Youth Development Programme. RCCs organized virtual Summer Camps for Youth as well as other processes, mostly identification and referrals.



We saw many firsts at RF(I)T this year.....

Being a people-centric organization, we draw our strength from the never say die spirit of the people we work with in Mumbai's bastis.

Where there was a will to overcome, we now saw hopelessness. We saw women trying to hold their families together despite many odds. Pivoting to keep up with the changing realities seemed the only option.

Before the pandemic, our six Rangoonwala Community Centres in the western suburbs of Mumbai, were bustling physical spaces in the midst of congested slums, which women and children could easily access to focus on their capacity building and health needs.

Skilling has been an integral part of our interventions. While entrepreneurship was a choice before, it now had become a necessity. Incomes which families grudgingly considered supplementary before, became a ray of hope for survival in the new normal.

Necessity helped surmount the technological divide. Online, network, data pack etc. were integrated in the vocabulary and became a way of life, be it with borrowed or shared smart phones.

Virtual meetings replaced community meetings and online trainings replaced Centre based ones.

Our efforts in tweaking skill training modules and training methodology where ever possible are showing results.

Given that working from home was becoming the way of life, we focused on online computer trainings with a vocational focus. A range of trainings helped those who had lost touch regain their skills as well as confidence, increasing income earning potential. Our community youth have found these trainings of immense value.

For women who had some basic mehendi application and beautician skills, we started online trainings which included Covid safety protocols for self and clients. Kits were given to trainees at the end of the training to support entrepreneurship. Our Mehendi artists were invited to apply mehendi at a wedding as soon as the lockdown eased giving much needed incomes and more importantly many more contacts!

The most empowering experience in these times has been that of our women entrepreneurs who learnt making cleaning materials of commercial quality – phenol, liquid floor and toilet cleaners and liquid bleach.

This was a new initiative for RF(I) T . The pandemic brought into sharp focus the dismal state of sanitation and hygiene in community toilets. At times Covid positive patients were also using the same facilities as others --- there were no options. We started processes to make people aware of the impact of these conditions on health. Groups of women showed interest in monitoring this.

Simultaneously we started processes to train economically vulnerable women to make the cleaning materials combined with entrepreneurship training – sourcing, costing, packaging, marketing .

Today, this small but growing group of women volunteers and entrepreneurs ensure hygiene at more than 100 community toilets in the bastis . The entrepreneurs are steadily building a dedicated clientele earning between INR 4000 to 12,000 per month

Building skills around utility products and services which do not require much resource investment and in a city like Mumbai- do not occupy space for material and equipment in small homes, have a better chance of translating to incomes and hence building lives in these trying times

Mental health remained a dedicated area of focus though the year. We telephonically reached out to every client associated with us for Counseling . Domestic violence, substance abuse and similar issues which were magnified in the pandemic were given special attention and handled through closed group sessions

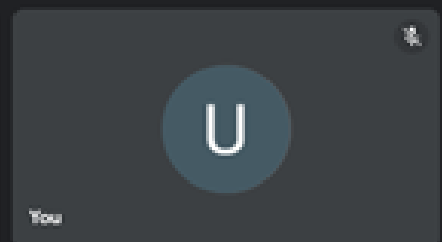
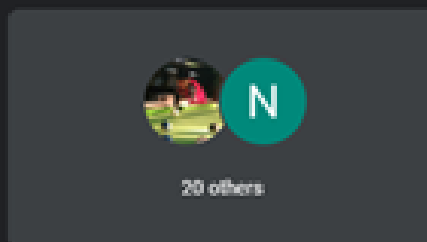
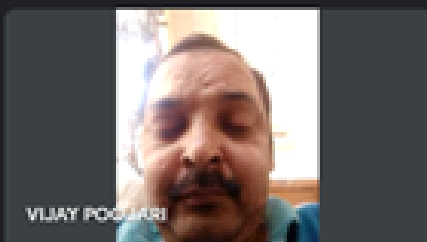
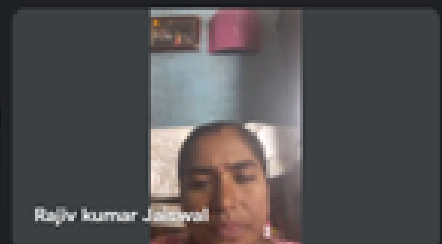
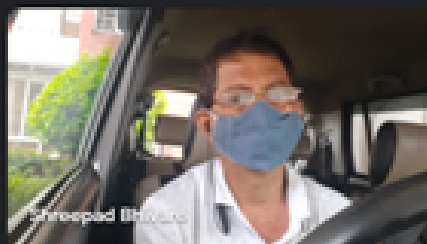
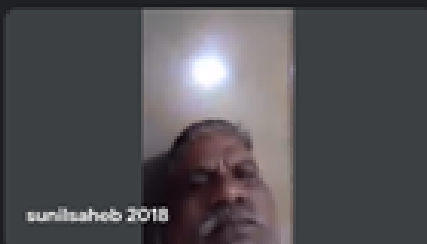
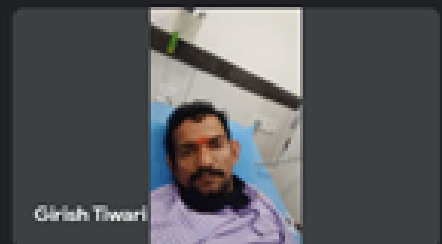
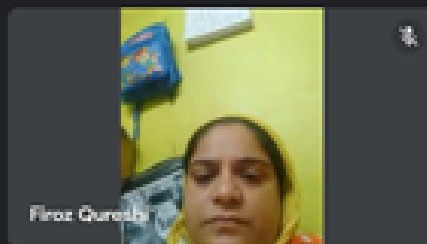
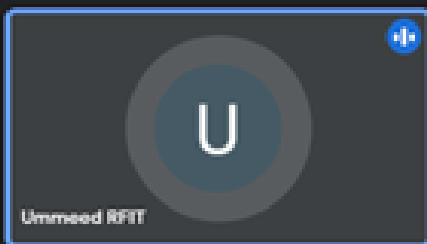
The process of RCC replication was started with the resource partner Dasra. The process was paused by them during the second wave and since their organizational policies prevent any on -fieldinteractions/ site visits, we aretrying to work out a way to move forward on this. RF(I)T has done recces in two areas where theRCC 2.0 model can be set up.





Ummeed Health Programme:

ek swasth jeevan ki aasha
hope for a healthy life



This intervention supports patients, advocates their issues and builds awareness on patient's rights through our Satark Mareez Haak Abhiyaan.

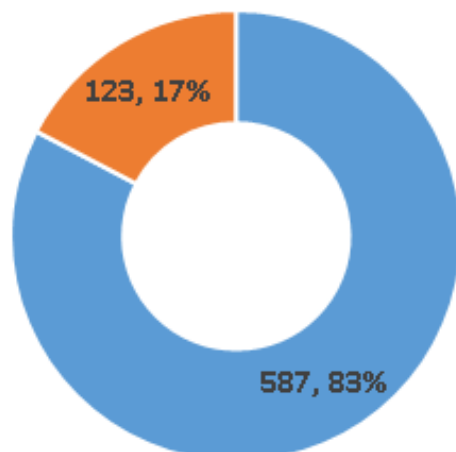
A dedicated area of work in the Mumbai Metropolitan Region has been with Chronic Kidney Disease (CKD) patients. We have promoted the Ekta Support Group of CKD patients and their families- they bond, interact, support each other, lobby & advocate for issues affecting them.

The advocacy efforts at the beginning of the lockdown for access to Government buses for CKD patients with 5 Municipal Corporations in the Mumbai Metropolitan Region paid dividends for travel in local trains too! Identity Cards given to patients for Bus travel and in some cases the Ekta Support Group IDs were considered valid. This immensely eased the commuting hardship of patients on maintenance Dialysis who have to travel for treatment 2 to 3 times per week.

Virtual case facilitation was done city wide for CKD patients and for all categories of patients in RCC areas. The SOP was worked out for this. Video calls were done wherever possible with patients or their family members instead of home visits. Team participated in online trainings/ webinars to keep themselves abreast of current issues.

The intensive campaign undertaken in July for the extension of the State MJPJAY Insurance scheme for all citizens for Covid 19 cover was successful, with the scheme being extended to Oct. 31, 2020. This was done by RFIT team & volunteer cadre as well as by taking up issues as members of the state wide health network Jan Arogya Abhiyaan.

The below chart depicts number of patients supported-



■ Support to Chronic Kidney Patients

■ Supported other patients in RCC

We also Treatment guidance to patients which proved very valuable for patients to access treatments, avail benefits of Govt. Schemes and also avail low cost treatments. We reached out to 22,954 people with information on various health issues including mental health, Covid 19 awareness, Govt. notifications and schemes as well as services provided by various stakeholders.



Support to a Patient for Stoma Bags

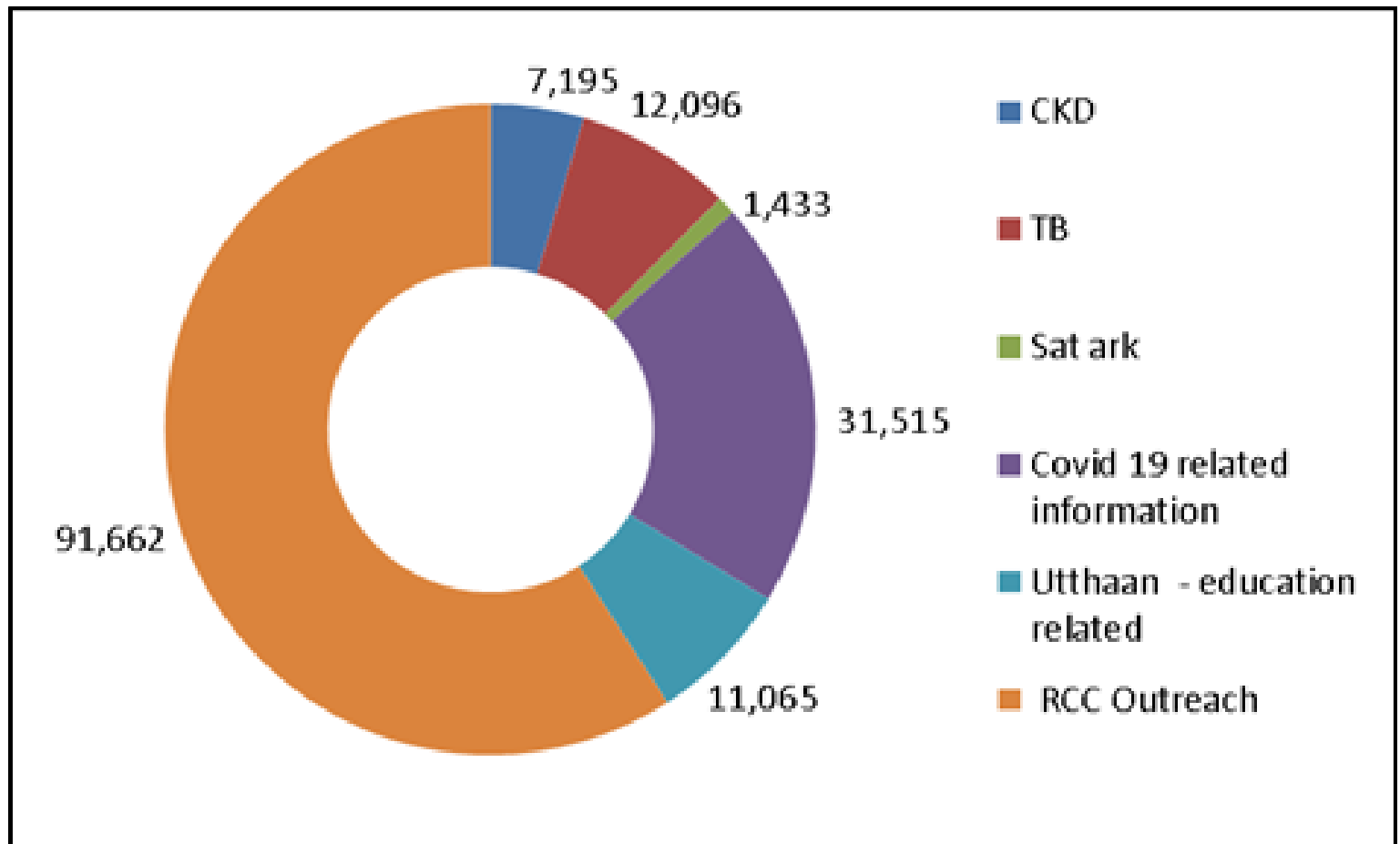
Campaigns:

RF(I)T virtually reached out to 154,966 people this year through its campaigns, outreach and mobilization processes. This includes volunteering assignments done by students.

CKD Training of Trainers was done with 30 health animators.

Treatment Guidance sessions were conducted with stakeholders in RCC areas and with groups of CKD patients.

Information on various health issues including Covid 19, Government schemes and notifications as well as information related to education, scholarships, Govt. schemes, training opportunities etc. were shared.



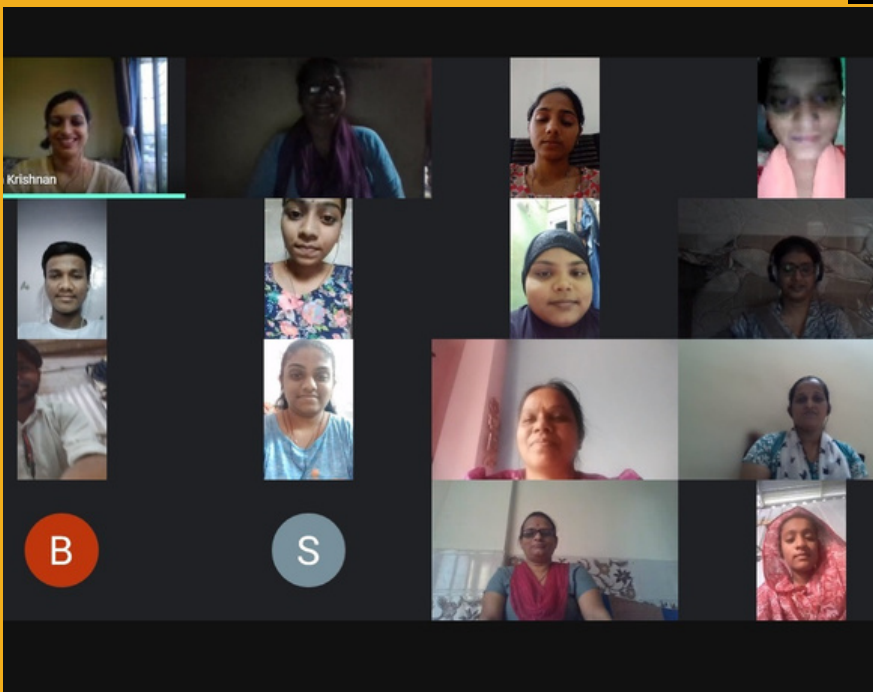
RF(I)T's Youth Development Programme

Utkarsh

Providing Opportunities to Elevate

Utkarsh Youth Development Programme:

Providing opportunities to elevate.....



This intervention mentors and supports youth for their education, skill building and entrepreneurship and engages them in a range of capacity and value building processes.

The Utkarsh Programme pivoted in a major way this year, partly due to the Covid 19 pandemic and partly due to the operationalization of RF(I)'s strategic plan 2019-23.

We continued only those city wide scholarships for higher education that were previously committed to for students who fulfilled RF(I)'s compliance norms.

We focused on Youth Development processes and scholarships only with youth and students from RCC operational areas and CKD patients, their children or family members.

We followed a system of compliance first(specially volunteering assignments)support thereafter . This helped in filtering out applicants specially since all processes were done virtually- due diligence , compliance management, facilitation, mentoring, etc.

We partnered with Sujaja Foundation for English Communication and Employment linked SMART courses. The latter included a differently abled youth. The 3rd. SMART Course batch is ongoing.

All students met RF(I)'s compliance norms and completed virtual Volunteering Assignments . They also attended online trainings and meetings.

Career guidance, mentoring, dialoguing with students and their parents/ guardians was a continuous process through the year.

Participants were from RCC areas and children of Ekta Support Group members (Kidney Failure patients),

An online meeting was organized with Utkarsh Alumni. Team participated in online trainings/ webinars to keep abreast of developments related to Covid 19 as well as education.

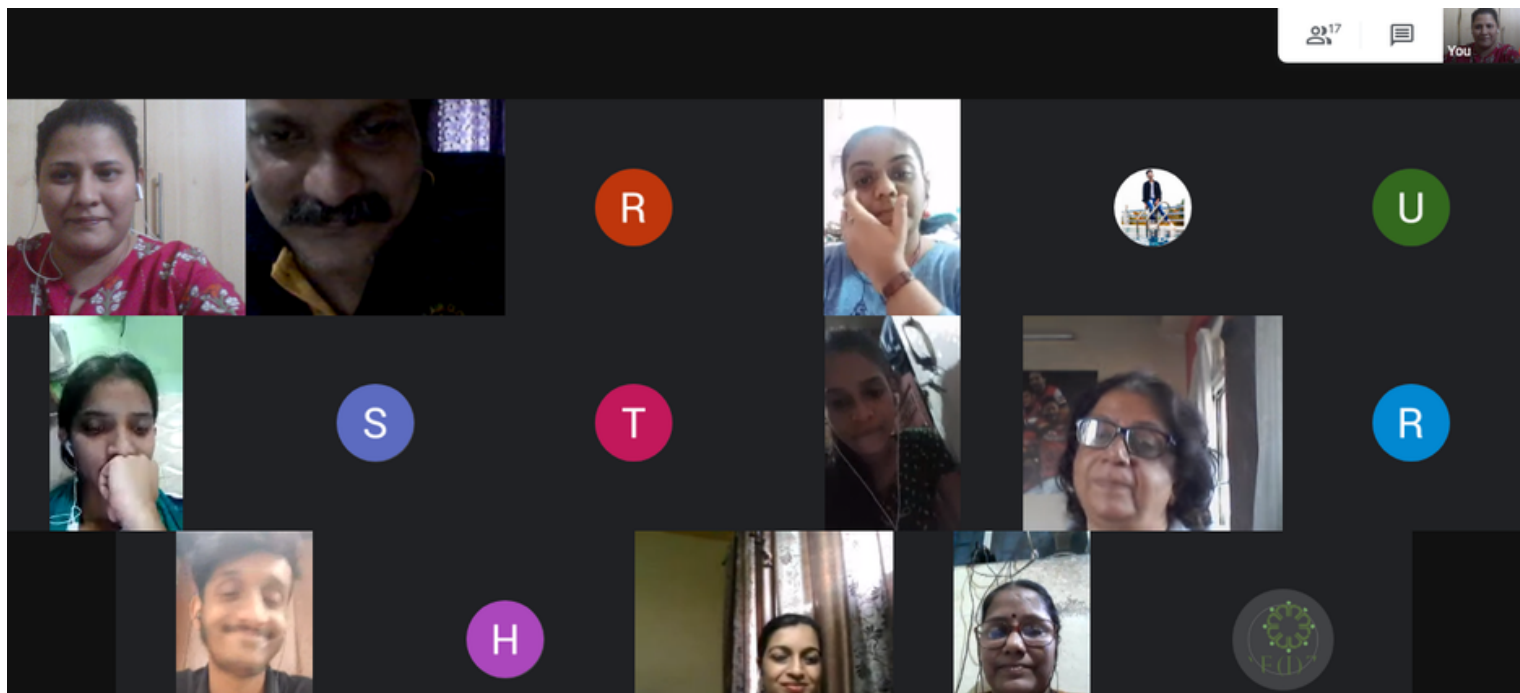
Systems & tasks were worked out for online volunteering assignments to be given to students.

All Utkarshites participated in online CKD and TB trainings conducted by us.

A new initiative was started - high achieving students who want to pursue Medical & Allied fields for Higher Education were assigned a Mentor and practice material for the NEET entrance test was provided to them. 7 students were shortlisted of which 3 started self-study at RCC.

Preliminary processes to roll out Aptitude Testing virtually are underway.

Categories	Number of students Supported
Scholarships for Children & Youth	155
Skill Training & Entrepreneurship support to Women	17
Skill Training & Entrepreneurship support to Youth	1
Support to students for SMART phones for online studies in RCC areas and Children of Kidney Failure patients	33
Capacity Building trainings - English communications , mentoring for students+ Employility linked course	751
Career Guidance + Apttitude test	133



RANGOONWALA TRAINING CENTRE

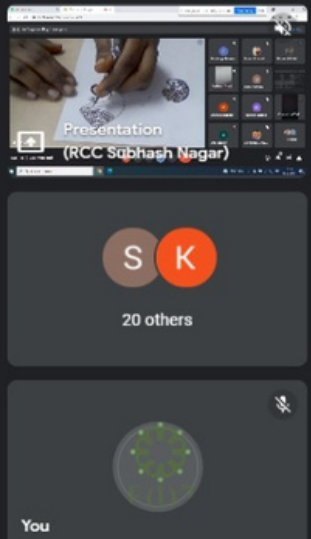
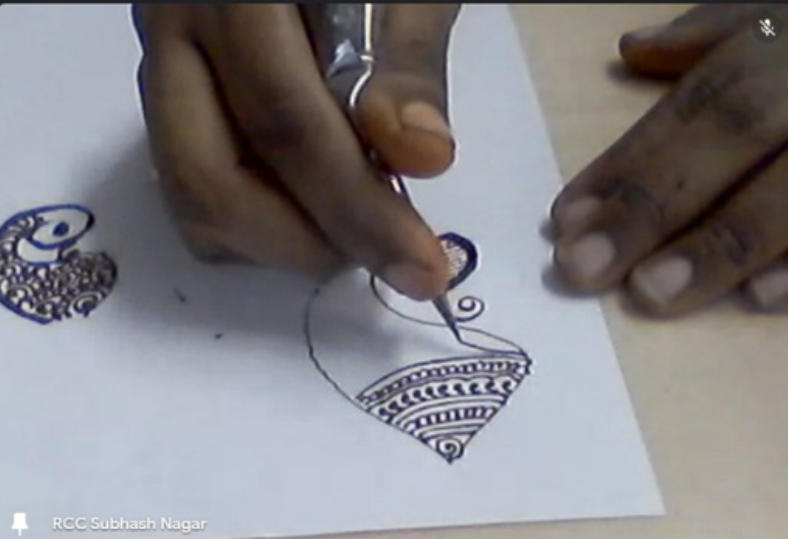
आत्मनिर्भरता के पथ पर

Rangoonwala Training Centre
atmanirbharta ke path par.....
on the road to self reliance



REDMI NOTE 5 PRO

RCC Subhash Nagar is presenting



People

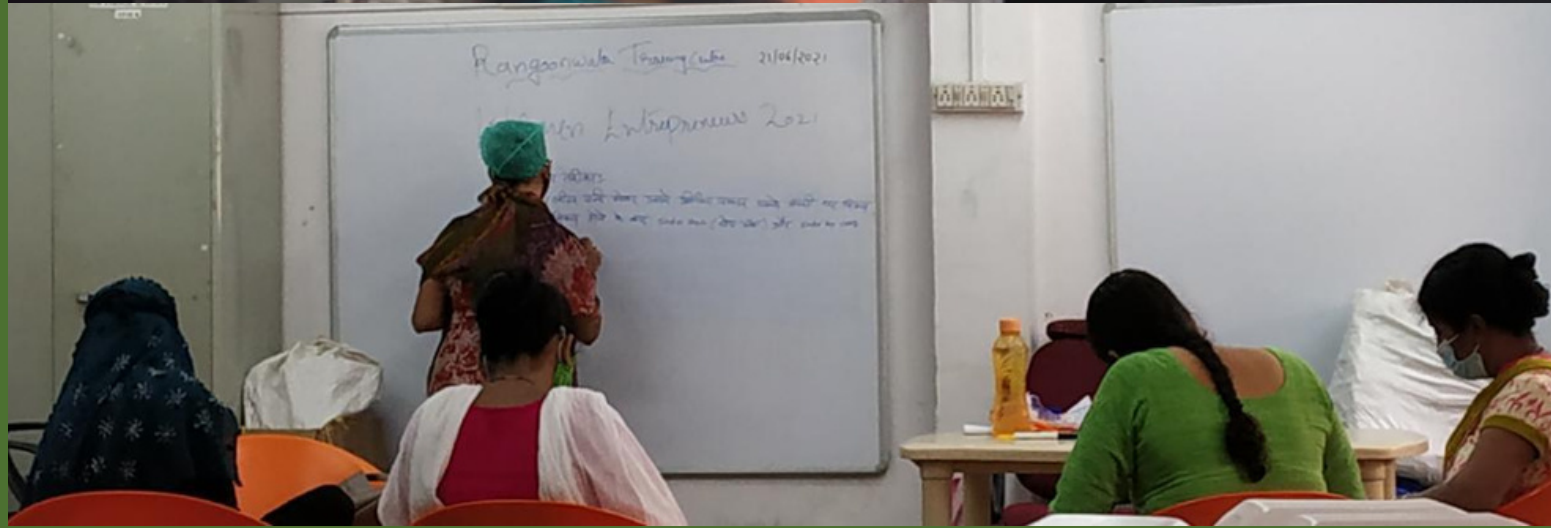
- Add people
- khan Rahila
- Khooshbu Yadav
- Kiran Pal
- Komal Shenkar
- Laxmi Varma
- nasrin shaikh
- Pinki Sakpal

20 others

You



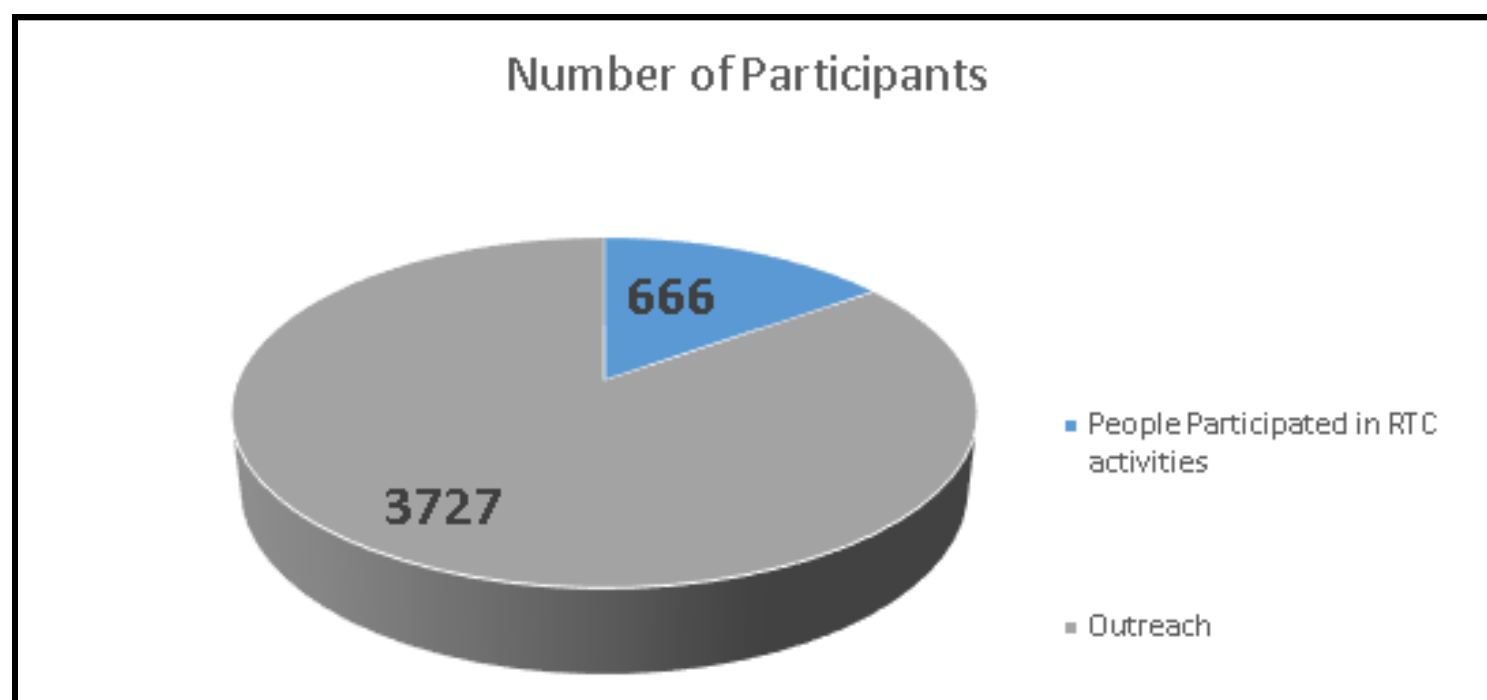
- Manisha Parte
- Sunisha Nagaonkar
- shahk zainab
- smita indap
- Shah Salma
- RCC Shivtekdi - jyot



This is a pan organizational space for Training of Trainers, housing the vocational and entrepreneurship development activities, conducting combined advanced trainings for the RCCs, workshops in skill training and RCC model replication for other NGOs and for organizational processes related to the RCCs

Online trainings / meetings gave us the opportunity to integrate capacity building and pan – RF(I)T activities in our regular work. The mandate of RTC in the pandemic year was limited to entrepreneurship development and training of trainers.

Activities	Number of Participants
People Participated in RTC activities <small>Trainings of Trainers, Enterprenurship development etc)</small>	666
Outreach	3727
Total	4393



Partner Support Programme



महाराष्ट्रातील एकमेव स्वतंत्र दैनिक
अजिंक्य भारत

Oct.

अजिंक्य भारत पाहिजेत

दै. अजिंक्य भारतसाठी बुलडाणा
जिल्ह्यातील प्रत्येक गावात
एजन्ट तथा वार्ताहर नेमणे आहे.

आवृत्ती कार्यालय, खामगाव
संपर्क : ९४२३१४४०५, ९८५०६८५६५६

नि।व।ड।क



पोषण बाग फुलविण्यासाठी रोपांचे वाटप

वकाना दि. २३ । विकास आयोग प्रतिष्ठान संस्था, संग्रामपुरच्या वतीने संग्रामपूर तालुक्यात पोषण बाग हा उपक्रम राबविण्यात येत आहे. या उपक्रमातून वकाना येथे नागरिकांना रोपे वाटप करण्यात आली. तालुक्यातील गावांमध्ये छोट्या-मोठ्या प्रयत्नातून दैनंदिन गरजा भागवण्यासाठी कमी खर्चाचे परंतु हमखास उत्पन्न देणाऱ्या कार्यक्रमाचा एक भाग म्हणून परिसर भाग विकास कार्यक्रम आखण्यात आला आहे. ज्यांच्या घरासमोर १ ते २ गुंठे जमीन असेल, अशा प्रयोगशील स्त्री-पुरुषांनी परिसर भाग विकास कार्यक्रमात सहभागी व्हावे, असे आवाहन करण्यात आले आहे. या कार्यक्रमातून घरगुती गरजा भागवून निश्चितपणे विक्रीयोग्य उत्पादन घेता येवू शकते. विकास सहयोग प्रतिष्ठान आणि रंगूनवाला फ्लॉउंडेशन इंडिया ट्रस्ट यांच्या सहकार्याने हा उपक्रम राबविण्यात येत आहे. याअंतर्गत वकाना येथे लाभार्थ्यांना मोफत रोपे वाटप करण्यात आली. यात पपई, शेवगा, मिरची, भोपळा, टोमॅटो, वांगी, गवार, दोडके, पालक, कोरफड, अडुळसा, लिंबूचा समावेश



Our Partner Support Programme is an endeavor to work with like-minded organizations to broaden outreach and impact in our country, with its vast geographical expanse and multitude of development issues.

Activity plans and time lines were reviewed with all partners, due to the Covid19 pandemic. Regular monitoring, interaction and due diligence work continued during the year.

FCRA amendments that came into effect on Sept. 28, 2020 prevent sub-granting to other FCRA registered Organizations. Hence work with partners was phased out in a difficult time of the pandemic and no further support was given to them.

Organization	Partnership Focus
Vikas Sahyog Prathisthan	for sustainable livelihoods in 110 drought prone villages of Buldhana in Maharashtra through land based activities, livestock linked and enteprenuship development initiatives
Ekta, WORD and SPREAD	for Aids and Appliances for differently abled people in the tribal areas of Koraput- Odhisha (funding was handled by Ekta)

The phase out grants for all projects were made from ZVM Rangoonwala Foundation, UK



Covid 19 Relief



Our efforts to ease the tremendous hardships faced by people due to the pandemic are summarized below;

Activities	Number of Participants
Food Security for people (RCC+ CKD Patients from MMR and others)	3301 Ration kits were distributed and 12785 were benefitted
Community Sanitation & Hygiene	Providing Sanitary napkin to women -1480 and supported 91 community toilets with cleaning materials
Support to Community based Volunteers	482
Network Partnership	250 Dialyser Tubing to St. George's Hospital for COVID19 CKD Patients

We partnered with the Mumbai Municipal Corporation Education Dept. to trace unreached children in 10 Municipal Schools in the RCC areas. 102 families were contacted and 52 families reconnected with the schools. Cumulatively, 400+ community based volunteers from RCC areas assisted us in our Covid 19 relief work. Workshops and online sessions were organized on 'Understanding, coping & precautions for COVID 19' as well as updates with new treatment protocols, quarantine do's & don'ts for the RFIT team and volunteer cadre. This helped in guiding people.



Join us as we celebrate 18 years of making a difference ...

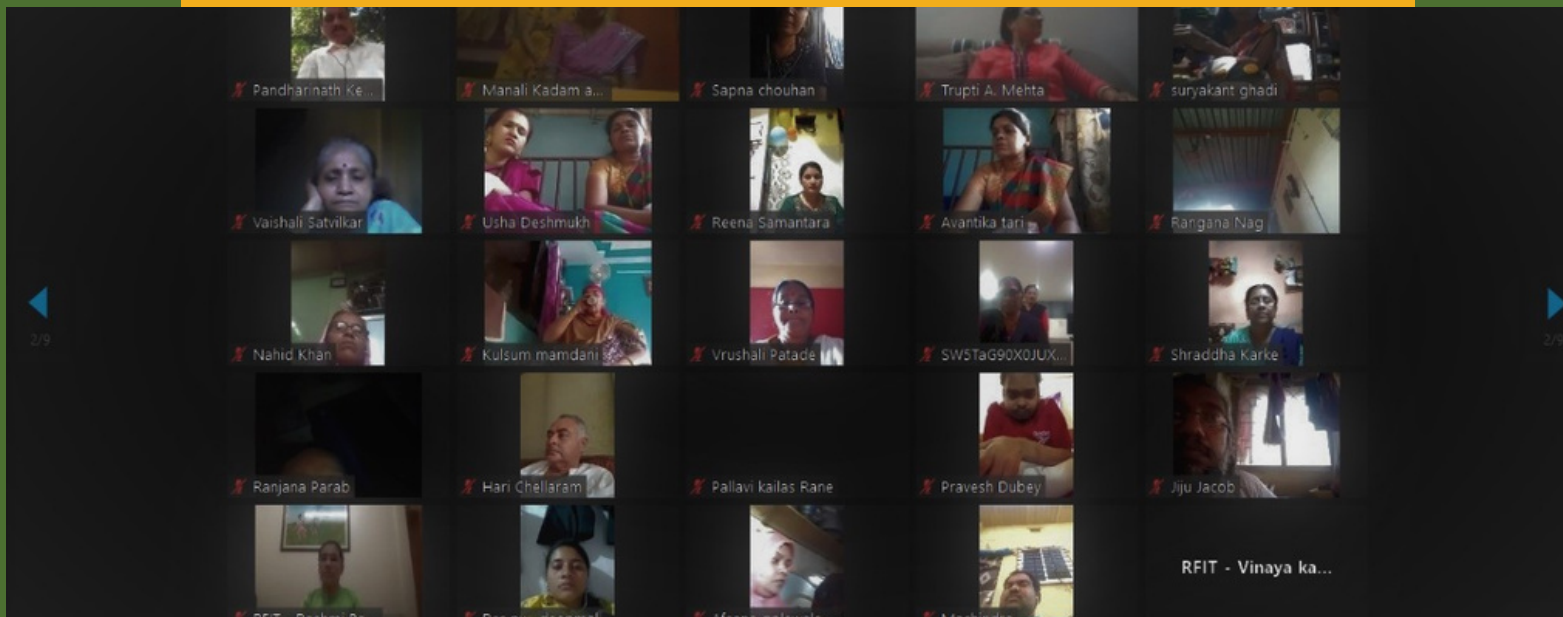
on Saturday Feb 27, 2021: 4.30 - 6.30 pm

Zoom Meeting ID: 856 3932 4156

Passcode: 548155

*Reflections on the past year for the urban poor by Mr. Minar Pimple
a journey down memory lane individual glimpses of RF(I)T events*

We celebrated RF(I)T's 18 years online ...



RF(I)T celebrated 18 years with an online meet in which 256 people, including associates from all over the country participated. The key note address by Mr. Minar Pimple was on: Reflections on the past year for the urban poor. A medley of RF(I)T cultural events of past years was also screened.

Mentoring future Social Work professionals

7 social work students (Degree and Post-Graduate) from Nirmala Niketan College of Social Work, 2 from SNTD University and 4 students pursuing their Master in Public Health from Tata Institute of Social Sciences were placed with RF(I)T in the year.

TB is Curable, visit the doctor soon



- TB is India's biggest health problem
- India has the highest number of TB patients in the world (25%)
- 4.5 lakh people die of TB in India every year
- Daily deaths due to TB are more than 1,150

SPREAD THE WORD

SYMPTOMS OF ACTIVE TB

- Coughing that lasts three or more weeks
- Coughing up blood
- Chest pain
- Fatigue
- Fever
- pain with breathing or coughing
- Unintentional weight loss
- Night sweats
- Chills
- Loss of appetite

If you have any queries feel free to dial 1800-11-6666
It's a government toll free number



Rangoonwala Foundation (India) Trust
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CHRONIC KIDNEY DISEASE (PREVENTION IS BETTER THAN LIFELONG TREATMENT)



Role of kidney

- We have 2 Kidneys in our Body
- They are fist sized, just like a computer mouse
- They constitute about 1/2 % of our body weight
- Kidneys clean the blood and send clean blood to different parts of our body and send out the waste

Understanding Kidney failure How & Why

- Excess blood loss
- Low Blood volume
- Dehydration
- Poor intake of fluids
- Uncontrolled diabetes and Hypertension.
- Long, unsupervised use of certain medicines
- Swellings, breathlessness, confusion, weakness and laziness.

What does a CKD Patient Need

- Regular dialysis, 2 to 3 times a week or as specified by the Doctor
- Each dialysis is around 4 hours
- Track creatinine levels
- Take proper complimentary & supplementary medication
- Control fluid intake
- Transplant as an option
- Peritoneal dialysis

Burden of Disease

- In India, the proportion of Chronic Kidney Disease (CKD) patients amount to 8-17% of the total population.
- Every year about 2.2 Lakh new patients of End Stage Renal Disease (ESRD) get added in India resulting in additional demand for 3.4 Crore dialysis every year.

Facilities for treatment in Maharashtra



- Low cost dialysis centers
- Trusts that help with costs / medicines/ ration/ education of children
- Mahatma Jyotiba Phule Jan Arogya Yojana (MJPJAY)
- District Hospitals have 4 dialysis machines

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Summing up

The way the people we work with have adapted to technology, making virtual processes possible has been amazing and beyond expectations. The online interventions with senior citizens are a case in point.

RF(I)T continues to be recognized as an organization with a strong mass base , which many other organizations want to connect with.

RF(I)T's service delivery to rights approach is becoming stronger. It requires the rigor of strong and precise operations as well as micro planning and implementation which is often a challenge.

It also means that the work done always does not translate to a Budget spend, which in terms of people's ownership of the work as well as issues, is a positive indicator on a slow but steady path towards sustainability. 219 cases of treatment guidance, where patients did not have to be monetarily supported is an indicator of this.

