

RF(I)T

Rangoonwala Foundation (India)
Trust

Annual Report 2023-24



Message from the CEO

"Be the change you want to see in the world"
-Mahatma Gandhi

The year reinforced that change was the only constant in a fast changing micro and macro environment. We continued to persevere to make a positive difference in the lives of people who touched our lives. We worked with 226,071 people and reached out to 393,600 during the year .

The grit and spirit of Mumbaikars is always lauded, most often in times of adversities. It underscores the complexities and challenges of daily life of it's slum inhabitants who constitute around 55% of the Mumbai Metropolitan Region's estimated 21 million population. Needless to say, it impacts women and children the most.

Our eight Community Centres, work with the marginalized across five Municipal Wards of the city, with a major focus on health and capacity building.
The year was a mixed bag of achievements and challenges.

It was very gratifying to see the growing alignment of our community-based volunteer cadre to our Vision and Mission. More than 100 women and youth led our Community Centric Interventions with Children and Tuberculosis patients in the peripheral areas of our Community Centres. They, supported by our team, identified 16 'bastis'(settlements), led community processes and initiated activities. They lived our dream of Women Led Sustainable Community Development.

We continued our focused work with Chronic Kidney Disease (CKD) and other terminally ill patients in the Mumbai Metropolitan Region (MMR) through our Ummeed Health Programme. The 13th. Annual Meeting of Ekta Support Group saw a record participation of 481 CKD patients / their families.

Our Utkarsh Youth Development Programme continued to give opportunities to elevate to youth from the operational areas of our Community Centres and children / family members of CKD patients across the MMR. Our Alumni mentor others. Some of them are now our Donors!

Our Community Needs Response intervention which we started during Covid 19, continued providing food security and support to the most vulnerable , disaster response, health and sanitation initiatives.

The fast-changing landscape of the city affected us directly this year. Our Community Centre in Subashnagar- Bandrekarwadi, established in 2008 was demolished in October 2023. The premises also housed our Training Centre. This double blow impacted not only the people we work with, but our Entrepreneurship Development activities, Training of Trainers and Vocational Activities. The latter meant that we could not host our annual event – Pratibimb this year.

We are grateful to Barbhaya Trust and Mr. Ashwin Munot for unconditionally opening their doorsto house our furniture, equipment etc. till we could relocate and re-operationalize our Centre.

On behalf of our Trustees and Team, I convey our immense gratitude to the people from the communities we work with, volunteers, resource persons, stakeholders and donors for being with us through multiple adversities that came our way this year.

Our Activity - to - Impact paradigm through our óks help us plan, reflect, review and regroup and stay relevant, based on the needs of the people we work with.

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, capacity building, livelihoods and community development across population groups, we aim to achieve long-term sustainability and socio-economic self-reliance in marginalized communities.

Our Vision is an inclusive society where marginalized communities are vibrant, dynamic and self-sustaining.

Our Mission is to enable marginalized communities become more vibrant and dynamic by engaging them in socio-economic development initiatives directed at building capacities, thereby helping people help themselves.



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.....

Our interventions are in tandem with the below UN Sustainable Development Goals (SGDs)



RANGOONWALA COMMUNITY CENTRE

आत्मनिर्भरता के पथ पर

Rangoonwala
Community Centres
(RCCs):

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



Our Community Centres are physical spaces in the midst of resource-poor 'bastis' which people, especially women and children, can call their own and come together to address their development needs specially around capacity building and health.

Our presence in five municipal wards in Mumbai is through our eight centers in the slums of Premnagar- Bandra Plot, Subashnagar- Bandrekarwadi / Caves Road & Shivtekdi in Jogeshwari (East); Mahakali & Pump House in Andheri (East); Anandwadi & Pathanwadi in Malad (East), and Damu Nagar in Kandivali (east).

Our activity based format seeks to engage and weaves in processes that lead to development and empowerment. While most activities are in person we have integrated the learnings of the Covid period and continue with virtual, online sessions for synergy and to bring quality resource inputs to our Centres.

Our work during the year at a Glance:

Activities during the year	Participation
Work with Children: Centre Based and Community Based Bal Umang, different activities with children including Centre Drop-ins, Thematic Environment Camps, Drawing and Aerobics trainings were organized through the year. Sessions on life skills and health awareness were conducted in 9 schools under our School Outreach Programme. Students were also supported with education kits. Children's Day - Bal Utsav was celebrated by Reaching the Unreached Children in RCCs areas, organizing Bal Umang - Projects, at our Centres and the main event. The theme this year was Celebrating the Traditions and Cultural Diversity of India. Children participated in the Cultural Programme at Organizational events. Festival Camps and Summer Camps were organized for them. Health Camps for immunization were organized in partnership with the Municipal Corporation.	19,581
Work with Youth: Festival and Summer Camps and aerobics training for adolescent girls; Aptitude tests followed by Career Guidance, Open Forum on Peer Pressure, Yuva Saarthi workshops; Value building and mentoring for Volunteer cadre building were organized. 8 youth accompanied by 2 team members participated in the national level Governance Competition- Prajatantra in New Delhi. They also visited Parliament House as part of the exposure visit.	1,752
Work with Women: Long term and short term vocational trainings; Yoga and Aerobics trainings, Health Consultation Clinics, need based medicine and diagnostic linkages and support, Health Camps,- Cancer detection, Anemia, Bone Density, Eye check up with Follow ups through our health tracking systems, Health Talks,- Cancer, Bone Density & Kidney status, Monsoon illness, Reproductive Health, Skin disease, Viral infections; Debate Forums, Open Forums,- Home Remedies, Parenting; Volunteer Cadre meetings & processes, Festival and Summer Camps; RCC Pratibimb- Women's Day celebrations through participation in Cultural & Skill Competitions and Entrepreneurship Opportunities; Mahila Melavas, Life skills, communication & Dance Movement Therapy training for volunteers; were the activities through which we engaged with women through the year	18,066
Work with Senior Citizens- Women: We engaged with our Ashayin Parivaar 'Aunties' through exclusive weekly activities organized for them at the Centres, participation in the Cultural Programme at Organizational Events, Festival and Summer Camps as well as integration in Health and other initiatives for women at the Centres	1,302
Work with Groups:* focused on mental health through counseling services; Computer trainings, Special Input Sessions by Subject Experts; Open Forums on Public Distribution System, Civic Structures & Local Governance, Services & Schemes for TB patients; TB Programme - supplementary protein rich nutrition support, linkage to the Govt. NTEP & referrals, 'Sammelan'; pre training Orientation sessions and post training Certificate Distribution Programmes; GO - NGO meet and Mini Exhibitions; Health Camps in collaboration with the Municipal Corporation	14,226
Total : Direct beneficiaries	54,927
Outreach: Mobilization, Community based Health Awareness, Information Dissemination etc. through various strategies like street plays, poster exhibitions, community meetings, etc.	392,939

* 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. Open Forums) participate have been categorized under work with groups.

Our Centre Based and Community Based Bal Umang is a 9 session module with Children, focusing on creativity and extra-curricular activities.

In the run-up to our Children's Day Celebration-Bal Utsav; we reached children in the communities we work, who we had not been able to reach and involve in our Centre's activities till now. We organized Bal Umang – Projects at the Centres to give the children an opportunity to showcase their creativity and communication skills, build their self-confidence, bond with family and peers.

The main event saw a **participation of more than 950 children, teachers, parents, community people and guests** Schools under our Outreach Programme and NGOs **working with Children with Disabilities** performed on the theme of the year - Celebrating the Traditions and Cultural Diversity of India. Children associated with our Centres exhibited their prize winning projects on the same theme. The other activities were disability and CKD sensitization and games organized for the children

This year, we organized two Bal Utsavs. As we increase our footprint across underserved 'bastis' in Mumbai, the distances increase, making centralized participation by children difficult. While the main event was in Andheri(east), where children from our Seven Community Centres participated, we organized a mini-Bal Utsav in the area of our Damu Nagar Centre in Kandivali (east).

This center was operationalized in May 2023. This was the first time that the children of this area experienced participation in life skills, disability and health awareness-linked activities, self-defense techniques, and most of all the joy of an event exclusively for them!



Our Festival Camps for Children, Adolescent Girls and Senior Citizens focused on cultural sensitization and secularism. The Summer Camps for Children, Adolescent Girls, Women and Senior Citizens included visits to the Nehru Planetarium & Museum and The Yoga Institute; activities around disability sensitization, climate change, self-defense etc.

Our Yuva Saarthi Workshops with Youth focused on personality development, handling peer pressure, gearing up for life after the protected environment of school, online admissions etc. Our Career Guidance process with Youth was a series - with sessions on Career Focus, Aptitude Testing, followed by sessions on Career Guidance and one-on-one follow up facilitation if required. The process involved students and parents to forge understanding, help future decision making and bridge the generation gap .



Our capacity building Trainings with Women focused on wellness through Yoga and Aerobics, skill building through various modules of Beautician & Mehendi application trainings, Rangoli, Flower & Jewelry making, Cakes, Chocolates & Cookies making, Warli painting, Hand embroidery, Hairstyles, making Utility products like phenol, liquid detergents, perfumes, incense sticks etc. These trainings have income earning potential, do not occupy space in cramped homes and are not capital intensive. Entrepreneurship related inputs like sourcing, costing, pricing, packaging and marketing are integrated in the training modules .

Women accessed the services of qualified lady Doctors through our Health Consultation Clinics. We promote health seeking behavior through our Health Camps (cancer, anemia, bone density and kidney status) which detect, facilitate follow up advice from Doctors and offer medicine and diagnostic linkages. Health Talks by our empaneled Doctors build awareness and facilitate interaction.

We continuously **nurture their Volunteer cadres** through capacity building and their involvement in the Centre's activities. This builds community ownership and helps sustainability. We celebrated Women's Day - RCC Pratibimb, by providing a platform for cultural expression through performances on the theme of women's empowerment, skill competitions and opportunities for entrepreneurship development for women. The prize winning entry from our Anandwadi Community Centre was invited to perform at Apnalaya's event , " Yeh Hai Mumbai Meri Jaan". The performance on Women's Empowerment was greatly appreciated. The collaboration with another city based NGO working with the urban poor, energized the participants and broadened their perspective through interacting with groups working on different issues .





Our **Senior Citizens** created time and space for themselves through their exclusive weekly meetings & input sessions, Festival & Summer Camps. Additionally, they have access to all other trainings and health initiatives at the Centres. Their dance performance was the highlight of our Children's Day and Women's Day events.



Networking and Stakeholder Dialoguing are an integral part of our **Work with Groups**. We organized our Annual 'TB Sammelan' – a forum bringing together Tuberculosis patients, Government's National Tuberculosis Elimination Programme (NTEP) officials, our Community based volunteers and team. This opportunity to interact contributes to understanding and smoothen many an issue related to their treatment.

In the words of a TB Patient " Here we can share our difficulties and also understand the importance of why the doctors are telling us, what they are telling us. Later on also, our treatment related issues are easier to deal with, as the NTEP team recalls meeting us at RF(I)T's TB Sammelan"

A similar initiative is our annual GO – NGO meet to facilitate an interaction between Government and Non- Government Organizations - stakeholders from our operational areas viz Corporators, officials from Municipal Ward Office, Police, Local Schools, Doctors, Health & Education officials, other NGOs, Community Based Organizations, local Groups, our Volunteer cadre and team . The impact is visible through greater collaborations, referrals etc. which aids Community Development.

Through our Mental Health Initiative, our teams and volunteers are trained to pick up signals of mental stress and / or deviant behavior. These people or their families are motivated to come to our Centres, where we offer confidential space for Counseling. Linkages and hand holding is done for linkages with professionals as required.





Ummeed Health Programme:

ek swasth jeevan ki
aasha
hope for a healthy
life



Our Ummeed Health Programme supports patients, advocates their issues and builds awareness on CKD and 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. They have lifelong treatment costs. Recognizing this burden, RF(I)T supports these patients annually. This, like our first time patient support, involves dialoguing with each dialysis centre/ hospital where the patient is availing treatment followed by video calls to patients and their family members. Though an intensive process, it helps determine the amount of support as well as gives inputs for future strategies.

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. At their 13th. Annual Meeting, they got inputs on various Entrepreneurship opportunities RF(I)T has organized for them, Vocational Trainings including those from Tata Strive, Scholarships , Treatment Guidance etc. It was heartening to see that most of the information shared was through an exchange amongst the Group members.

We supported 702 patients during the year and linked up another 192 to other Trusts for support.

Treatment Guidance, to help patients access entitlements / concessional treatments is an integral part of our work. Through this we can assist many more than those we can support monetarily.

Regular interaction is done with Hospitals and Dialysis Centers. This helps us keep ourselves abreast of developments, specially related to patients treatment facilities, costs and access to Government Schemes.

We were invited by the **Additional Municipal Commissioner – Health** to discuss the issues faced by patients at Municipal Hospitals in Mumbai. Ekta Support Group Volunteers met prior to the meeting and listed the issues that undermine effective and efficient treatment and recommendations for the same

Irfan Kazi, Ekta Support Group Volunteer and husband of a CKD patient, who represented Ekta Support Group at the meeting at Mumbai Municipal Headquarters along with RF(I)T's CEO, shares

"It was a great responsibility to be the voice of patients at such an important meeting. But I am so happy that we got the maximum amount of time to speak. After all, we face the issues, so we had the most to share. Commissioner Sir, Senior MCGM officials, Deans of Municipal Hospitals, all listened to us. It is through RF(I)T's mentoring that we have been able to do this."

Post the meeting , RF(I)T made a written representation on behalf of all NGOs and Health Activists to the MCGM authorities.



Utkarsh Youth
Development
Programme:

Providing
opportunities to
elevate.....



Utkarsh mentors and supports youth for their education, skill building and engages them in a range of capacity and value building processes. Giving back to society through Volunteering is the core value that Utkarsh nurtures. The initiatives remained focused on the operational areas of our Community Centres and for CKD patients, their children or family members in the Mumbai Metropolitan Region.

We continued to follow the system of compliance first (specially volunteering assignments); support thereafter. This helped in filtering out applicants. Most processes continued to be done virtually - due diligence, compliance management, facilitation, mentoring, etc.

We awarded 87 scholarships this year.

Capacity building workshops for Utkarshites focused on Value building, Career Guidance, linkage to Vocational Courses, Open Forums on Peer Pressure and Substance Abuse, Self Defense Training and CKD Awareness.

Mentoring and dialoguing with students and their parents/ guardians was a continuous process through the year. They also attended online meetings and trainings.

170 Youth participated in these activities and 61 of them volunteered at RF(I)T events

Information on skill trainings and entrepreneurship support for women and youth from the areas of our Community Centres were given through a series of centre based meetings with 83 Volunteers



RANGOONWALA TRAINING CENTRE

●●● आत्मनिर्भरता के पथ पर

Rangoonwala
Training Centre

atmanirbharta ke
path par.....

on the road to self
reliance



This is a Our Training Centre is a pan organizational space for Entrepreneurship Development, Training of Trainers, and Centralized Activities. Our Training Centre mentored 1177 women entrepreneurs. Additionally, our Community Centres mentored 93 nano snacks entrepreneurs.

We organized Training of Trainers for 452 trainers, who then conducted trainings and activities across our Community Centres and in areas where we have Community Centric Interventions. 1602 trainees, students, resource persons, volunteers and team participated in various capacity building initiatives organized for them .

Our Aashayein Parivaar 'aunties' from all our Community Centres meet here for their monthly get- together. Inputs sessions by external subject experts are organized for them. This is the day when all aunties who have birthdays during the month celebrate it together. Those who do not know their birthdays, choose a month to celebrate it in!

One Aashayein Parivaar aunty from our Shivtekdi Centre shared
“ the first time in my life I celebrated my birthday was at the Centre. My family began celebrating it after that. My son even bought me a gift!”



Forty-eight Udyamita Entrepreneurs, who have been trained by us to make four types of cleaning materials of commercial quality, earned **Rs. 906,338 during the year**. This proved to be of tremendous value to them

Nidhi More`from our Anandwadi Centre shares

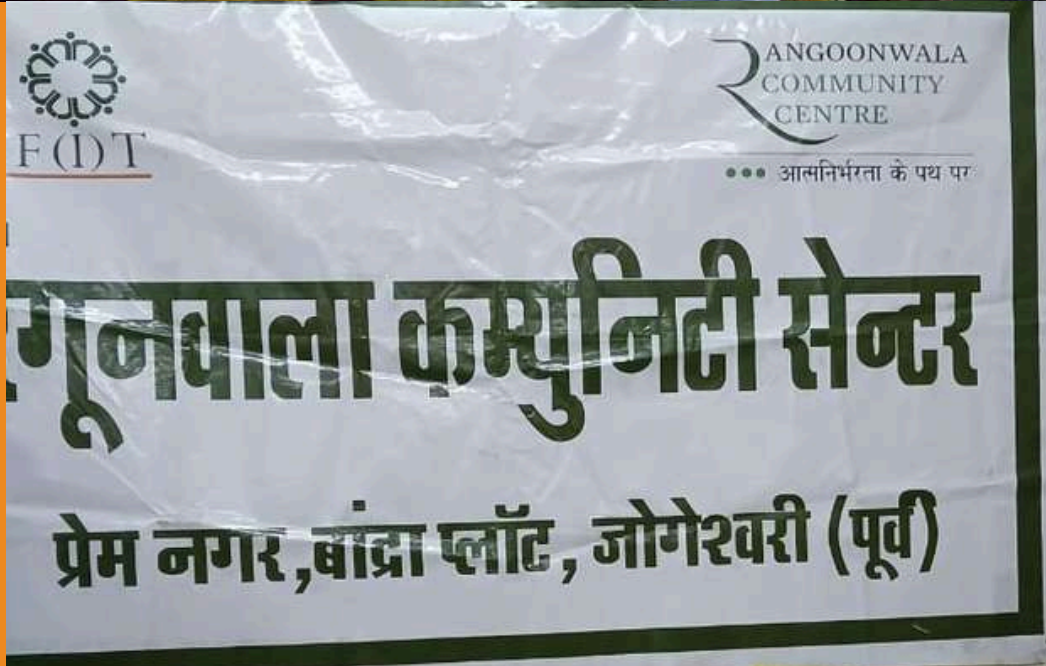
“ My Udyamita income helped me with my household expenses through the long treatment my husband had to go through for his illness”

Shobha Sharma, widow of a CKD patient shares

“My Udyamita income has helped me keep a roof over the head for my daughter and me. While my income from auto driving helps me run my house, the money I earned through Udyamita helped me pay my house rent at a time when the owner was pressurizing us to vacate.”



Community Needs Response



Our Community Needs Response initiative started during Covid, continued to address the needs of the most vulnerable amongst the people we work with. Families of terminally ill patients and other vulnerable people were provided food security through monthly ration kits.

We reached out to 5,084 people through this. We linked an additional 433 people for food security to other Trusts.

We continued our Community Sanitation & Hygiene intervention through the support of four types of cleaning materials to community toilet blocks in the intervention areas of our Community Centres, where local volunteers committed to take responsibility of the cleanliness of the toilets and judicious use of materials.

Most of the people we work with do not have toilets attached to their homes. Sanitation & Hygiene is an important health determinant that we work on. 159,266 people benefitted.

Pulse Oximeters and IR thermometers placed with community-based volunteers helped 859 people.

We could provide Oxygen Concentrators to 126 patients through our partnership with Piramal Swasthaya & Pratham.

People from Appapada in the operational area of our Anandwadi Community Centre, were rendered homeless due a series of gas cylinder blasts. Our support through relief kits, post rapid assessment, benefitted 1092 people.

Campaigns

We reached out to **86,578 people** this year through our CKD & TB awareness and Satark Patients Rights campaigns.



World Health Day was observed through sessions on Satark, poster exhibitions and awareness in the communities we work in.



World TB Day and World Kidney Day were observed through a series of online and offline information sharing platforms and interaction with patients.

TB awareness was done during the Ganpati festival and CKD during the Navratri Festival through our collaboration with Pandals and also at Organizational events.

We have developed a compendium of 10-in -1 IEC (Information, Education, Awareness) materials mainly of health topics. We disseminate these to one-off contacts. Focused, issue-based health awareness on Cancer, Anemia etc. was also done. We reached out to **18,058 people** through this.



Summing up

We faced multiple challenges this year. But the support of many, many stakeholders, friends and most important the people we work with, reaffirmed that we all believe and are committed to making a difference in the lives of the people we work with, the RF(I)T way....

We mentored interns from Nirmala Niketan – College of Social Work Mumbai, Christ College Kerala and Centre for Life Long Learning – Tata Institute of Social Sciences Mumbai, during the year. The external evaluation of Community Centres concluded this year. The report is available on our website.

Our engagement with Volunteers from amongst the people we work with – 1,702 Women, 127 Youth and 50 Patients / family members and the ownership of our interventions by them is truly inspirational. The consistent efforts of our team to nurture the volunteer cadre is commendable. This reaffirms our belief that sustainability is not merely reduced dependence on material resources, it is beneficiaries believing in and contributing to working towards it.

With hope, belief, determination, renewed energy and enthusiasm we continue our journey with the resource poor in the urban slums of Mumbai

- Data in this report is cumulative / Unique numbers as applicable

