



**SASHAKT
FOUNDATION**
Empower Sustain Prosper

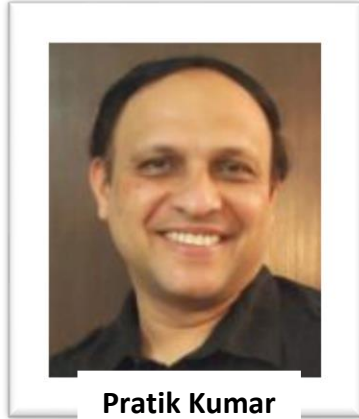


2016-17
ANNUAL REPORT

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Letter from Director



I am very excited to write this note as one of my dreams of setting up an NGO that would work on issues that I care for the most, has finally taken roots. Sashakt Foundation was established on 31st October 2016 after years of working in the social sector mainly for other organisations.

At Sashakt we believe that the human race and the natural habitat need to thrive together for mankind to lead better life in the long run. We believe in creating a future where people are empowered and Mother Nature strengthened because only together we can ensure benefits that are sustained. While the task looks enormous, we have to make a start somewhere. And that's why Sashakt Foundation has chosen to work in

two key areas: Adolescent Girls and Waste Management.

This year we started working on the issue of waste management in Ahmedabad based housing societies under its Sustainable Development mandate. In five housing societies we started experimenting and building our program content in the areas of running awareness campaigns for building community level awareness on the reason and merits of waste segregation and changing behaviors. Two bins were given to households for segregating their waste. We also started working with waste workers by training them and helping them raise their incomes.

The Adolescent girl program was initiated by developing a concept note that detailed the various steps in the program. Discussions were held with girls in community settings (slums and schools) of Delhi so that the content is appropriate for the target groups.

Consultancy as a vertical also took shape during the year as I reached out to other NGOs who could benefit from my inputs.

Needless to mention, there were many teething troubles as can be expected when an organization is started. Demonitisation happening barely a week into the formation of the NGO was not of much help either as charity could not get much attention in trying times. But we have no plans to give up and all the challenges eventually helped us to only emerge stronger.

We the team of Sashakt is looking forward for a bright year ahead where we can resolve or can suggest solution to some of the major problem faced by the society. We also keen to have partnership with various CSR and government projects to have an impactful sustainable development of society and environment.

Executive Summary

Being the first year of Sashakt, it faced many challenges in its initial periods. The basic requirement of any organization is do fund raising which became the biggest challenge for Sashakt mainly because of the demonetisation which was announced soon after the establishment of the organisation. It has been a roller coaster ride due to the varied type of challenges the organization faced. But, we strongly managed to establish it and move on to accomplish its mission.

During the year, Sashakt's spread its work in national capital, NCR and Ahmedabad. A major work undertaken was implementation of waste management in housing societies of Ahmedabad wherein, it reached to five different societies. On the other hand, the team intensively developed content and its materials for the adolescent girls programme. The consultancy branch of Sashakt also expanded in its area, a MOU was signed between Sashakt and Youth Football Club Rurka Kala.

In the coming year, Sashakt is looking forward to expand their waste management programmes in schools and waste workers as well of Ahmedabad and also other part of the country. The programme for holistic development of adolescent girls will be expanded in the communities of Delhi/ NCR to develop the underprivileged adolescents. Consultancy will also be expanded on both CSR and at individual level.

Waste Management



Sustainable development is the need of the hour. It is highly important for all the nations to attain the sustainable development goals. India being the second largest country in terms of population requires much more efforts to implement and achieve sustainable development goals. Waste management is one of the biggest problems which India is facing today where lack of awareness regarding the importance of waste management and how to practice it makes the situation worst. And so with this view to ensure sustainable development and well-being, Sashakt focuses on urban waste management solutions including waste segregation, collection, composting and recycling. The programme aims to be implemented in urban housing societies, communities and schools through structured curriculum. Educating children and adults, training of workers handling waste are major components of the programme. The organisation had successful one year (2016-2017) in implementing the waste management programme in housing societies at Ahmadabad. In the next two years, Sashakt plans to explore this program at different setups in multiple states of the nation.

Waste Management Programme in Ahmedabad

Sashakt's urban waste management programme emphasize on maximizing recycling and minimizing hazardous dumping which in turn will bring better economic returns, improving the health of people and the community around. The whole programme is built around the concept of building a sustainable atmosphere for the people to live in a healthy environment and building a safe and pleasant environment for the future generation. Sashakt's initiative involves a combined participatory approach of different institutions namely community and waste workers.

Over the last few months, Sashakt has initiated programmes in Ahmedabad in Housing societies on the following lines:

- Awareness campaigns – Building community level awareness on the reason and merits of waste segregation and changing behaviors.
- Waste segregation – Segregating waste at household level by providing two bins.
- Composting – Imparting the knowledge of composting technologies to society members and waste workers. Setting up mini composting equipment at societies.
- Working with waste workers – Provide livelihood opportunity to rag pickers and improving their



dignity. Providing them the required knowledge and training for the segregation of waste at the source level. Providing them uniforms and ID cards.

This programme was implemented the below mentioned societies of Ahmedabad:

1. Satya Triveni Co. Op. Housing Society, Ramdev Nagar, Ahmadabad
2. Sanskar Apartments, Ramdev Nagar, Ahmadabad
3. Shiv Ganga Bunglow, Ramdev Nagar, Ahmadabad
4. Orchid Wood, Makarba, Sarkhej, Ahmadabad
5. Shivam Priory, Makarba, Sarkhej, Ahmadabad

Our approaches

We practice participatory development approach where the community and waste management workers together learn various ways to have a sustainable waste management and how they have to coordinate with each other to achieve it. Sashakt facilitates the whole section through various content developed by the team which involves various interactive activities and active participation of all the participants.

Adolescent Girls Empowerment Programme



Adolescence is the period from puberty to legal adulthood which involves a transitional stage of physical and psychological human development. The period of adolescence is most closely associated with the teenage year, though its physical, psychological and cultural expression may begin earlier and later. It is a vulnerable period in one's life that's why it is essential to understand the factors that influence adolescent social, psychological and psychosocial development. These factors are meant for planning effective social service delivery systems to help adolescents survive many risks that threaten their well-being. Special care is required for adolescent girls as they go through many major physical, psychological and social changes. Some of the major issues which contribute to the vulnerability of these girls are as follows:-

- Lack of education
- Dropout
- Lack of proper knowledge about the changes occurs during the adolescent period.

- Pre-knowledge about menstruation
- Absences of health care and hygiene required during the time of menstruation.
- Restriction on the mobility and interaction of the girls.
- Gender inequality or gender based discrimination
- Gender violence
- Physical, verbal and sexual abuses
- Trafficking
- Less opportunity of employment mainly due to lack of desired skills and training.
- Early marriage and pregnancy

Adolescent girls face many such issues due to which they are unable to practice their human rights and are deprived of basic facilities, rights and entitlements. It is high time to focus on the development of adolescent girls as they are the important unit of society and their development will lead to the holistic development of the society.

Why adolescent girls?

When poverty is combined with discrimination, outcomes can be harsh on the lives of adolescent girls in particular. Of the 1.2 billion adolescents aged 10–19 years worldwide, 243 million, roughly 20% live in India. Yet, in India, there is very little work being done on adolescent's social, psychological, and psychosocial development and India does lack the type of policy which can focus on the holistic development of the adolescent girls. Study on Indian adolescents remains limited to fertility. Despite the Child Marriage Restraint Act of 1978, which sets the legal age at marriage for women at 18, almost one in three adolescents aged 15–19 was married in 1998–1999. Available data on adolescent reproductive health presented that Indian adolescent girls lack adequate control over making reproductive decisions. Hence we choose to work on the underprivileged adolescent girls with the aim of having an overall developed society where everyone lives in peace and harmony.

Our Work

In long term the program focuses on holistic development of girls both in school and out school from the bottom of the pyramid. There is curriculum being developed taking into consideration the various aspects of a girl's emotional, mental and physiological needs as she grows up. Under this programme, the adolescent girls are sensitized through activity-based sessions and sports. Here, sports act as a magnet which attracts children to take up these sessions and enlighten themselves. They are provided with training in football so that based on their performance, they could be further taken to different levels of football tournaments. On the other hand to hone their social skills, the issues which are being touched through activity based sessions are life skills, education, health, gender and gender based violence, leadership and employability and vocational skills. Life skills education will help them to inculcate life skills such as emotional building, emotion managements, assertiveness, etc. While delivering the health sessions, they are informed about the basic hygiene practices, menstrual hygiene management, good and bad touch, etc. While delivering these sessions, they are also made aware of the important acts and terms about which they should be completely cautious.

During this year, the team of Sashakt developed the content and activity based materials for smooth implementation of the programme on ground.



Consultancy

Consultancy is another branch of Sashakt Foundation. Sashakt is providing consultancy and mentoring to a number of other non-government organisation and corporate social responsibility of various big corporate houses. The areas of consultancy include strategic programme management, fund raising, communications, Monitoring and Evaluation etc. In the next two years, Sashakt plans to make this vertical a substantial one contributing to at least Rs. 50 lac revenue in the second year. The Founder has good understanding of various social sectors like Education, Health, Livelihoods, Nutrition, Water Sanitation, Sustainable Development, Youth Development, Sport for Development and Peace, etc. Sashakt is working as an incubator for many other Non- Government organizations. Some of the organizations being supported include Aakar Social Ventures, YFC Rurka Kalan, Teach for Green, Prayatna, Build a Class and Breakthrough (an NGO working on Gender issues) and SOIR-IM (Swedish Organisation for Individual Relief). They all are working in diverse fields namely Menstruation Hygiene, sport for development, environment, education etc.

Sashakt had MOU with Youth Football Club Rurka Kala (YFC). YFC is a Non Governmental Organization (NGO) is working with rural and underprivileged children and youth in Punjab in the field of sports, health, education, and community development, sports for development, skill development and gender equality. The MOU was undertaken for one year where Sashakt works for the overall growth of the organisation. The focus areas for the consultancy were Organizational Development, Monitoring & Evaluation, Research and Documentation, Communication, Fund Raising and Collaborations.

Above given are the broad areas under which various issues were targeted. Sashakt also conducted various individual level consultancy programmes in the year 2016-2017.