

NAVYUG FOUNDATION

(NON GOVERNMENT ORGANIZATION)

2016-2017

ANNUAL REPORT



**Navyug
Foundation**

Empowering for a better tomorrow, today

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ABOUT US

"Navyug Foundation" NGO registered in two provinces of India in Delhi (registered on May 28, 2015) and under Voluntary Social Welfare Organization. Registration under trust act state of registration Delhi Trust Act 1882.

Navyug Foundation is working for the last 7 years on issues like technical education, water Health care and income generation activities. We believe that all these are crucially linked and contribute towards overall fabric of our society.

The organization believes in efficiency and efficient use of local resources including human resources. In order to provide family planning services, to improve health status, raise literacy rate, enhance existing skills and introduce income generating activities.

Navyug Foundation avails the services of local resource persons. In addition to this organization gets support from district administration and line departments like education, health, family planning, social welfare.

VISION

Our vision is to create a self reliant, self confident and self aware society that helps themselves individually as well as collectively for the prosperity of human being.

MISSION

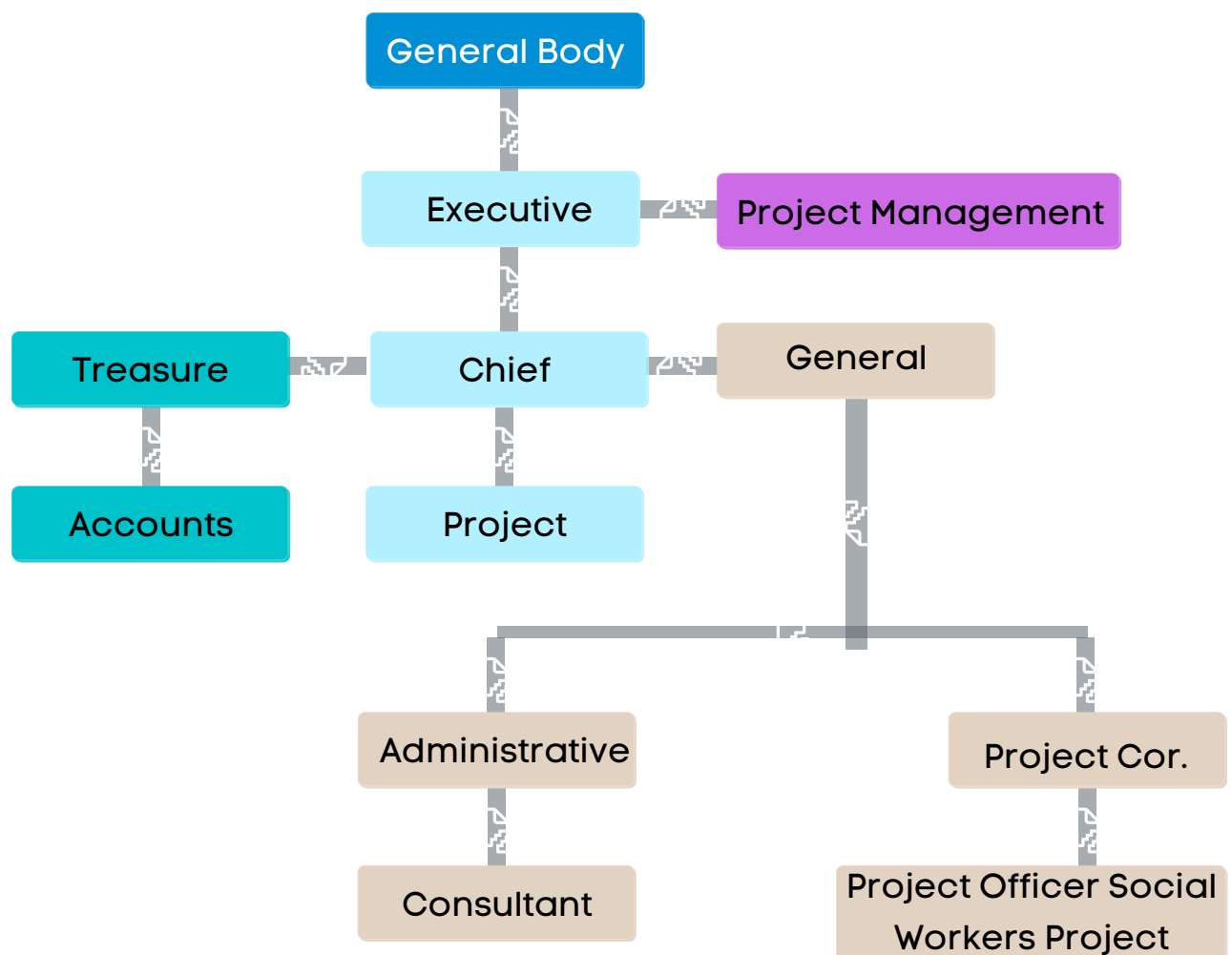
Our mission is to self empower the disadvantaged segment of community, including all men, women and children, through enhancing their skills and knowledge in education, health and socio economic solutions.

OBJECTIVES

- To create awareness among the communities for collective action.
- To motivate and mobilize the communities to participate in the socio economic development including family planning, health, education, Rural Water Supply and Sanitation (RWSS), vocational training and income generation activities.
- To assist the communities to eliminate social evils including narcotics.
- To raise literacy rate of the community.
- To provide equal opportunities to male and female members of the communities in skill development and disable care and rehabilitation.

EXECUTIVE BODY & MANAGEMENT

Jurisdiction & Tasks of Board & Management during 2016-17



AREAS OF SERVICES

- Capacity Building
- Health Care
- Educational

OBJECTIVES

- Vocational Training Center For Rural Areas
- Awareness Campaigns For Environment And Tree Plantation
- Sports Awareness Programs
- Legal Awareness Programs For Rural Areas
- Education Awareness Programs For Village Areas
- Personality Development
- Free Coaching Centre for underprivileged
- Career Counseling
- Life skills development activities
- Special Education
- Health Awareness and Health Checkup Camp



ACTIVITIES INFORMATION

Navyug Foundation's overall programme is considered "... conceptually and strategically brilliant in bringing together at the district level and in networks volunteer groups of citizens, activists, councilors, professionals and government officials... that give Navyug Foundation's program its vital political development energy. Few organizations in India or elsewhere achieve this.

Navyug Foundation is now a national organization with one of the largest district level networks of voluntary citizens groups and organizations based in the India. This network enables Navyug Foundation to move with speed throughout the country for advocacy for its causes and to assist women to solve their immediate problems at the district level.

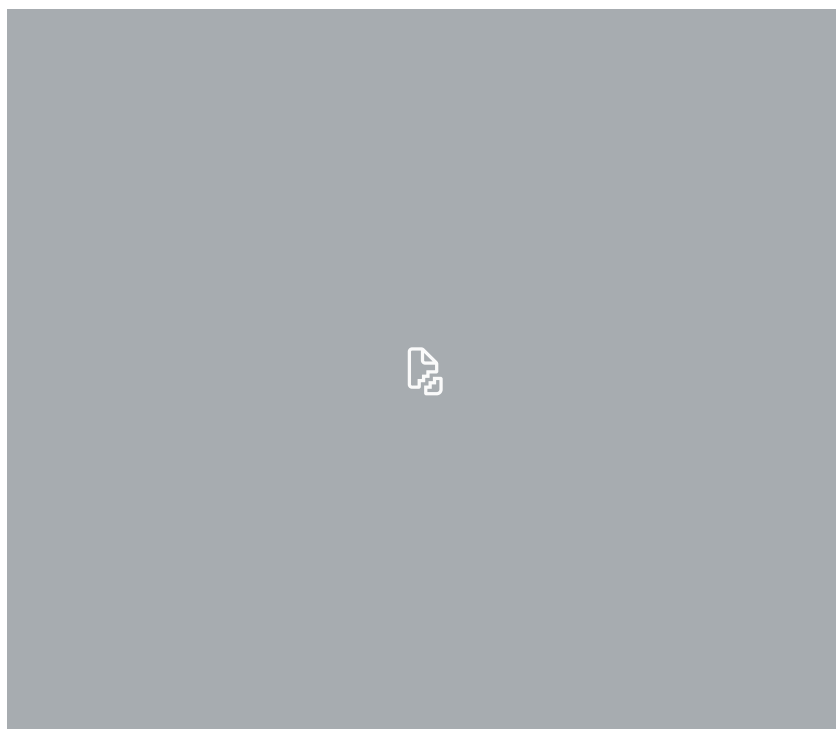
Navyug Foundation has had a very enriching experience being able to implement some very innovative projects that have brought recognition for the Foundation.

Over the last 7 years the work of Navyug Foundation has developed into an over-arching Programme for 'Strengthening Civil Society for Women's Participation in Governance in India'. This Programme is operationalised by the key Programmes of the Foundation:

- **The Information Programme for Grassroots Organization and Action by Women**
- **The Programme for Strengthening Citizens' for Advocacy and Action for Women**
- **The Programme for Affirmative Legislation and Policies for Women Health programmer for Rural Areas.**

PERSONAL SAFETY EDUCATION

Personal Safety Education (PSE) is Navyug Foundation's key project and aims at enabling and empowering children within schools, institutions and through workshop mode with information & skills in order to prevent the risk of sexual abuse. The PSE project also inculcates skills for seeking help and reporting cases of attempted and/or continued sexual abuse to trusted adults. Children who report cases of attempted and continued sexual abuse are provided with psycho therapeutic support to facilitate their healing process.



The PSE project also involves awareness building and skill enhancement of adults like parents, teachers and institutional caretakers who are the primary stakeholders and caregivers in a child's life. These stakeholders are empowered with adequate information and skills with regard to child sexual abuse so that they can create strong safety and support networks around children in their respective environments. While children and their

primary stakeholders are empowered, Navyug Foundation also constantly advocates with the school and NGO management to make systemic level changes within their current infrastructure, programmes, systems, policies etc. in order to sustain the social impact of PSE.

Personal Safety Education (PSE) project is conducted currently within private, semi-private, and government schools wherein children and their primary caregivers like parents, teachers, school authorities are targeted. Apart from conducting the PSE module, Navyug Foundation also advocates for the institutionalization of the PSE curriculum within the existing school system and motivates

the senior management of the school to develop and/ strengthen the existing child protection policies and systems within their environment.

HEALTH CARE

We Are Navyug Foundation an NGO dedicated to being an end-to-end community based solutions provider and a public-private partnership enabler in areas of health, education and livelihood for vulnerable and at-risk communities.

We are currently working with children and families at-risk in Delhi and Bihar, providing them with an environment that helps them learn and mainstream into schools and livelihood opportunities. This is being done via homes, community centers and community based programs run by experts and volunteers who generously give their time and effort to help build a sustainable future for these children and their families.

Smiles, unrestrained laughter and hope are what drive us at Navyug Foundation. Today, our children and families have hope. Hope that they can integrate in to society. Hope that they can learn and find good jobs. Hope that they can live good, meaningful lives.

COMMUNITY HEALTH CARE

Lack of access to safe drinking water is a major cause of ill health and loss of productivity in impoverished rural communities. It is also the principal cause of life-threatening diseases among infants and children. Access to safe drinking water and



a healthy living environment are overarching goals that shape Navyug Foundation health development programmes. Navyug Foundation works with government Primary Health Centres and follows a threefold approach, which includes preventive, promotive and curative health care services leveraging traditional knowledge in medicines and health practices.

NEW INNOVATION OF ACCUSTER TECHNOLOGY

Innovative Solution Lab on Wheels NAVYUG FOUNDATION believes in creating awareness about prevention of diseases in every nook and corner of a city or village. Due to lack of diagnostic facilities in villages NAVYUG FOUNDATION came with a new invention "LAB ON WHEELS".

Mobile lab in ambulance ensures quality basic healthcare services at very affordable cost to everyone.

Mobile portable lab useful for Ambulance, 108 service, Medical Camp, Army, Railways, Corporate Houses, etc. Mobile lab is already being made, which is first for it's kind. Mobile Lab is equipped with Accurate ALL (Smart Blood Analyzer), Micro Centrifuge, Small Incubator, Power

Backup, Micro Pipette, Micro Tips Stand, Cuvette Stands and all other small accessories.



SEMINAR ON HEALTH EDUCATION (YOGA)

Health Fitness Training through Yoga. We had chosen Yoga because Gyms, Tablets and Doctor's prescription are not lasting and healthy process for the healthy future. So, we provide this training to students because if in starting of their life, they choose Yoga option to be fit and healthy so it will be beneficial for them in future also.

In seminar we involved expert yoga trainer and Homeopathic Doctors to provide training to students and teachers as well. They include Yoga lesson planning, techniques to teach Yoga poses, Pranayama, Meditation, Mantras, Teaching techniques include correcting yoga poses, assisting, encouraging, caring and guiding the progress of students in yoga. Yoga training Program also includes ethical and moral guidelines for Yoga to students and audience also.

For the students, trainers include Meditation most in training with its uses and benefits like they explained:

1. Improved concentration – A clear mind makes you more productive, especially in creative disciplines like writing.
2. Less bothered by little things It is the nature of the mind to magnify small things into serious problems. Meditation helps us detach. We learn to live in the here and now, rather than worrying about the past or future. We do not worry about meaningless things, but see the bigger picture.
3. Better Health – There have been numerous studies pointing to the health benefits of meditation. The reason is that meditation reduces stress levels and alleviates anxiety. If we can reduce stress, many health benefits follow.
4. Knowledge of Self – Meditation enables us to have a deeper understanding of our inner self. Through meditation we can gain a better understanding of our life's purpose.



EDUCATIONAL PROGRAM

To enable people to move out of their underprivileged status, we shall have to create opportunities for them to be educated. Poverty and backwardness can be reduced through the spread of education. The level of illiteracy is still high and it will remain in that dismal state unless the civil society makes sincere efforts for making more people literate.

We provide both formal and informal education according to their needs. Our efforts in educating the underprivileged have been successful. In order to make this success sustainable, we shall have to put more emphasis and continue to work in this area in future years. Education is one of the areas that are on top of our agenda. During the year under review we put considerable emphasis on providing quality education to children of all communities – especially those belonging to underprivileged, SC/ST communities and weaker section of the society where educational facilities are most inadequate.

We organized literacy-training camps in August and December 2017 in rural areas for creating awareness about the importance of education. We distributed books and stationery to the children. We motivated their parents to ensure that their children – especially the girl children – study in schools.

PROGRAMME ON HEALTH CARE

India is one of those countries where the individual incurs the largest out-of-pocket expenses on health as a percentage of private expenditure on health. The current situation of high preference for private facility and lack of adequate insurance mechanism along with insufficient government facility is likely to imply that the poor in India will bear the brunt of higher healthcare costs.

The voluntary sector is now emerging as an effective healthcare provider for the underprivileged. With our limited resources we try to provide basic healthcare services to the poor living in urban slums where poor people live and where hardly any government healthcare facilities reach/Through our healthcare program we provide a variety of healthcare services to the underprivileged people living in rural areas and urban slums.

We hold regular medical check-up camps and detected the following common ailments -

- High blood pressure.
- Stomach/liver ailments due to malnutrition, consumption of poor quality food and excessive alcohol.
- Breathing ailments due to smoking and tobacco consumption.
- Dental problems due to poor hygiene and gutka chewing.
- Occupational hazards such as lungs problems in rickshaw pullers, cervical spondylitis.



HIV/AIDS AWARENESS PROGRAMME

INTRODUCTION

AWARENESS HIV/AIDS AWARENESS GENERATION CAMPS ON HIV/AIDS:-

During the year under report an awareness generation camps on HIV/AIDS were organized in of District- Purnea to aware the people about precautionary measures to



check the HIV/AIDS effects. More than 500 people both man and woman participated in these camps. Health's checkup arrangements were also done in these camps.

"It is estimated that by the end of 20th century there

were 40 million people infected with HIV all over the world and India has been leading with highest number of cases (ranging from 10-20 million). We may not be infected but will definitely be affected indirectly by it. Hence it is a duty of every citizen of India to have detailed knowledge about this disease".

Due to lack of knowledge about AIDS people have fear in their mind against the victims of this disease. Because of fear of social boycott, AIDS patients and their relatives hide their HIV status. Many doctors (due to fear of getting infection) also refuse to treat these patients. There is danger of AIDS for everybody and only thing that can save us is to be completely informed.

"AIDS, DIFFICULT TO GET, IMPOSSIBLE TO CURE BUT, EASY TO PREVENT"

AIDS is

Acquired – must do something to contract

Immune – ability to fight off infectious agents

Deficiency – lack of

Syndrome – cluster of symptoms that are Characteristic for a disease

HIV is:

Human – isolated to the human species

Immuno – Deficiency – Lacking the ability to fight off infectious agents

Virus – a disease causing agent

FAMILY LIFE EDUCATION

Swasthgram has organized Family life education awareness program. The program implemented with the support & cooperation of community people and local NGOs, who extend their supportive hands for successful completion of the program, the society invited prominent sociologist, psychologist, doctors and lawyers to aware and guidance people to living together with proper family adjustment. The Speakers also discuss various topics related to orientation of youth for promotion of family and societal development, community actions against dowry torture, sexual harassment, legal rights both male and female, Hindu marriage Act, And other rule and regulation related to family life. The participants also discuss their family disputes and solution to the Speakers.

Preventive

Navyug Foundation couples the establishment of sanitation infrastructure with school & community based hygiene education programmes. Children that adopt hygienic practices encourage their parents to do the same. Additionally, children who are raised using toilets are comfortable with this practice and help to influence the sanitary practices in the community.



Promotive

In order to ensure that communities can access government health services, Navyug Foundation organizes health camps in cooperation with the staff from the village's primary health centre and other village level health staff in remote regions. As malaria is endemic in many areas of the state, Navyug Foundation prioritizes measures against this disease. For example, health committees distribute mosquito nets, promote early blood testing to prevent death, establish drug distribution centres, chlorinate wells and advertise government treatment programmes. Navyug Foundation also facilitates government health programs for maternal health care and for immunization through the Pulse Polio campaign. Health Committees in villages also push government officials to provide regular basic health services.



Legal Awareness Rural Areas

Legal awareness and legal literacy lie at the base of any effort toward legal empowerment. Critical knowledge of legal provisions and processes, coupled with the skills to use this knowledge to realize rights and entitlements will empower people to demand justice, accountability and effective remedies at all levels. Navyug Foundation produces a wide range of legal literacy materials, conducts legal awareness workshops for activists and the community, and also trains state functionaries on legal provisions and procedure.

Navyug Foundation organizes legal awareness programmes for adolescent women and Men's in Delhi. We have well developed training modules on a wide range of laws and issues to make the process of understanding the law easy and enjoyable.

Environment Awareness

Environment, the physical and biological factors along with their chemical interactions that affect an organism, Environment , the surroundings of a physical system that may interact with the system by exchanging mass, energy, or other properties. As our lifestyles become more 'developed' by the day, so does the damage we do to the environment. Our every move, from watching television, to working at a computer, to taking a flight to our favorite holiday destination harms the environment in one way or the other. Air and water pollution levels are increasing all-over world day by day.

Available information shows that more than 700.00 children under five die from diarrhea in India alone. Never before has the need to use alternative resources, such as wind, solar and natural sources of energy been so high. " Navyug Foundation" is committed to promote, encourage and run the programmes to protect the environment and to develop the other sources of energy.



*Create a definite plan for carrying out your
desire and begin at once, whether you are ready
or not, to put this plan into action.*

- Napoleon Hill



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THANK YOU!

ANY QUESTIONS?

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