

ANNUAL REPORT 2014-2015



PARIVARTAN SANDESH FOUNDATION

Report Includes the Content:-



Thanks word from Mr. Mukesh Garg (Secretary) TO OUR PATRONS



Brief Report ABOUT US



Fields of PSF WORK AREA & IMPACT



Progress of Initiatives for EDUCATION & SCHOOLS



Progress of Initiatives for HEALTH & SURVIVAL



Progress of Initiatives for VOCATIONAL SKILLS DEVELOPMENT



Progress of Initiatives for SOCIAL CAUSES & EMERGENCY RESPONSE



Progress of PSF CAMPAIGNS



Financials for YEAR 2014-2015

TO OUR PATRONS

The time has come again to give words to success we achieve and struggle we face during 2014-2015 at PSF. Year 2014-2015 was left the impact as a year of momentous changes for our organization. We felt need to think out of the box and start managing our problems in a constructive way which will lead to a new era of success and prosperity. We develop new vision plan, expand ourselves to offer helping hand to deprived people.

PSF is a grassroot NGO that is committed to developing a better society by making a significant and distinctive contribution at regional and provincial levels through active grassroots involvement in improving; the condition of under privileged people with the safety, security and health care. These commitments are expressed through various Programmes, lobbying for positive changes, capacity building, education and empowerment to facilitate the vulnerable community with the chances to survive with dignity and save their life from social hazards.

To assist social development we work in diverse fields which are the main components of a society to grow and strengthen socio-economic condition of a nation. Most importantly, we work to ensure right to education, quality health services and empowering deprived and marginalized youth with skills to have better livelihood options. We come forward with the utmost sincerity and innovative techniques to help people during natural disaster & for awareness of social issues, because we believe that awareness are the first & most effective way to fight with social issues.

On behalf of PSF's Trustees, Members, Staff & Volunteers, I would like to thank our respective Supporters & Donors to give us strength & support to carryout the activities and assure them that PSF even further in the future will lead to the regeneration of society

Secretary:- Mr. Mukesh Garg

“About Us”

Parivartan Sandesh Foundation (PSF) is a charity organization registered in Delhi. Organization is working for the betterment and development of deprived and marginalized population through promoting various programs in India to ensure right to education, access to health services, empowering adolescents through Vocational Skills to have better livelihood chances & spreading awareness of social issues.

Our Core values



Results – We ensure results in the work we undertake in accordance with the goals and Orientation Objectives.

Excellenc – We hold ourselves to high standards of performance and strive to exceed goals.

Donor Focus – We understand what the client needs and go the extra mile to serve it.

Diversity – We respect personal differences and values and seek inclusion and participation of everyone.

“PSF Work Area”

We work in diverse fields which are the main components of a society to grow and strengthen socio- economic condition of a nation. We work in major areas that ensure right to education, quality health services, empowering deprived and marginalized youth with skills to have better livelihood options. We come forward with the utmost sincerity and innovative techniques to help people during natural disaster & for awareness of social issues, because we believe that awareness are the first & most effective way to fight with social issues.

PSF is meticulously initiating several programs across urban slums of the country. Our work can be broadly classified into 4 major fields:

- 1. Education & Schools**
- 2. Health & Survival**
- 3. Vocational Skills Development**
- 4. Other Social Causes & Emergency Response**

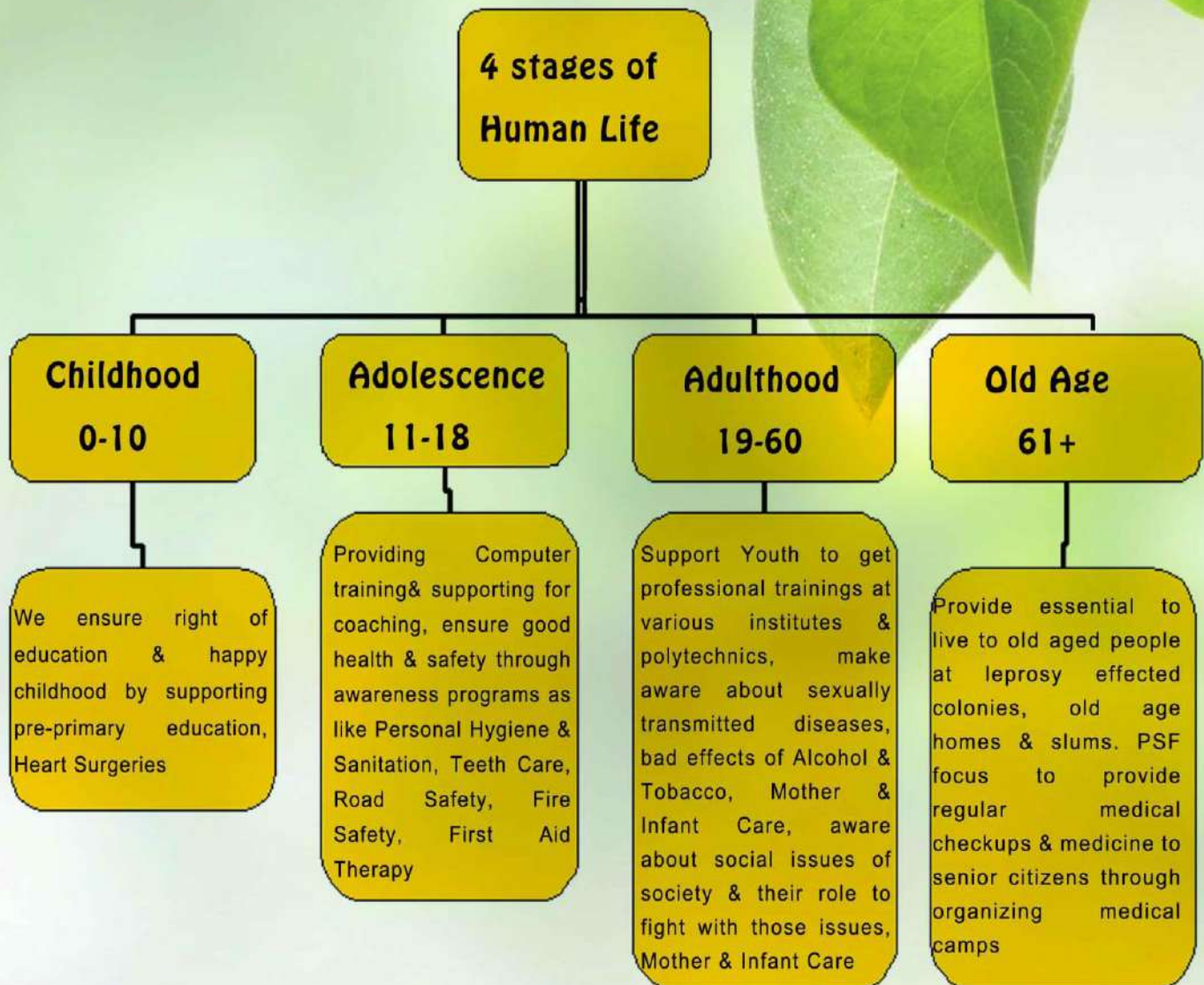


Our objectives deserve to be the focus of our attention because these are the inter-related fields. Their easy access & awareness about their importance is only way to make a sustainable and impact full difference among the beneficiaries population.

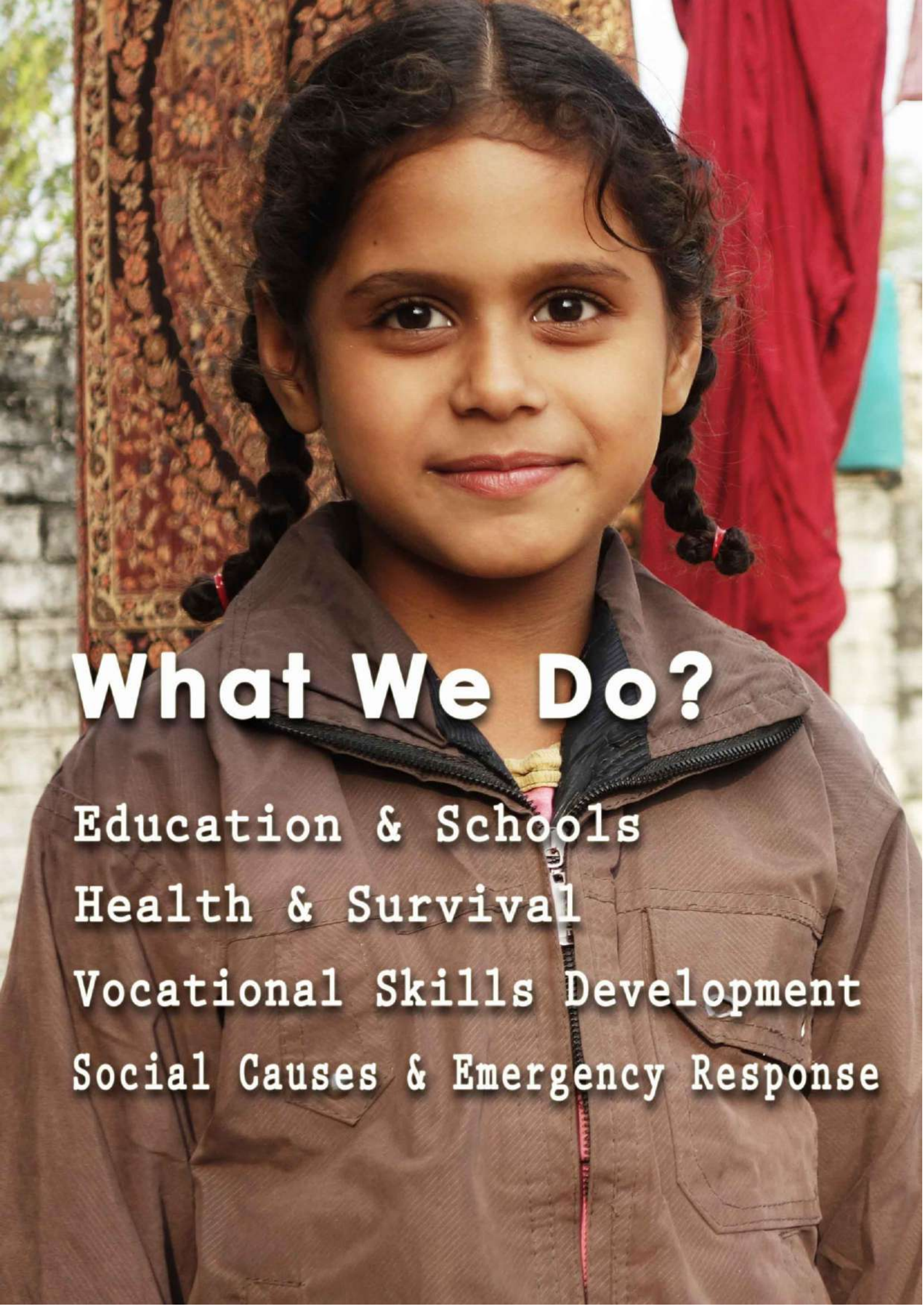
The ultimate aim of our organization is to help and motivate those who have ambition to live life with dignity, respect, love and commitment, with a thought to not deliver charity but to empower them to have a better living standard and a dignified life created by their own.

Impact of PSF Initiatives upon Poverty Stricken Population

From past years our initiatives achieve great success through their impact upon under privileged people & improvement of society. We are supporting human lives at every platform of their lives from childhood to old age through various programs.



This year we launch new projects to expand the impact of our initiatives and to reach maximum needy people. Support for education, health, empowerment are the basic requirement of every poor family and these are focus points of our each initiative



What We Do?

Education & Schools

Health & Survival

Vocational Skills Development

Social Causes & Emergency Response

HELPING HAND FOR EDUCATION & SCHOOLS



We believe that an Education is the most effective way for individuals to improve their own lives because Education is the process to transfer learning, Knowledge, skills, values, beliefs, and habits from one person to another through storytelling, discussion, teaching, training, or research. A person becomes perfect with education as he is not only gaining something from it, but also contributing to the growth of a nation.

Education expands the vision, outlook and capability to fight ignorance, injustice, corruption, violence, disparity and communalism, the greatest hazards to the progress of the nation. Education is not only important to reduce the poverty but it is also a key of healthy & respectful living. The miserable conditions of poverty & other social causes can only be fought if we educate the downtrodden.

Nearly one billion of the worlds' estimated 6.7 billion people are on the move. That means one in seven people are a migrant. This information published in Human Development Report 2009 gives a picture that numbers involved in migration are large and growing.

From 2011 till 2015, PSF closely worked for education & school to downtrodden, migrated families through initiating various projects as like:-

OUR PATH TO PROGRESS: - About 2500 children from migrated families get support for pre-primary education, coaching classes at Maharashtra, Chennai & Delhi during the period April-2011 to March-2014

PREPARING FOR SCHOOL: - The project started in 2011 with aim to provide pre-primary education with mid-day meal to children up to 3 year to 5 years at leprosy effected colonies at Delhi. From April 2011- March-2014, 1500 children get Pre- Primary education for strong foundations of their educational journey

ENERGIZING EDUCATION:- Project designed to support essential requirements of poor students weather it is for stationery, lunch box, water bottle, school bag, books etc. Under the project we reach about 1, 50,000 children.

SWACHH JAL APNE HAATH, SWACHH BHOJAN APNE SAATH:- Project starta in april-2012 to provide lunch boxes and water bottels to students at MCD chools & Slums located scholl to maintain hygiene.

In past year we continued our journey to extend our projects area's to reach more and more children's & to support their educational growth.

OUR PATH TO PROGRESS

OUR PATH TO PROGRESS is to facilitate the migrant children for Education with Moral & Social awareness. This project is situated at Navi Mumbai & designed with a vision to support the migrant children in two ways:-

Access to education at destination-

Most of the migrant families are regular migrant who live half of the year at worksite. There are also others who may be migrating on every alternate year depending upon livelihood conditions. These families could not enroll their children in to school due to Not having any document to be present in the state & due to unexpected schedule to move other state. These children who were too young remains near by the mother & who are above the age of 10 year either engaged as non paid child labours or lowly paid workers. Thus, the children of migrant households get into the unorganized labour market from an early age and get excluded from education, child Protection, nutrition, child development and participation opportunities.

Our volunteers enrolled these children at our day center to provide day care services to children under the age of 3 years. Volunteers daily organized educational sessions according to Primary education module with moral & social education to Children above of 3 years age



Helping hand to education- Along with moving migrant families, many families permanently settled from villages to metro cities in search of livelihood chances for their families. Most of the men are employed in cities as daily wage earners at industries, societies & wholesale markets.

The worst sufferers from these families are children. They enrolled in school but poverty, hunger and sickness effects their study every day. Due to living under unhygienic conditions most of the time they fall sick with skin infections, malaria, fever, stomach infections etc. This left them behind in education than other students. To control this situation our center is providing free coaching classes with basic computer knowledge and awareness sessions for hygiene & sanitation also conduct on regular basis at the center.

PREPAIRING FOR SCHOOL

Early childhood is a crucial stage of life in terms of a child's physical, intellectual, emotional and social development. Growth of mental and physical abilities progress at an astounding rate and a very high proportion of learning take place from birth to age six. It is a time when children particularly need high quality personal care and learning experiences. According to a study, more than 30% of educational funds are allocated towards higher education, leaving the Primary Education in sway.

With this in mind, PSF working to provide positive early learning experiences to children up to 5 years old through Pre-Primary School by the name St. Teresa Missionary School, Gandhi Kusth Rog Samiti Seema Puri, New Delhi. School is helping in building their intellectual, social and emotional development which is laying the foundation of their later school success.



Volunteers of PSF focus to organize playful learning activities for children. Play is multi-faceted & helps children to learn relationship, social skills, develop values and ethics, Play should always be considered an essential part of a child's early education.



ENERGIZING EDUCATION



Every month over 20000 children and adolescents were keep involved in awareness activities organized at schools to aware the children & adolescents about social issues as like importance of Hygiene & Sanitation, Personal hygiene, Bad Effects of Junk food & good values of home made food, Fire Safety, road Safety, difference between Bad touch & good touch, Basic first Aid steps for minor accidental emergencies. These measures and gestures provide with sense of security & safety to be able to fight & to secure themselves from social issues & emergencies with their knowledge.



Along with awareness many other activities organize to make the events enjoyable & playful with dancing competition, drawing competition, singing competition with healthy eatables & drinks for every child.

Through the events PSF distribute school bags, notebooks, books and stationery to needy children at schools in slums so that lack of such items should not hinder their schooling.

ADOPT A CHILD FOR EDUCATIONAL AID



PSF is dedicated in to providing opportunity for poor students around the India through educational scholarships. We always gave preference to support deserving children for their education in every manner weather it is for school fee or learning material. We also sponsor different schools running at slums for required items to facilitate the students in proper manner.

PSF worked as pipeline in between donor & the students. We verify the financial & educational status of students & appeal to donors to adopt the child for education fee as per their convenience directly to school or through PSF if the donor required Tax Receipt under 80G. We are

“Swachh Jal Apne Haath, Swachh Bhojan Apne Saath”



With the increasing health risks and diseases, it has become a necessity to stay as hygienic as possible. Most of the recently heard diseases like bird flu and swine flu are a result of lack of hygiene only.

Hygiene is a habit and it has to be inculcated and put to practice at an early age as the children are the most susceptible to hygiene-related disorders like skin issues, rashes, infections, wounds, etc and because of this, they require utmost attention and awareness on the same. Hygiene is not merely restricted to the personal hygiene of children but their surroundings as well.

Basic practices related to health and hygiene practiced in schools contributes significantly in improving the overall health of the students and in turn prepares them to be a civilized and responsible citizen of the country in future.

Under the campaign “Swachh Jal Apne Haath, Swachh Bhojan Apne Saath”, PSF conducts a series of activities with MCD & slums located school's to promote awareness and build capacities of the students to maintain basic health, hygiene, and sanitation at the school level. Our volunteers taught the students what to avoid and how a few precautionary measures can help prevent infections and diseases and also help with increasing attendance rate at school.

Apart from imparting information to students about the importance of hygiene, we also distribute water bottles and lunch boxes to the students as it is often seen that children from slums usually carry their food in plastic bags & wrapped in newspaper, they even consume water from school water tanks which is not at all safe. Through this initiative, we assured that these children carry their food and water in the given lunch boxes and bottles so that they can avoid to consume anything harmful and contaminated.

This project was launched in 2012 and till March 2015 fPSF reach about 2,75,000 children and people to provide lunch box and water bottle & to build awareness to mobilize the need about the cautiousness required to have a hearty lifestyle that may be further passed on to the coming generations.





INITIATIVES FOR HEALTH & SURVIVAL

"Health is wealth" is a very common saying to describe the importance of good health. If health is lost, everything is lost; the capacity to work is lost and inability to work leads to poverty and misery. Therefore good health is one of the basic foundations on which our lives are built. It is therefore essential that we should try to acquire good health. India faces high burden of disease because the lack of environmental sanitation, safe drinking water, malnutrition, poor living conditions and limited access to preventive and curative



health services, lack of education, gender inequality and explosive growth of population contribute to increasing burden of disease. Expenditure on health by the Government is not viewed as an investment but rather as a dead loss. In addition the gap in health between rich and poor remains very wide and addressing this problem, both between countries and within countries, constitutes one of the greatest challenges of the new century.





Knowing of importance of good health in the growth of developing country as like India, PSF is grappling to improve the condition of Health & Survival for poor pupil through various Projects as like:-

HEART ENERGIZE:- Project started in 2011 to support surgeries of children suffering with Congenital Heart Defects. From 2011 to March-2014, 35 children successfully under go by implantation of device enclosure.

FIGHTING WITH EARLY PUBERTY: - Project is bring into operation to support poor girls suffering with early puberty disorder from last 3 years PSF supporting 5 girls for monthly treatment to control their growth.

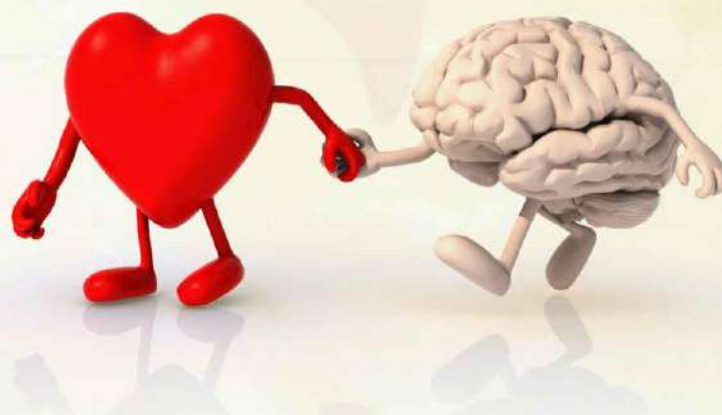
EDUCATING HEALTH AWARENESS: - We believe that awareness is the key to unlock the solutions for most of social & health issues, with this in mind PSF every month organized health awareness activities & during 2011 to March-2015 awared about 2,50,000 people about precaution of preventable health problems.

HEALTH FOR ALL:- With association of QUEST DIAGNOSTICS in April-2014 a Mobile Dispensary launched by PSF to provide free Primary health consultation from MBBS Doctor with medicines at slums. Project starts with prime focus to benefir children, women and senior citizens. Moble units visits 4 differnt location in a week and about 100 to 120 people get benift of the project in single visit.

We realized that our projects need to be continued further because the sufferer are too much then our limit. To see the required result, we need to take further our Health Initiative in coming year too.

HEART ENERGIZE

Major portion of Indian population resides at slums where they live in improper hygiene & sanitation. Most of the slums are developed near by the industrial location to gain the chances to earn the living near by. Existence of industry too near also affects the other residents of the slums mainly the pregnant women & infants.



Each year about 150,000 babies are born with congenital birth defects ranging from mild to life threatening & the leading cause of death in the first five years of life which is often the result poor environmental factors, poor diet & medication during pregnancy and delivery at home. Lack of financial resources & limited access to government dispensaries affects the pregnant women & infants during pregnancy period & at the delivery held at home with un-hygienic medical tools & untrained midwifery.

April-2014 to March-2015, PSF supported 8 children to under go by Implantation of Device Closure for Patent Ductus Arteriosus (PDA) defect, Ventricular Septal Defect (VSD) Atrioventricular canal (AVC or AV canal) from age group of 1 to 10 years at G. B Pant Hospital, New Delhi.

HEALTH FOR ALL

In India about 77 percent of the country's population is settled in villages, rural areas & slums, In spite of the fact that relatively large proportions of resources have been deployed for the medical and health care in urban areas, the people living in urban slums and the urban poor have been largely neglected.

Environmental sanitation is poor in rural areas and urban slums; less than 10 percent of the rural population has sanitation facilities. They are the victims of poverty and disease, and are socio culturally maladjusted to urban life. They need specific health care programme.



In April-2014 , Parivartan Sandesh Foundation start-up a project to provide an absolute caring approach by delivering extensive primary health care services through MOBILE DISPENSARY UNIT to the most dispossessed and impoverished communities who doesn't have a stable living and their socio-economic conditions doesn't allow them to have a proper access to a regular medical provider. Our Mobile health care dispensary reaches the most poverty-stricken slums of Delhi, aiming to offer a continuous care with our designated OPD cards having all the medical records of the patients.

Mobile Health Care Unit facilitates slums of Delhi, where people suffer from the inadequacy and inaccessibility of primary healthcare services. We seek to invest in health care to promote social well-being among entire population with our continuous efforts to expand our social coverage in areas where the need is the most for overall growth and development of self and the nation.

We offer a complete primary health care care for all ages that includes infants, teens, adults & senior citizens with prime focus for services to children , women and senior citizen by facilitating a broad range of free OPD consultation, awareness and referral by our experienced MBBS doctor without any consultation charges & medicine charges.



Parivartan Sandesh Foundation takes this opportunity of helping the needy community as its major goal and privilege for us to be a part of somebody's life who merely wants a little support and hope to have an improved and healthy lifestyle. It becomes an honor when an old person or mother compliments our team members that they are finding themselves healthy after availing our medical services and in turn boosts up our energy levels to serve them better.

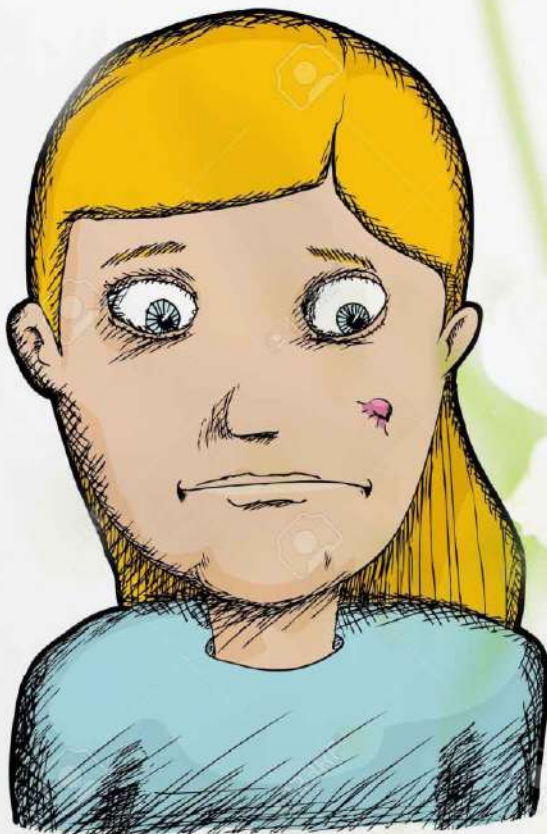
Mobile Health Care Unit provides services 4 days a week in different locations & cover approx 100 -120 patients on every visit. About 1, 25,000 patients get benefit under this project in April 2014- March - 2015. We are very thankful to Dr. S.K Gupta & Mrs. Meenakshi Gupta to serve the society & to make our project operational to get the desired results. Realizing the need of this kind of health service, PSF planned to expend the operational area & units at other Metro cities.

FIGHTING WITH EARLY PUBERTY

Central Precocious Puberty Disorder a stage when a girl's body begins changing into an adult too early. To control the unnatural growth they have to take injections to balance the hormones as per suggested by Doctor. This treatment is required to continue till the age of 14 -15 but dose & gape in doses can be change according the stage of hormones.



The girls suffering with puberty disorder required more attention & focus of family and guardians because physical they looks like an adult female but mentally they are only of their actual age. This rare combination can easily make them victim of Sex Abuse. We cannot even imagine the stress level of their parents which they face every single second for safety of their daughters.



Parivartan Sandesh Foundation has adopted the treatment of 5 girls till the time they reach to 14th or 15th year of their age.



EDUCATING HEALTH AWARENESS



Health awareness is a comprehensive understanding of health. Every normal person need to know this to take care of their "SELF". This responsibility also extends to the families, societies, countries and the world.

Thinking of people, health consists of a complete state of physical, social, and mental well being. Health permits people to lead an individually, socially and economically productive life. Health awareness is the basic concept of living a healthy life that makes sure that you do not get sick and are able to live a best life style.

1 It can provide every one freedom from all diseases.

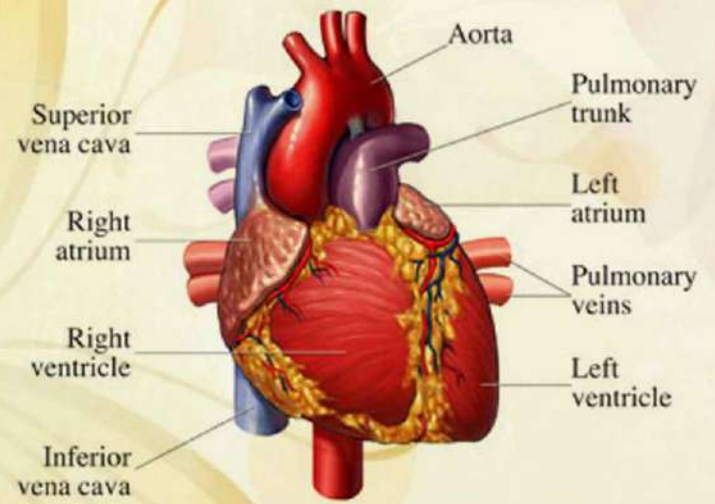
2 It can provide sound mental and physical state to live best life.

3 It helps to choose health care option.

4 According to the World Health Organization (WHO) report, health awareness is a fundamental human right.



PSF reach 75000 people in 2014-2015 by various awareness event at schools, markets, shopping mall, collages & business center to aware children, youth & parents about Teeth Care, Prevention of stomach infections, Malaria, HIV Aids, Breast Cancer, Primary First Aid education, bad effects of alcohol, smoking & tobacco.





Initiatives for Vocational Skills Development



Vocational Skills Development can be defined as the practical training of a particular occupation to get employment. Vocational Skills is also known as career and technical education. It prepares people for specific trades, crafts and careers at various levels in all spheres of life. Vocational education is primarily non-academic in nature and offers practical training and skills needed to pursue an occupation straightaway. It provides people with courses directly aligned to land a job in a chosen profession or a skilled trade. The end result of vocational education is to enable an individual to attain self-employment.



India suffers from a chronic unemployment rate especially among the youth .The widely spread unemployment exists among all the sections of our society but it is much more peculiar among the poverty ridden families where they are not having access to education and other basic necessities of life. The adverse situations they are undergoing seem to be augmenting each passing day and becoming worse for them to survive in an environment where prices for all the commodities are rapidly increasing but their income remains stagnant or sometimes its merely worth surviving.

PSF actively managing chances to make the poor girls, boys, women skilled through various projects as like:-

FILLING SKILL: - Project is implementing to support Technical trainings or professional training for students at various polytechnics and institutes till March-2014, 20 students get benefit of this project



SPREADING DIGNITY: - Project focused to skilled the poor girls and boys equip with good communication ability through call center training with personal grooming classes. During last 4 years PSF achieve success to train 550 girls or boys make them self reliant.



SAMARTH SCHOLARSHIP PROGRAM: - Till March-2014 PSF support 10 girls to get professional training at various institutes.



सक्षम नारी, सशक्त समाज :- Project started in April-2014 with the aim to provide Tailoring Skills to poor girls & women with stipend. PSF provides all the required material needed for taining at the center till March-2015, 80 girls or women get trained.

Filling Skills

The situation where a family is not sufficient enough to earn its bread and to fulfill their key requirements, the role of vocational trainings overcomes as first step to ensure living of the family & delivery of trained people to industry too. Equipping

Many underprivileged youngsters have willingness to improve their family conditions with their hard work but they cannot afford the technical or professional training. Poverty plays a key role in taking



unemployed youth with practical knowledge and social skills increase the chances to be self dependent and act as a helping hand and support of the family and this is the best solution to fight with unemployment among under-privileged youth.

away this opportunity from them or most of the times they drop out of schools and take up odd jobs as child laborers to support their family financially.

PSF supports and promotes vocational training equally. With our support 20 candidates get technical training in the field of Mobile Repairing, Computer accountancy & Printing media in the year 2014-2015. Now they are a contributing hand in improvement of society and their families survival condition too.

Spreading Dignity



India is a society where the male is greatly revered. Therefore women, especially the young girls, get very little respect and standing in this country. Primary they have to perform all household work & to take care of children & other family members, their personal care does not exist at any point.

This creates a major problem with malnutrition, especially for pregnant or nursing women. Very few women seek medical care while pregnant because it is thought of as a temporary condition. This is one main reason why India's maternal and infant mortality rates are so high. Starting from birth, girls do not receive as much care and commitment from their parents and society as a boy would.

We work closely to empower the women & girls to make them self reliant through vocational training programs for Basic Computer Course, Communication Skills Development.

Once they undergo the training, they can qualify to work at call centers, export houses and also capable to work from home. The training given to women further leads to gender equality where women feel empowered and motivated to equally stand by their family just like a male member by financially supporting the family.

सक्षम नारी सशक्त समाज



Women have always been marginalized and downgraded to the status of subjugated class in the Indian society. Women have not actively participated in their emancipation due to lack of economic independence and illiteracy. There is a need to address the issue by raising the status of women. Keeping this issue in mind PSF started tailoring training program for the empowerment of women and girl.

The project focus to facilitate domestic servants, single parent and widows to provide opportunity to undergo free tailoring training at PSF सक्षम नारी सशक्त समाज center allowing her to earn living from home for her family

We are very thankful to the members of Sehyog Self Help Group to be our associate in the initiative to upgrade the living standard of poor women and girls at Yamuna Bazar, Delhi.

At centers, tailoring skills are imparted free of cost by a qualified and professional teacher with required material. This project will enable them to earn the living for the family at their own, making them self-confident and self-dependent.

After successful completion of 6 months training, PSF gives sewing machines to deserving candidates to start their own tailoring work from home to make living. Project started in April-2013 and so far we have trained 80 women with tailoring skills and 20 women get sewing machine too.

SAMARTH Scholarship Programme

Empowering women has always been an issue of great concern which is not only restricted to increase the spiritual, social, political or economic strength of women but also adds to the development of nation. It is truly said that "If you educate a man you educate an individual, but if you educate a woman you educate a nation". Empowering women through education is one of the best medium to provide them with the knowledge, skills and self-confidence, necessary to participate fully in the development process.



**Better skills
to reach
our goals**



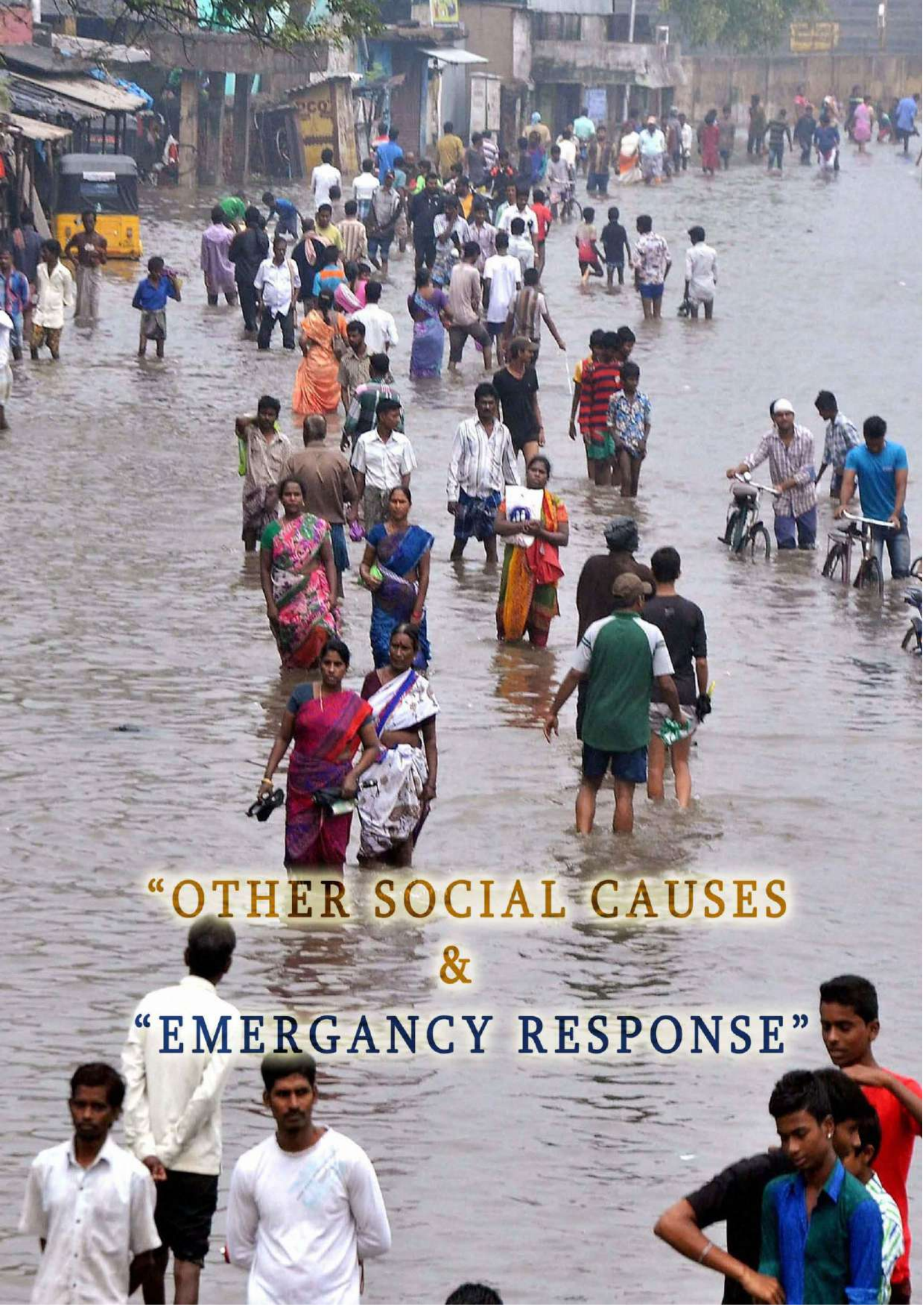
Under the "SAMARTH" Scholarship program, we are providing scholarships to the underprivileged girls to complete their professional trainings. Our main focus is on the girls who want to pursue their education after completing their schooling but due to lack of finances, facing difficulties to take up the further career oriented trainings. With this initiative, we aspire to make them self reliant and give them chances to live their life with dignity and respect.

Since March-2014, 10 scholarships have been distributed to girls who are economically disadvantaged to equip them with skills to be self reliant and support of their families to live life with dignity and respect.



SKILLS





**“OTHER SOCIAL CAUSES
&
“EMERGENCY RESPONSE”**

“OTHER SOCIAL CAUSES”



PSF has always been active in addressing social evils prevalent in our society through organizing various awareness activities such as child labor, female foeticide, women inequality, Environment degradation, Human Trafficking etc.

We have a firm belief that awareness is the essential element which can bring positive changes to the society and can help in to change the mindsets of people and have positive outlook and a sense of responsibility towards these sensitive issues. For the same, we organize several campaigns and events at shopping malls, schools, open markets and corporate companies spreading the message of becoming a socially active member of the society. With events we have reached more than 1, 75,000 people in 2014-2015.

“EMERGENCY RESPONSE”



Apart from this, PSF works towards providing immediate relief and assists in the rehabilitation process of the affected communities in the aftermath of any calamity. We help communities build their capacity to better cope up from disasters

by providing them on ground support of all the needs like Food, Shelter, clothing, medical facilities etc so that their lives can be restored to normal.

Our foremost goal is to build resilience among the community and various stakeholders in case of any disaster. We work closely with communities, who have been affected by disasters, so that long term development of the communities with sustainable livelihood opportunities may be secured and they are better equipped in future.

Through local authorities at the disaster effected area, we have always come forward to provide all the amenities to the victims to survive. We are proud that we supported 300 families affected in the climate disaster at Kedar Nath, Uttarakhand in 2013 and could successfully be a part of people's life when they were in their hard times. We further extended our efforts of supporting people in Kashmir, having acted upon as a helping hand in need to these people in emergency.



"OTHER SOCIAL CAUSES"





CHILDREN ARE FUTURE OF NATION

PSF strongly believes in saying "CHILDREN ARE FUTURE OF NATION". Growth & future depends upon the growth & survival conditions of children, with this in mind PSF conduct campaigns for strong building of children in terms of education, health, survival and other social issues as like:-.

"Padne Dein Aur Badne Dein" campaign starts in April-2013 to fight with "CHILD LABOR" the major social issue which is leading our country in bay of illiteracy. Under the campaign PSF organize events at Corporate, business centers and shopping malls to request the people to not keep any child as a servant and to inform the concern authorities if they see any child indulge in work at any place.



"Eat Healthy, Live Healthy" initiative starts in April-2012 to aware the children and parents about the bad effects of junk food through organizing awareness drives at schools, shopping malls & markets.



"My Daughter My Pride" Program started in April-2014 for awareness about the need to encourage & to support the girls for education, skills, sports and career oriented trainings to make them enable to hold strong position in society . Volunteers of PSF interact with people and aware them about importance to make the girls enough strong to fight with social devils at their surroundings.

“Padne Dein aur Badne Dein”

Children are our future and by investing in them at their earliest ages, we invest in the nation's human and economic development. Children create their own sense of identity when they are given access to formal education and proper guidance which further entitles them to grow into a more capable individual. Early years are critically important for the children as it builds the foundation for the rest of their life, as an adolescent, and as an adult. For having a strong hold in future as a responsible person, the early childhood education is inevitable as children who are well nurtured can live well and create better society.

But it is so unfortunate that despite being aware of the consequences related to childhood, there are many children who are devoid of basic education and happy childhood which is their fundamental right. In addition, they are made to work in the industries, shops and households as laborers and domestic help where they perceive an unfamiliar environment which not only affects them mentally but also hampers them physically.



Opposing this ruthless behavior and giving priority to a “Happy and healthy Childhood”, Parivartan Sandesh Foundation has come up with its campaign “Padne Dein aur Badne Dein” under which we are continuously making people aware about the importance of children's education and people can help to resolve the major issue of child labor by organizing various events at schools, colleges, malls, corporate companies and markets etc to appeal the people to encourage children around them to go to schools and also to avoid keeping children as domestic help. We are also motivating poor families who consider their children as a source of generating income for them to send their children to schools, educating them about the future benefits they can avail when their child would be educated.



During April-2014 to March-2015 we have reached around 2,75,000 people through events and 15,000 poor families and urged them to send their children to school instead of involving income generation to give their child right of happy upbringing.

“My Daughter- My Pride”

We are living in 21st century but even today, persistent stereotypes and barriers keep women and girls away from equal access, representation, and compensation in our communities. There are many states where female foeticide is highly prevalent. A new culture of elimination of female fetus has gradually become rampant in our community which is not only restricted to illiterate rural poor but also widespread among the educated elite class which is a shame for all of us.



It has become a need of hour that we welcome an innocent girl child with the same happiness and pride like we do for a boy child. It's high time that every girl gets equal rights & resources to grow her qualities & capabilities. We need to give priorities to our daughters and understand that girls are equally precious as they are not only the bearer of a happy family but also the future of a developed and prosperous nation.



We at PSF believe that Education for a girl child means making the next generation well educated, full of virtues, free from the useless superstitions, confident and capable to do something good for the family, for the society and for the country as a whole. For ensuring that our daughters receive the equal and fair treatment, we are making parents and people aware about various practices and behavior best suited for their daughters and how one can contribute towards the growth and survival of a girl child.

Campaign “My Daughter- My Pride” launched by PSF in 2014, an initiative to inspire and advance the full participation of girls and women around the India in all the distinctive fields, irrespective of any gender inequality.

Under the campaign we are working to aware the people towards improving the status of girl child in diverse areas of education, healthcare and survival, Safety and security, empowerment through income generating skills and support in career oriented courses to contribute towards their better living conditions and a dignified life.

“Eat Healthy, Live Healthy”

A healthy diet plays a crucial role to reflect the overall health of an individual, only a healthy person possesses the capability to lead a happy and prosperous life and to realize the same, we need to strictly follow a balanced and nutritional diet.

The term “Junk Food” is widely known and needs no introduction as its popularity is widespread among all the people of every age group especially among children who are fond of having soft drinks, burger, pizza, French fries, wafers etc which contain high levels of saturated fats, sugar, salt and bad cholesterol which are toxin to the health.

Undoubtedly, junk food is delicious, affordable and readily available which is absolutely enjoyed by everyone but we must not ignore this fact that Junk foods have no nutritional value and essential ingredients required for the health. Besides, junk food causes obesity, cancer, early ageing, high blood pressure, bone problems, diabetes, mental disorders, liver disorders, digestive system problems, constipation, diarrhea, prostate and breast cancer, osteoporosis, and many health disorders.



Consumption of junk food is catastrophic to all age groups but it's a matter of great concern for the growing children as their body demand adequate minerals, proteins and vitamins for the overall development of their body and brain. We can usually see the changes in today's children attitude due to their eating habits which may be observed in terms of their frustration, lack of concentration, obesity, lethargy and often falling ill which not only hampers their body but also affects their studies. But despite knowing the negative impacts of junk food, the trend of consuming these food items in children is increasing day by day.

Against this backdrop, Parivartan Sandesh Foundation came forward with a campaign “Eat healthy, live healthy”. Under this initiative, we aware the school students about the adverse effects of junk food and advised them to eat more of home made food which is healthy for their body. We also conduct awareness events regularly in Schools, Malls, and Colleges & Markets and approx. 145,000 children or people covered from April-2014 to March-2015.





Our track record

FINANCIALS



PARIVARTAN SANDESH FOUNDATION
PARIVARTAN SANDESH FOUNDATION
BALANCE SHEET AS ON 31ST MARCH, 2015

LIABILITIES		AMOUNT	ASSETS	AMOUNT
Trust Funds or Corpus :-	1,140,145.85	1,306,974.32	FIXED ASSETS	1,309,145.00
As per last Balance Sheet	166,828.47		AS PER SCH-1	
Add : INCOME EXCESS EXPENSES				
LOANS LIABILITIES				
Secured Loans		376,934.20	LOANS & ADVANCES	
CURRENT LIABILITIES & PROVISIONS			SECURITY DEPOSIT FOR RENT	150,000.00
			CASH & BANK BALANCES	
DUTIES & TAXES		195,021.00	CASH IN HAND	368,554.96
SUNDRY CREDITORS		183,457.89	BANK BALANCES	279,524.45
AUDIT FEE PAYABLE		22,400.00		
Other Creditors		22,437.00		
		2,107,224.41		2,107,224.41

For Kumar Chandan & Associates	For Parivartan Sandesh Foundation
Chartered Accountants	
KUMAR CHANDAN	
ICAI M. NO- 512866	
NEW DELHI- 31/08/2015	

ASSETS	RATE %	OPENING WDV As on 1/4/2014	ADDITION		DELETION	BALANCE As on 3/31/2015	DEPRECIATION During The Year	CLOSING WDV As on 3/31/2015
			Upto 9/27/2014	After 9/27/2014				
Car Ertiga	15%	785,100.00	-	-	-	785,100.00	117,765.00	667,335.00
Computers	60%	353,525.00	83,905.00	80,650.00	-	518,080.00	310,848.00	207,232.00
Eco Dispensary Var	15%	365,000.00	-	-	-	365,000.00	54,750.00	310,250.00
Furniture & Fittings	10%	88,890.00	-	-	-	88,890.00	8,889.00	80,001.00
RO-water Dispense	15%	11,500.00				11,500.00	1,725.00	9,775.00
Telephone Equipme	15%	40,650.00	-	-	-	40,650.00	6,098.00	34,552.00
TOTAL		1,644,665.00	83,905.00	80,650.00	-	1,809,220.00	500,075.00	1,309,145.00

PARIVARTAN SANDESH FOUNDATION				
103/4, Sona Appartment, Kaushalya Park, Hauz Khas, New Delhi- 110016				
BALANCE SHEET AS ON 31ST MARCH, 2015				
LIABILITIES		AMOUNT	ASSETS	AMOUNT
Trust Funds or Corpus :-			FIXED ASSETS	1,309,145.00
As per last Balance Sheet	1,140,145.85		AS PER SCH-1	
Add : INCOME EXCESS OVER EXPENSES	166,828.47	1,306,974.32		
LOANS LIABILITIES			LOANS & ADVANCES	
Secured Loans		376,934.20	SECURITY DEPOSIT FOR RENT	150,000.00
CURRENT LIABILITIES & PROVISIONS			CASH & BANK BALANCES	
DUTIES & TAXES		195,021.00	CASH IN HAND	368,554.96
SUNDRY CREDITORS		183,457.89	BANK BALANCES	279,524.45
AUDIT FEE PAYABLE		22,400.00		
Other Creditors		22,437.00		
		2,107,224.41		2,107,224.41
FOR KUMAR CHANDAN & ASSOCIATES			For Parivartan Sandesh Foundation	
<i>Chartered Accountants</i>				
KUMAR CHANDAN				
ICAI M. NO- 512866				
NEW DELHI- 31/08/2015				

PARIVARTAN SANDESH FOUNDATION			
103/4, Sona Appartment, Kaushalya Park, Hauz Khas, New Delhi- 110016			
INCOME & EXPENDITURE ACCOUNT FOR THE PERIOD ENDED ON 31ST MARCH, 2015			
EXPENSES	AMOUNT	INCOME	AMOUNT
<u>To Expenditure on object of the Trust :-</u>		<u>By Contribution towards</u>	
Awareness	1,164,133.00	Donation	12,525,707.67
Donation to Others	45,500.00		
Educational	1,807,831.35		
Medical Relief	2,828,226.00	<u>By Income from other sources</u>	
Other Charitable objects	124,721.03	Bank Interest	1,559.00
Vocational Training	1,590,839.04		
<u>To Establishment Expenditure</u>			
RENT	888,000.00		
OFFICE SALARY	1,473,925.00		
AUDIT FEES	22,800.00		
Interest	55,644.40		
Honorarium	1,166,182.00		
Fund Raising Activity	12,000.00		
Insurance	16,189.00		
Depreciation	500,075.00		
LEGAL & PROFESSIONAL FEE	34,500.00		
BANK CHARGES	47,047.94		
OFFICE ADMINISTRATION EXPENSES	582,824.44		
INCOME EXCESS OVER EXPENSES	166,828.47		
	12,527,266.67		12,527,266.67
FOR KUMAR CHANDAN & ASSOCIATES		For Parivartan Sandesh Foundation	
<i>Chartered Accountants</i>			
KUMAR CHANDAN			
ICAI M. NO- 512866			
<u>NEW DELHI-</u>			

www.parivartansandeshfoundation.com



PARIVARTAN SANDESH FOUNDATION

Written & Concept by :- **Meenu Arora**

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