

Adhikar Foundation

ONE GOAL, ONE PASSION





Annual Report 2024



*"Every person can make
a difference and every
person should try."*

- John F Kennedy

From Founder's desk..

Dear friends

I feel overwhelmed to share with you all today that Adhikar Foundation turns 7 this year.

As the founding member of the NGO, I extend my heart felt gratitude to each one of you.



Mohd. Anas Rashid

Having lived through the experience of being paralyzed and slowly gaining partial functionality over the last decade, I firmly believe in looking at abilities while acknowledging the disabilities. When we focus on abilities, we open doors to the innumerable possibilities which is uplifting and empowering.

We must constantly aspire to work for the society in any capacity we can. I find it impossible to sit idle when I know that I can move out and do my bit to touch lives and bring about a positive change.

My team has been my source of motivation since day one and I am proud to have worked with them in these challenging times.

But none of this would have been possible without the on going support of our donors and well wishers. Your Faith in us is the fuel that keeps us going

Thank You!

Mohd. Anas Rashid
Founder

Adhikar Foundation

P. S. : Do write to me at adhikarfoundationhelp@gmail.com with your thoughts and feedback



“ An inclusive society free from discrimination where person with disability & underprivileged section of the society including Women become contributing member living with dignity and respect”

-Adhikar Foundation

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WHO ARE WE?

Adhikar Foundation is a community based, cross disability, and non-profit organization working towards empowerment of persons with disability and under privileged sections of the society with special focus on children & Women. It was registered as a trust in September 2017 Under the Trust Registration Act 1882.



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Our Vision



An inclusive society free from all kinds of discrimination, where persons with disability and underprivileged sections of the society, have equitable access to resources so that they can live with dignity and respect.

To ensure full participation of women, children and person with disabilities in their societies by minimising the many barriers they face.

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Our Mission



To Empower disabled and under privileged People especially Children & women through developmental initiatives focusing on –

- ☐ Education
- ☐ Employment
- ☐ Awareness
- ☐ Accessible environment
- ☐ Vocational training



Sashakt Mahila

**Skill Development Program For
Women with Disabilities**





Cutting & Tailoring Training

We have successfully trained 100 women (including women with disabilities) in tailoring over a period of 3 Months. In this training, basics as well as advanced techniques of tailoring were covered. This program was designed for those women who couldn't complete their education and are unable to go outside and explore opportunities for employment. After the training, certificates were issued to all the participants. Besides motivating them for self employment, we also connected them to local businesses, small scale textile house and garment factories for work. We also supported those who opted for work from home in setting up their small businesses.



According to the Survey of Persons with Disabilities conducted by the National Statistical Office (NSO) India in December 2018, Labour Force Participation Rate among women with disabilities was 8% versus 36.8% for men with disabilities.

According to Census-2001, there are 93.01 lakh women with disabilities, which constitute 42.46 percent of total disabled population.



Computer Training Centre

The primary motive of this training was to increase the employability of women and enhance their ability to work in an office setting. The candidates were taught how to operate a computer, use various applications, manage data and type fast, keeping in mind the scope of clerical jobs. After the successful completion of the course, we helped the participants in getting jobs by connecting them to local agencies. The program was funded by Centum Foundation.



Education has been a right for a decade now, but Indian girls are just beginning to claim their half of it. And Adhikar foundation is committed to support them.

Gender inequality has deterred education for girls in INDIA for a very long time. A male's education is valued more and investing in girl's education financially is seen as unnecessary due to the binding gender roles.

Coaching Centre



Centre for Women's Condense Courses is an initiative for the up-liftmen of girls from the under-privileged section of the society by providing essential education to enable them to get connected with the mainstream. Deprived women from all sections who are economically weaker, minorities, backward classes, and SC / ST reside in slums and semi-urban areas, living below poverty line and educationally, socially and economically backward can avail the benefit of the scheme. Under the project, they appear for the board exams of Xth and XIIth from the Jamia Board (Central University) because of its close vicinity to the intervention area. Along with the academic support, many extra-curricular activities like sports, NCC, and self-defense training etc. is also provided to the children. The program was started 2 years back with only 17 students but it has gained momentum drastically with almost 105 beneficiaries associated with the project now.

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FIRE SAFETY AWARE- NESS DRIVE





With proper training,
we can mini-
mise fire hazards and
also, empower students
to respond quickly and
efficiently if in case
a fire breaks out.

The Fire Awareness training course was organised specifically for education related settings like schools, colleges and universities. It was part of our disaster preparedness plan to ensure safety of students who are the future of our country. Recently, the fire breakouts in educational settings in Delhi have become a concern.

Schools/college fire safety is important for the simple reason that a large number of children are gathered at one place and a single fire can affect all of them. Most of the furniture in a class room such as chairs, tables and desks are made from wood and these can easily catch fire. The chemistry lab which contains large quantities of flammable liquids is especially at risk. A fire in such places can go out of control and thus, fire safety in schools/ colleges has become an extremely important issue. An uncontrolled fire can cause not just property damage but also huge loss in life. In case schools/ colleges have a canteen, this usually involves dealing with large containers of LPG and accidents with these can lead to fire breakouts as well.

Cancer Awareness Campaign





Recognising the need, Adhikar Foundation organised over 100 interactive and informative sessions, in schools and slums of Delhi, to raise awareness about cancer. We also circulated pamphlets urging youngsters to share information with more and more people. To monitor the effectiveness of this drive, we shared a form with the volunteers to record responses from people. **Our target is to reach 11 lakh people through this campaign.**



One in every 10 Indians will develop cancer and one in every 15 will die of the disease, the World Health Organisation (WHO) said in a report, highlighting the perils posed by the illness. "Cancer patterns in India are dominated by a high burden of tobacco-related head and neck cancers, particularly oral cancer, in men and of cervical cancer in women; both of these cancer types are associated with lower socioeconomic status," the report said.

WARMTH FOR ALL

A large number of people are forced to sleep in open areas even in the coldest of months. Winters in North India have become colder due to climate change and the falling temperatures in the city are unbearable even for those who live in the comfort of their homes with multiple layers of protection from cold. The death rate due to cold has continued without halt!

A “**Blanket and Mattress**” distribution drive was carried out by Adhikar Foundation in shelter homes and jhuggies of Delhi.



'Life on Wheels'



'Life on wheels' is a transparent platform that has been designed to enable people to request for wheelchairs and for people to gift, in a simple straightforward and accessible manner.

The main objective is to ensure that persons with physical disabilities have access to facilities they need to live an empowered and fulfilling life.

'Life on Wheels' has managed to bridge the gap between donors and beneficiaries and ensures that people get to see the beneficiaries who have received wheelchairs from their donations. In India within two years, Life on Wheels has touched over 100 lives across 3 states in India by gifting mobility to persons with disabilities.

Covid-19 Relief Work



COVID-19 pandemic marks an unprecedented time in modern history that will require the best of humanity to overcome. The coronavirus has taken thousands of lives and spread to nearly every country in the world.

Due to the recent lockdown in Delhi, many people were left stranded without money as they are dependent on daily wages for fulfilling survival needs. Adhikar Foundation began reaching out to daily wagers, rickshaw puller and labours in or nearby Jamia Nagar, Okhla. Many of these rickshaw pullers live in small rented rooms with 10-12 members or in temporary tents aka juhuggis and are largely dependent on small hotels or food joints for their supper. With the shutdown of those services and the lack of funds to procure ration to cook their own food, our foundation decided to deliver cooked food packets to them so that they are not left hungry. We delivered these packets at people's doorsteps to avoid any mass gathering and used safety measures like sanitizers, masks and PPE kits.



CARE IN THE TIMES OF CORONA



COOKED FOOD PACKETS DISTRIBUTED-

1,75,550

DRY-RATION KITS DISTRIBUTED-

18,700

FACE MASK DISTRIBUTED-

45,000

PPE - KITS DISTRIBUTION

750

SANITIZER DISTRIBUTED-

4,000



The food distribution drive was started from 23rd March, 2020 to feed 500 people per day. But as the situation worsened, the demand increased day by day, then on 28th March, 2020 we started our own community kitchen and started distributing food packets in many parts of Delhi. In addition to cooked food, we also provided ration kits to thousands of families who could cook food in their homes. Adhikar Foundation resolved to reach out to most marginalised as the calamity continues to persist but we pray the situation improves and soon people return to their daily routine. We also distributed dry food kits and cooked food packets to distressed migrants on road and those who were going back by buses/ trains.



NO ONE WILL SLEEP HUNGRY

Food Packet for Poor, Homeless and Destitute

Around 8% of the world's population lives in extreme poverty. Hunger leads to malnutrition which in turn leaves people susceptible to diseases. The situation is particularly Pathetic in respect of children considering the fact that half of all kids younger than three years old in India weigh too little for their age.

Food donations help feed the poor and hungry. This healthy combination of food will save the lives of destitute, and homeless individuals by preventing them from going hungry and becoming malnourished. Millions of underprivileged children and adults do not get proper food to eat.

Hunger doesn't have to exist — let's end it together



We Ensure 100% Transparency

We ensure 100% transparency because you deserve to know when, where, and how your donations are bringing a change in who's life. Sponsor food packets for some and we will share with you a picture of the donated packets marked with your name on them. This distribution will be carried out in Delhi

Photographic Proof



Sponsor's Name



Dry Ration kits Distribution to Widows



AWARDS



Media coverage



A law student, disabled, unable to walk. He spends his day distributing food to hungry ch...

10K views 5y ago ...more

Mojo Story 1.89M



हम सबके लिए एक मिसाल हैं अनस!

#adhikarfoundation

1.8K views 6mo ago ...more

JN Jamia Nagar Updates 50.1K



How to reach Us

We are deeply thankful to all individuals, corporates, institutions and agencies who have come along on this journey with us.....



Adhikar Foundation...(H.O.)

H No – F30 Shaheen Bagh jamia nagar Okhla
, New Delhi-110025

Ph - +91-8287059359, 6397804723

Email: adhikarfounda-
tion.help@gmail.com

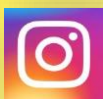
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Thank You...