



# ANCHAL CHARITABLE TRUST

PROGRESS REPORT 2020-21



PRESENTATION BY

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## Message from Director's

Writing this note in 2020, at a time when the whole world is in grip of a pandemic, is a reminder of the unpredictability of life; how even the best-laid out plans don't work. More importantly, it highlights that even in the toughest times our values, purpose, resilience and standing with the people can be the compass to navigate whatever the future brings.



ACT will complete its journey of complete three decades in 2022, turning it into a year of celebration and introspection. What started with just in North-East Delhi slums has now reached varied geographies, cultures and traditions. This journey is a reflection of two things.

One, we have accomplished all this with a dedicated team working day and night to bring solutions to the problems, a large army of passionate, committed volunteers, contributors and people who have supported us with material, time, efforts, dedication, networks and hard work. The conviction to stick with each other has made this journey beautiful. Our story is the story of people of India. Going forward in the face of new issues, challenges our path will also evolve and emerge around people and will bring new hopes for a better future where we will be better equipped to deal with the new world problems.

My word to the team, our partners, contributors, the youth and the larger masses, don't wait for the right time and opportunity. "This world is the world of volume; we do need solutions in volume and the people who work on those are also needed in volume."

Let's build a society where we respect, value each other and payback to the ones who are the true nurturers. It is the time to remove our distorted lens and look at life through their eyes and understand who are the real beneficiaries, them or us.

**Sanjeev Sheel**  
**Managing Director**  
**Anchal Charitable Trust**

## About Anchal Charitable Trust

Anchal Charitable Trust is not an aid agency. We are a growing group of people with a passion to love the neediest children around the world. Many of these children are hungry, abused, sick, neglected, or ignored. We strive to meet these crucial needs, but we don't stop there. We know children have an even greater need: the need to be loved. As you partner with Anchal Charitable Trust, you will not only be a part of providing things like food, medical care, and schooling, you will be a part of bringing love to children in desperate need of help—the next generation of leaders who will one day change their country.

We accomplish our work in most vulnerable communities by partnering with local leaders where these local leaders/Community Volunteers are already working with impoverished children in their communities, but lacked the resources necessary to make a deeper impact.

What these leaders lacked in assets they made up for in heart—a heart trusted and burdened by the same community they strive to help. Our goal is to provide the resources, training and ongoing support they need to change the lives of the children in each of their targeted communities. That's where you come in.

### Project Area:

Anchal serve at-risk children in slums and resettlements of Delhi NCR, Uttar Pradesh and Uttaranchal. Many of these children are suffering from disability, HIV/AIDS and are victims of child labour, sex trafficking and malnutrition, disaster. Each of our projects around the targeted areas seek to holistically care for children in their unique situation.

The Purpose, is to develop techniques, methodology and 'a delivery of Services' system allowing easy access to services that improve the quality of life for the differently abled.

### Our Vision

A social environment based on sustainable development, which protects every child.

### Our MISSION

A happy, healthy and creative child whose rights are protected and honoured in a society that is built on respect for dignity, justice and equity for all.

# PROGRAMMES AND ACTIVITIES DURING FY -2020-21

## Current Programmes and Description of current programmes

### PROGRAMMES ON TARGET INTERVENTION

- ❖ Target Intervention – One
  - ❖ Target Intervention – Two
  - ❖ Target Intervention – Three
  - ❖ UJJAWALA – Target Intervention
- } Delhi State AIDS Control Society

### PROGRAMMES ON DISABILITY

- ❖ Tech Mahindra – Children with disability – Promoting Inclusion of Persons with Disabilities –Supported by Tech Mahindra
- ❖ NIPMAN Foundation
- ❖ Heart and Hand for the Handicapped (HHH)
- ❖ Azim Premji Philanthropic

### HEALTHCARE PROGRAMMES

- ❖ American Indian Foundation
- ❖ Anchal Healthcare Centre (AHC)

### RESEARCH PROGRAMME

- ❖ TATA Trust study

## Target Intervention – Delhi State AIDS Control Society

ACT aims at reducing the vulnerability to HIV/AIDS of populations most vulnerable to this virus. The target population includes female sex workers, migrant population and other High-risk groups. Our volunteers care for the diseased, look after orphaned children or vulnerable to HIV/ AIDS.

We address the issue by developing effective models for AIDS prevention, care and support, enhance capacity of targeted population to reduce the vulnerability of mobile populations and their families. We advocate influencing changes in relevant laws, policies, and beliefs, practices based on effective and new models.

Prevention of Gender based violence and SRH-Sexual & Reproductive health issues are other key areas where Anchal is intervening to support target communities.

**Target Intervention (TI)** Programme is a programme focusing on HIV /AIDS prevention which is being funded by State AIDS Control Society (SACS) at all India level. Anchal Charitable Trust (ACT) handles the project in Collaboration with Delhi State AIDS Control Society (DSACS). The present project aims towards the needs of vulnerable section of society that includes Female Sex Workers and Migrants. An additional component of SRH –Sexual and reproductive Health care is being added under the state initiative with the support of Alliance India creating first such initiative in the area in concern. The factors have necessitated the implementation of holistic, participatory and culture-sensitive programs among target area. The Status of HIV/AIDS in India is as follows:

### **The Goal**

**“To reduce the spread of HIV, impact of HIV in the targeted communities and to improve the quality of life of PLHAs/CAAs/FAAs and vulnerable children in the target areas.”**

### **The Objectives**

- To reduce the level of stigma and discrimination associated with HIV/AIDS.
- To ensure the sustainability of the program by empowering the local service providers, community leaders, and vulnerable children (Peer Educator)
- To ensure that community leads a healthy risk-free life by promoting VCT process for early diagnosis.
- Empowering PLHA/FAA/TB clients on home-based care and improving their health status and linking them with IGP.
- Empowering and ensuring well-being of CAA's and vulnerable children's and catering their health and psychosocial needs with specific objective focusing on peer education.
- To empower Support Group and Local Service Providers to sensitize the community for preventing spread of HIV.
- To prevent the spread of HIV within the community by focusing PE involving vulnerable children and local service providers.

**The Coverage:** The Commercial Sex Workers (CSW) and Migrant Population of North-East Delhi. Major focus is kept on Women and Children of East and North-East Delhi.

**The Activities:** The following activities are being carried out under the programme: –

- Outreach
- Behavior Change Communication/ Interpersonal communication
- Services
  - Promotion/distribution of free condoms
  - Provision of basics STI and health services
  - Linkages to others health services (ICTC, TB, STI etc)

- Enabling Environment
- Community mobilization

### The Beneficiaries

- Core Groups
  - Groups who have high level of vulnerability to HIV infection
  - FSW's, MSM's, IDUs
- Bridge Groups
  - Groups who have high levels of vulnerability but are at a lesser risk
  - Truckers, Street Children, Migrant Laborers

### Beneficiaries covered:

1. Female Sex Workers – above of 3000 beneficiaries.
2. Migrant Workers – above of 15000 beneficiaries.
3. Services To People Living with HIV AIDS (PLHA)/ Children Living with HIV AIDS (CLHA)/ Children Affected with AIDS (CAA) and Women Living with HIV AIDS (WLHA) : 450 beneficiaries.

### Project Ujawala: (Supported by Alliance India)

**Alliance India** builds capacity, provides technical support and advocates to strengthen the delivery of effective, innovative, community-based HIV programmes to vulnerable populations affected by the HIV epidemic.

The main objective of the project is to mitigate and prevent gender-based violence (GBV) against women in sex work, and strategically provide sexual reproductive health services (SRH) with the aim to improve the uptake of HIV services including prevention, testing, treatment, and care and support.

*"Our programmes foster wellbeing, realise equality, and affirm the dignity of communities most affected by HIV"*

**Alliance India** works in partnership with Anchal Charitable Trust, the government of India and communities to support sustained response to HIV in India and build healthier communities. HIV services are broadly provided under the prevention and treatment programmes. HIV prevention services aimed at reducing transmission of HIV by building safety around the transmission routes such as – mother to child, sexual contact, sharing needles to inject drugs and blood transfusion etc. The treatment and care services include enabling access and supporting adherence to HIV treatment and managing opportunistic infections. Besides, HIV programmes address stigma and social and economic barriers impeding individuals from accessing quality services.

India is among the countries with the highest burden of the three of the world's most fatal communicable diseases – HIV, Malaria and Tuberculosis. These disproportionately affect the country's poorest and most marginalized populations. An estimated 2.3 million Indians are living with HIV (NACO Report, 2020). People



Living with HIV (PLHIV) are up to 21 times at higher risk of developing tuberculosis (TB). 25 % of all deaths among PLHIV are attributed to TB.

India has made huge progress in curbing the epidemic in the past few decades. According to the NACO report 2020, India achieved an 86% decline in annual new HIV infections since the peak of 1997 and annual AIDS-related deaths have declined by almost 78%.

Comprehensive sexual reproductive health services to women in sex work for retaining women in HIV care **Ujwala project** was designed based on the programme learnings, **Anchal Charitable Trust** had successfully implemented to enhance access to sexual and reproductive health services for female sex workers.

**Ujwala project** was rolled out in North-East, Delhi, the main objective of the project is to mitigate and prevent gender-based violence (GBV) against women in sex work, and strategically provide sexual reproductive health services (SRH) with the aim to improve the uptake of HIV services including prevention, testing, treatment, and care and support.

**Anchal Trust in Delhi**, leveraging the existing sex worker's targeted intervention (TI) programme of State AIDS Control Society in the North-East, Delhi. **The Ujwala project provided additional support provided capacity building** to the frontline workers to address the unmet needs of HIV and SRH services. In addition, the project sought to understand and respond to the rapidly changing sex work environment in North-East, Delhi, which is moving beyond the traditional sites, and reach women in sex work who operate virtually and remain unreached by the national HIV programme. An impact assessment study was carried out to acquire an in-depth understanding of the sexual reproductive health needs of female sex workers registered with TIs instituted under Ujwala project. In addition, the Ujwala project and how they have impacted lives and coping of female sex workers to mitigate risks and vulnerabilities associated with sex work in different contexts.

## Achievements during the project cycle

Target Intervention Projects	Type of Beneficiaries	No. of Beneficiaries	Target Areas/Communities	Type of services offered
Target Intervention – One (DSACS)	Community Based (FSWs)	2000	North East & East- Districts of Delhi	<ul style="list-style-type: none"> <li>* HIV/AIDS Awareness (Nukkad Natak)</li> <li>* HIV Testing through ICTC &amp; Camps</li> <li>* ART linkages</li> <li>* Condom distribution</li> <li>* Advocacy and networking meeting</li> <li>* Group discussion</li> <li>* Demand generation meeting</li> <li>* Health Camps</li> <li>* Community sensitization meetings</li> <li>* TB Screening</li> <li>* STI services</li> <li>* Crises support</li> <li>* Menstruation hygiene management information and counselling</li> <li>* Menopause information and counselling</li> <li>* Sterilization 9Tubal ligation)</li> <li>* Emergency contraception &amp; abortion</li> <li>* Cervical cancer (Pap Smear test)</li> </ul>
Target Intervention – Two	SPA & Virtual (FSWs)	1500	Virtual: Cover across Delhi SPA: East Delhi/NCR	
Target Intervention – Three	Migrant Workers	20000	East, North East and Shahdara districts of Delhi	
UJJAWALA – Target Intervention	SPA & Virtual (FSWs)		East, North East and Shahdara districts of Delhi	



## DISABILITY PROGRAMMES

### 1. Promoting Inclusion of Persons with Disabilities (TECH MAHINDRA)

At **Tech Mahindra Foundation**, disability is the third major area of intervention to empower all to Rise. We work relentlessly towards ensuring that Persons with Disabilities get social inclusion and equal opportunities of work for a better future. This is done through our two premier disability programs– ARISE+ (All Round Improvement in School Education for Children with Disabilities) and SMART+ (Skills-for Market Training for Persons with Disabilities). The Foundation mandates that 10% of all its beneficiaries are Persons with Disabilities.

#### About the ARISE project

ARISE+ is a special program that encompasses the Foundation's work in the area of school education for persons with disabilities in the age group 3–18 years. The Foundation supports organisations working for the education of children with special needs' schools to help and prepare them to achieve their best potential to be a part of outside world. The ARISE+ program focuses on providing adequate education for persons with disabilities and enabling them to thrive fully despite their physiological challenges.

*This program supports children with special needs to gradually* become a part of the mainstream education system. Also, we focus on specific mentoring of their parents and families about the disability as well. Working with diverse groups within the domain, the Foundation empowers persons with disabilities, including persons with visual impairment, hearing and speech impairment, locomotors disabilities and a range of intellectual disabilities across India.

**ARISE+ essentially focuses on the following interventions:**

- Early detection of disabilities in children
- Support in the education of children with disabilities and leveraging assistive technology
- Counselling for parents, teachers and other caregivers with techniques to take care of children with special needs



**Celebrating World Autism Day**



**Workshop of parents of children with disabilities**



**Disability Day Celebration**



**Parents Sensitization Meeting**



***Therapy at CRRC Adaptation (Standing Frame) Installed at home***

As a part of our continuous efforts to spread awareness and sensitize people about strengths and struggles of persons with visual impairment, a collaborative initiative with Xavier's Resource Centre for the Visually Challenged (XRCVC) was also organised (from December 2020–February 2021).

The **ARISE+ program** impacted 2,776 students and 2,864 students in FY 2020–21 through our partner organisations by providing chronic therapy as well as holistic education to enable them in leading dignified and fulfilling lives. Also, close to 400 tabs were distributed for education of children with special needs under ARISE+ schools to ensure their uninterrupted access to online education (for students in 8th grade and above) in the year 2020–21.

**ACT- Purpose**

To develop techniques, methodology and ‘a delivery of Services’ system allowing easy access to medical services that improve the quality of life for the most vulnerable, underserved segments of society.

A belief, that the need for the under-served members of society to have equal access to the benefits of health, medical and educational facilities, specifically inclusive of the Right to Access for the physically and mentally challenged.

**Service-based:** Health, Disability and Education – Institutionalised as also home-based rehabilitation and home- modification support to cover family members

The most excluded and economically depressed segments living in slums with just about 100 to 150 sq.ft., of space without any free space for anyone. Crafts and home modification professionals need to pay attention as to what one can achieve

**Demography Covered:** Slums and resettlement of Delhi (North East District, East District, Shahdara District, North District, South District), NCR (Vasundhara and Vaishali) Uttar Pradesh: Ghaziabad, Noida, Meerut Uttarakhand: Haridwar, Rishikesh, and Uttarkashi District Slum populations from different States, different

**Persons with disabilities have access to rehabilitation and vocational skill building.**

- · Identification of people with disabilities by baseline survey.
- · Establish Community Resource cum Rehabilitation Centre (CRRC) and SRC with specialised therapeutic equipment's.
- · Provide specialised therapy services at CRRC & SRC and basic therapy services at the community level.
- · Training of Parents/care givers on basic therapy and ADL (activities of daily living).
- · Training of community volunteers on basic rehabilitation therapy, ADL and referral services.
- · Refresher training of community volunteers.
- · home modifications, ADL adaptations and small developmental aids.
- · Vocational skill building of 50 families of people with disabilities.

**Persons with disabilities have increased access to rights and entitlements provided by different stakeholders including government through increased awareness and knowledge on the rights of persons with disabilities**

- ◆ · Compilation of information on the existing acts, policies, schemes and entitlements.
- ◆ · Facilitate referral services to access different schemes and entitlements for persons with disabilities.
- ◆ · Organise specific trainings for the members of community-based advocacy groups.
- ◆ · Conduct parents sensitisation meetings on rehabilitation and referral services.
- ◆ · Disseminate information on disability entitlements through Disability Information

- ◆ Centres (DIC) at the community level.
- ◆ · Develop Information Education Communication (IEC) materials on entitlements, inclusive education and rights.
- ◆ · Celebrate World Disability Day
- ◆ · Networking with different stakeholders including government agencies.
- ◆ · Publication of Resource Directory

**Anchal Charitable Trust** identifies the present times as being unique in one respect – the COVID- 19 has reduced young able-bodied men, women and entire families to penury and destitution, forced to stay at home and, jobs lost. India recorded over 4 lakhs new Covid 19 cases in the last 24, taking the country's total caseload to over 2.18 crore. Out of these, over 37 lakh cases are currently active while over 1.79 crore people have recovered. With 4,187 new deaths, the toll now stands at over 2.38 lakh. At least 14 states are reporting cases in five figures.

**In the capital, New Delhi**, people are struggling to survive. Throughout the city, dozens of ambulances are making the rounds, carrying patients who are in desperate need of oxygen and hospitalization. Hospitals are running out of testing kits, beds, medicine and oxygen etc. Many of our children with disabilities and their families are suffering from fever, cough and cold etc but covid 19 testing is not done due to unavailability of testing kits in hospitals. Situation is same for medicine and other needs. Anchal is also in shock after loss of our one lovely child with disability due to no treatment facility for Covid 19.

Anchal with support from **Tech Mahindra Foundation distributed dry ration kits** to many families of children with disabilities in Jhilmil, Kalander colony, Dilshad Gardens, Seemapuri in North East District, Delhi in 2020. During this second wave of Covid 19, Anchal is working continuously in making people aware about do's and don'ts during this time. Our community worker is regularly in touch with families need support. Our doctors and health experts are guiding physically and virtually do's and don'ts during this situation. Daily 15-20 patients are attending these OPD in Anchal Health Centre in Vaishali.

### **Support :**

As we all are aware that children with disabilities are more prone to get this infection. Anchal request support from TMF for setting a resource room for our ARISE + families. In Anchal Health Centre, Vaishali, Ghaziabad. Where they can take doctor consultation, rapid antigen testing, medicine, diagnostic and monitoring support by digital thermometer, oximeter, Lung's x-ray (In 50 % discount), Blood test in (50% discount) emergency oxygen concentration support, linking with free oxygen support.

Anchal request following support for diagnostic and treatment assistance to families of children with disabilities.

**The distribution of the item with quantity are as follows:**

- Surgical glove 1 pkt (100Pcs)



- Mask 10000 & Sanitizer (200ml) 500
- PPE gown 100 & Antigen testing swab 500
- RT PCR test 100
- Medicine kit (Basic) 100
- Digital thermometer 50
- Oximeter 50 & Steamer 25
- Nebuliser 25 & Oxygen concentrator 2
- Outreach/sanitization etc.



***Parents Training Stakeholders Meet***



**Distribution of Wheelchairs**



**Using Adaptation (corner chair)**



**Training of Community Volunteers & Advocacy groups**

## Impact:

This resource room will be 1<sup>st</sup> line support to families who are not able to get the treatment in hospitals due to various reasons. It will assist in early diagnosis and treatment of Covid affected and infected families. Here they will get complete information about treatment, do's and don'ts and regular counselling. Digital thermometer, oximeter and steamer will be issued to critically affected families. They will get the training on how to use it and keep a watch on patient condition. Oxygen concentrators will be available in centre for emergency usage.

## 2. UTSHA Project

One of the founding principles of ACT as to able to generate context driven information and disseminate it. Since inception, the idea has been to constantly engage with persons with disabilities and their families especially to those on the lower socio-economic strata to disseminate information on habilitation & rehabilitation, legal rights and government schemes in easy-to-understand media. In addition to families, the organisation has constantly reached out to organisations and civil society networks for trainings and capacity building through workshops and meetings.

Other aspects of the disability information, is information gathering and as such, the information collected has contributed towards bridging the gap between policies and practice by reaching out to local governments and other development organizations.



**Growth Monitoring**





**Meetings with parents on child care, health and nutrition**

**What makes disability project as unique:**

- Intensive community engagement – ACT is still one of the very few organisations working with children and persons with disabilities, right in the heart of communities in urban slums in Delhi and rural areas in neighbouring states
- Cross disability orientation – Instead of being an organisation for one specific population, ACT chose to not say ‘No’ to anyone. It works with every child and person regardless of their disability and severity of it.
- Working constantly with other organisations – Working with everyone, the organisation comprehends that one entity cannot have a ‘know it all’ attitude. ACT consistently reaches out to individuals, organisations and alliances for referrals, support and partnerships

ACT is one of the few cross-disability organizations working directly with children and persons with disabilities in urban slums and resettlement colonies of North East Delhi.

At the national level, the organisation conducts training for other organisations wanting to integrate disability in their work, includes disability concerns in large forums and alliances working in different thematic areas. ACT organises workshops in the areas of law, policy, the right to education of children with disabilities and rights of persons with disabilities.

### **Our Beliefs**

- Each and every person in society has the right to equal opportunity in every institution of society and has the right to develop their full potential
- Working with person/children with disabilities is not an act of charity but a profession where people learn to care for each other



- Each person disabled or non-disabled, has his or her own unique contribution to make and this contribution must be recognized by society
- Children with disabling conditions should not be isolated from other children and that both sets of children benefit a great deal from interacting with each other.



## Our Work

- Early Childhood Care and Development
- Inclusive Education
- Life Skill for young adults with disabilities
- Work with other vulnerable groups of children and persons with disabilities
- Training and supporting other organisations and networks
- National Disability Helpline
- Advocacy and research
- The Community Based Rehabilitation programmes collect, collate and disseminate information on various schemes and policies related to disabilities. It also designs and develops specific kits, curriculum modules and learning material for children with disabilities. These resources are then used to provide services and information to children with disabilities and their families with an aim to facilitate social and communication skills of the child. It reached out to various organisations in Delhi.
- The CBR has published training modules in domains of Early Childhood Care and Development (ECCD), child protection and conducts research studies. The 4 annual stocktaking reports (2010 to 2014, with support of UNICEF and other partners) of Right to Education Act, 2009 has addressed barriers for children and their status.
- Through Disability Resource Centre, ACT has built alliances with more than sixty organisations and networks of organisations and individuals working in various sectors like, Panchayati Raj Initiative, Child Rights, HIV/AIDS, Gender, Human Rights, Education, Health and Rights. Through building alliance and networking, ACT has been able to include issues of disabilities in the larger agenda of rights of other marginalised groups.

### 3. NIPMAN Foundation

**Nipman Foundation** works in the areas of Health, Dignity and Happiness for Persons with Disabilities and for the underprivileged sections of the society.

Wheels for Life is a transparent platform that facilitates ‘gifting’ in the most dignified way. This platform has been designed to enable people and organisations to request for wheelchairs, and for people to gift them in a simple straight-forward and accessible manner.

The mission of the project “**Wheels for Life**” is to reach out to as many deserving beneficiaries through two ways — directly to people who need wheelchairs and cannot afford them and by encouraging and facilitating the gifting of wheelchairs.

OUR VISION: To ensure persons with physical disabilities have access to facilities they need to live an empowered and fulfilling life.

**Nipman Foundation** is a partner with the Anchal Charitable Trust, the foundation has worked with the ACT, to ease security procedures for the PwD’s, The **Nipman Foundation** is a transparent platform that has been designed to enable people and organizations to request for wheelchairs and for people to gift, in a simple straight-forward 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.

‘Wheels for Life’ initiative reaches out to as many deserving beneficiaries through two ways — directly to people who need wheelchairs and cannot afford them and by encouraging and facilitating the gifting of wheelchairs.

#### 4. HEART AND HAND FOR THE HANDICAPPED (HHH)

**Heart and Hand for the Handicapped (HHH)** is a not-for-profit tax-exempt 501(c)(3) organization that raises funds to support differently able children with physical and mental challenges such as polio, cerebral palsy, autism, Down's syndrome and blindness and other vision problems in India. HHH was founded in 1971 by five South Asian ladies who wanted to make a difference in the lives of differently able children in India. The organization is run by volunteers who lend their expertise in different areas.

An organization that serves the ideal of philanthropy and adhere to the highest standard of professional practice, treating everyone with respect and dignity. Over the years, funds have been donated to over 200 organizations in India. Our expense ratio per IRS filing is less than 15% of the revenue. Organizations that receive our grants must meet or exceed our rigorous standard for qualification and align with our mission. We raise funds through annual dinners, walk-a-thons, direct mail solicitations, United Way and corporate matching programs. We also accept donations of stocks and bonds.

The serving the many DIFFERENTLY-ABLE children with special needs have been a tremendous challenge at all the organizations we support to the **Anchal Charitable Trust**.

Anchal Activities through the Lockdown period and After COVID -19 Creating unprecedented challenges At Anchal we were professionally focused and restricted to our target beneficiaries and the geographic location of our activity – we refused to be carried away with the blitzkrieg of information and opinions from all over – we were confronted with a massive population of migrant labour, construction workers, domestic household workers and sex-workers – the last segment totally ignored in a situation which offered no alternatives and no chance of survival.

India cutting aside the political pep-talk has more on its hand than it could handle and what no body admitted was a community spread that happened despite the total lockdown.

Delhi-NCR was and continues to be one of the worst affected areas due to the pandemic. The migratory population, slum population, daily wage earners, hawkers, construction sites workers were high risk category.

## **Activities undertaken by Anchal**

Our Focus area remains Disability, Health and Child Rights to which we have dedicated over 25 years – the COVID 19 pandemic effected this segment in an extreme and adverse manner because they are not a government priority, they are not a vote bank and have no voice in parliament.

## **Anchal Intervention – The Challenged during the COVID 19 pandemic**

Relief to the challenged is necessary on any number of issues – it is important for them to move around under absolute curfew conditions. It is impossible to explain to a challenged child or individual why she/he is unable or, not allowed to move out.

A worse scenario emerged when it came to their activities of daily need and hygiene – totally denied of any space, confined to their beds – this confining of a large number of people in small spaces created new problems of their own.

## **Issues of Concern**

### **a. Food distribution**

It is not-at-all difficult to visualise the food crisis in a family with challenged children and adults. Anchal reacted to the situation and ensured that all these identified families had sufficient food till such time as the lockdown lasted and food deliveries were made right at their doorstep. As already stated, Anchal has close to 2000 families with a disability problem and need continuous support.

### **b. Online education**

As already stated, it is not possible to keep challenged children locked-up inside a room with nothing to do. With the lockdown all school facilities were barred and counsellors and teachers were not accessible. To overcome this situation Anchal without any delay gave immediate access to education programmes and child counselling Online.

This proved to be a boon for challenged people since they could access, talk and see the people they associated with on a daily basis – this facility helped to continue with the education and training process of the children without any break.

More important was meeting the urgent medical needs of the children and adults along with consultations whenever necessary.

### **c. Wheel chair distribution**

This was, is and will remain a crying issue for ever. Anchal to overcome a crisis situation by sending word to all community members to come forward with help and organised fortnightly Free distribution of wheel chairs through the past seven months.

### **d. Other Aids and Appliances**

Emergency needs for other necessary aids and appliances were also attended to. As is well known every such appliance is tailormade to the specific need of the

person with disability and needs recheck and adjustments for proper comfortable functioning.

#### **e. Health facilities pertaining to Covid-19**

The state-of-the-art multi-specialty Anchal Health Centre in Vaishali, Ghaziabad proved to be a boon for people unable to access private health services. The services from this Centre were and continues to this day to be accessed from far and wide with people from all social and economic segments covering large distances in search of instant medical services they can afford.

With the advent of the COVID 19 pandemic medical services and facilities for non-Covid 19 patients was impossible and even Covid 19 patients were turned back due to lack of beds. However, we at Anchal have ensured that every person gets full attention and care.

#### **f. Home modifications**

The moment you have a challenged individual in the family home modification become an absolute must to ensure free and independent movement. This is an important and integral part of the training for improved independent ability to access and negotiate through government and public civil infrastructure

**Anchal took the lead –**

1. A united movement was initiated by our Managing Secretary Shri Sanjeev Sheel to ensure domestic workers were paid their salary dues by engaging the RWAs of gated colonies in the Ghaziabad area, to ensure that householders complete payments due, to the workers.
2. The same movement was raised with builders to ensure that construction workers got paid for the work done.
3. Distribution of freshly prepared food to a limited population in distress in the first phase to tide over a very disastrous situation following the lockdown.
4. 3500 FOOD KITs divided in two packets the total weighing over 100 kilograms were distributed – sufficient food raw material to keep a family of five well and happy for a period of 30 days.

S.No	Donor agency	Type of beneficiaries	No. of target beneficiaries	Project Area	Support & Services provided
1.	Tech Mahindra	Children with disability	100 + 20 (Vocational training children)	North East Delhi	* Special schooling, Referral services, Vocational training, Parents training on disability issues,
2	UTSHA Project	CBR	150	North East Delhi	* Rehabilitation and referral services, Capacity building of parents and stakeholder's/ Government machineries/ Local MLA, SHOs, Local key stakeholder's, Pradhans, Counsellors etc..
3	NIPMAN Foundation	Distribution of Wheelchair	52	North East & East, Delhi	* Distribution of Wheelchairs
4	HHH Foundation	Support & Services	One time	Anchal School	* Support Services (Stationary and equipment support)

## Healthcare Programmes

### American Indian Foundation

Maternal and Newborn Survival Initiative (MANSI), Uttarakhand

#### \*Beneficiaries:

- \* New born -152/All new born of the project area
- \* Pregnant mothers- 1738/ All pregnant mothers of the project area
- \* Children below 05 years- As per the household survey/All children below 05 years
- \* Villages- 274- All villages under the project area
- \* ASHA -216/All ASHA of the pregnant area
- \* ASHA Facilities - 15/all ASHA facilities of the project area
- \* TBA- 100/All TBAs of the project area
- \* SHG/PRI/VHS-200-All SHGs PRIs/VHCs of the project area



## Photo Gallery



### Mock Drills at Community Level



Project area : Uttarkashi, Naugaoan and Mouri (Uttarakhand)

\*Provides monthly home visits and check-ups to each woman during their pregnancy as well as health visits for both her and her child until the child is 5 years old.

\* Reducing maternal and child mortality and morbidity





**Training with key stakeholder & parents**



## **Child Sensitivity Role Play Exercise with Teachers**



**Child Sensitivity Session with School Children**

## **Anchal Healthcare Center**

Anchal Healthcare Centre (AHC) has been established by Anchal Charitable Trust with the view to provide comprehensive quality healthcare under one roof. AHC has five main units like a complete pathological lab, radiology unit, Super Specialty OPD of different doctors like Orthopaedic, heart, Sugar, General Ailments, Dental Unit, Eye Care, Cancer Care, Homeopathy, Ayurvedic and other related services.

## Financial support in implementing a micro-project

Anchal Health Centre – An advanced state-of-the-art Dental Clinic has been established and welcomed by people of the entire area especially the underserved and is in harmony with the basic tenets that guide our intervention initiatives.

The healthcare infrastructure in Uttar Pradesh –Delhi NCR has cracks right from the bottom –with 20,521 sub-centres and not one of them meets Indian Public Health Standards. Almost 32.5 percent of the sub-centres don't get regular water supply, 35.9 percent face trouble when it comes to electric supply and 30.2 percent are without all-weather motorable approach road.

Almost 91 percent of Public Healthcare Centres (PHCs) do not have a female doctor, 60 percent do not have a functional operation theatre and 56.6 percent are devoid of a labour room. Many centres don't even have a regular supply of common drugs. Misallocation of resources and wastage of public funds is the order of the day.

The 2016 Rural Health Statistics' list of lack of staff in Community Healthcare Centres is unending — specialists are short by 84 percent, lab technicians by 77 percent and radiographers by 89 percent. Uttar Pradesh faces the most severe shortage of medical staff among other states in the country.

Data from the government's Rural Health Statistics—2016 reflects an overall 84% shortage of specialists, 77% shortage of lab technicians and 89% shortage of radiographers in the CHCs of Anchal commitment for access to care and treatment for eye problems for people from low-income segments. People from these underserved communities with eye problems have no access to any dependable facility for responsible eye care and treatment – children are the worst sufferers.

**The Anchal Charitable Trust** is extremely grateful to all its sponsors and contributors over the past 28 years, who have made it possible for us to provide the required health, cultural, and educational services necessary for a growth story that leaves no one behind.

### *Anchal Healthcare Centre*

The **Anchal Healthcare Centre** is a dedicated charitable institution for healthcare services to the underserved, excluded and the most vulnerable with only a token charge/contribution for services.

The Hospital is approved by the Health Department of the government of Uttar Pradesh complete with all legal niceties since its inception two years ago. The hospital sees a daily footfall of over 150 patients with different healthcare problems. In this last year ending March 2021 Anchal has *benefitted over 46,800 patients with great success.*

**Anchal Healthcare Centre – Medical Services to the Excluded through Covid 19**  
**Anchal** through the two waves of **Covid-19** has done remarkable work in terms of distributing a months' raw food material for 5500 families, medicines for the poor, oxygen and concentrator support and other need-based services like covid testing etc. 500 volunteers have been trained towards community-based rehabilitations of covid positive patients.

Care, India Today/AAJ Tak, Zee TV, Local Channels have appreciated the work accomplished by **Anchal** through the **Covid-19** pandemic.

The Embassy of the Federal Republic of Germany and the Embassy of Japan have come forward to strengthen the **Anchal Healthcare Centre** in terms of Radiology and dental departments.

### ***Anchal Health Centre – Vision for Urban Poor***

The **Anchal Healthcare Centre** is a comprehensive healthcare and rehabilitation state-of-the-art specialty healthcare center providing full services for a token sum of money to the most vulnerable and economically depressed segments without any discrimination what-so-ever.

#### **Departments – General Opd**

The **ANCHAL HEALTHCARE CENTRE** is a not-for profit activity and as such all donations relating to our work – ***care of challenged children or, care of children at construction work sites, health-care and rehabilitation activities are fully tax deductible***, to the maximum permissible by the law.

Access to **comprehensive healthcare services** in a single point facility in the Delhi-NCR region with a view that no one is left without health care.

The following areas of **Intervention** reflect the need-based demand of the local population in this area. The services include

#### **1. Fully Equipped State-of-the-art Diagnostic Laboratory that includes-**

- a. **Pathological** –testing of all kinds –Blood test, Urine test and Covid Test.
- b. **Radiology** – Ultrasound, Dexa, EEG, X-ray and related tests.





## 2. OPD Section –

### Treatment by specialists that include

- Child specialist, Heart Care, Gynecologist,
- Orthopedic, Eye Care, Skin care,
- Homeopathy, Cardiology, Neurology
- Diabetologists and general health care services.



## 3. Dental Care that includes

- Complete examination, x-rays, and dental cleanings
- Fillings, root canals, and extractions
- Implants – placement and restoration
- Crowns, bridges, full and partial dentures



## 4. Orthotics treatment including Physio-occupational therapy

- Specialist help for Arthritis, Bursitis, joint swelling and inflammation, dislocation, ligament tears.
- Spinal cord injuries, Arthrogram (joint X-Ray)
- Bone scans, Computed Tomography (CT) Scan
- Arthroplasty – ligament reconstruction, Spine Surgery

**Advanced Orthopaedic service procedures include** – minimally invasive surgery, advanced external fixation, use of bone graft substitutes and bone fusing protein.



## 5. Cancer Care Unit

### *Anchal – the Struggle to Provide the Best Cancer Treatment Services Medical Facility for the Treatment of Cancer*

The Anchal Charitable Trust Cancer Hospital in Ghaziabad, Uttar Pradesh, is a comprehensive one-point stop for the diagnosis and treatment of cancer.

Cancer is a disease that develops when cells in your body divide at a faster rate than normal. These abnormal cells grow into a lump — or tumour. Cancer treatment is the **use of surgery, radiation, medications and other therapies to cure a cancer**, shrink a cancer or stop the progress of a cancer. Depending on specific cases and access to financial resources in any particular situation, the patient may receive one treatment or a combination of treatments

### Supporting low-income families to combat cancer

**Anchal charitable Trust** understands the need for advanced technologies and experienced, committed doctors in the treatment of cancer and we continue with this solitary goal. A winning team of experienced senior doctors to provide patients with the best cancer treatment.

## TATA Trust Study

### *SCOPING STUDY FOR PUBLIC HEALTH NUTRITION TEACHING IN INDIA*

Overview of the Project HOPE (Health Opportunities for People Everywhere) in collaboration with TATA Trusts & Anchal Charitable Trust is conducting a scoping study to explore the status of Public Health Nutrition (PHN) teaching in India in various undergraduate and postgraduate courses in selected sectors of home science, medical, nursing, agriculture and public health.

The aim is to review the overall situation of PHN teaching, synthesize the best elements of the various courses offered by the selected institutions and provide directions for improving teaching and training of PHN courses in the country for meeting the requirement of PHN human resource experts for spearheading effective implementation of nutrition interventions at national, state and district levels and accelerate the rate of reduction of malnutrition.

### Formation of Consortium

A Consortium of key organizations and representatives from each of the Five sectors were identified. The Consortium included about 22 eminent knowledge leaders from a range of organizations (Research organizations, MoHFW, Academics and various National Councils) having a long history of working in the field of Public Health Nutrition in India carrying a comprehensive knowledge of the landscape. These Consortium Members will provide strategic and technical support to the Core Team on the study design and tools, selection of institutions and finalization of the recommendations.

### Mapping of PHN courses and Institutes across sectors

An extensive mapping exercise was conducted for identification of courses related to Public Health Nutrition courses in India. The following methods were implemented for the mapping exercise:

- **A systematic internet search was done** An extensive review of websites of key associations like Medical Council of India (MCI), Indian Nursing Council (INC), Indian Council of Agriculture Research (ICAR), Home Science Association of India (HSAI), University Grants Commission (UGC), Association of Indian Universities (AIU) and Indian Public Health Association (IPHA) was undertaken.
- Detailed online and offline search on various private, autonomous, hospitals and corporate institutions was conducted

The research included only the courses offered in India and in joint collaboration by Indian and foreign institutes. Hence forth a detailed database was developed capturing information on contact address, university affiliation, management of the college (private/government), accreditation, courses offered at undergraduate (UG) and post graduate (PG) level, certificate and online courses, duration of the course and annual intake.

**A total of 2516 institutes across all the five (5) sectors** were identified. It was observed that only 12 institutes in the country offered stand-alone courses in PHN with the nomenclatures of PHN/Community Nutrition while the remaining 2504 institutes offer nutrition integrated courses.

Mapping matrix of PHN courses across the sectors			
Sector	Total number of institutes	Total number of Institutes offering Stand Alone (PHN) courses	Total number of Institutes offering nutrition integrated courses
Home Science	214	9	205
Medical	479	0	479
Nursing	1747	0	1747
Agriculture	21	1	20
Public Health	55	2	53
<b>Total</b>	<b>2516</b>	<b>12</b>	<b>250</b>

### Criteria for Selection of Institutions

The following criteria was developed for inclusion of institutions:

- **Content Related to PHN- Institutes** offering entire course/ stand-alone dedicated courses or those which offered paper/content/nutrition integrated courses related to Public Health Nutrition in each of the five sectors were considered. A thorough analysis of the curricula of various courses offered under each sector helped identify the eligibility of the institutes.
- **Geographical Representation**—An effort was made to select institutes with PHN courses/PHN focus representing various parts of the country to have a better understanding of the National, regional and state situation. A zonal classification of the Ministry of Home Affairs 1 formed the basis for the selection of zones. One institute from each sector from each zone was selected. In each zone, an institute from Tier 1 city was identified, in case of unavailability of any institute in Tier 1 city, institutes from Tier 2 or Tier 3 were selected. Feasibility and approachability w.r.t geographical location was also considered.
- **Variety of Courses Offered**— Undergraduate, postgraduate, post-graduate diplomas and Ph.D.— Institutes offering more than one course (UG and PG or 2 PG) related to PHN were identified from each sector because of the paucity of the time. Institutes offering UG/PG courses from each state in Home Science sector were identified. A list of all the institutes offering variety of courses was created, which was further classified based on geographical location (zones) and management status (government/private).



- **Willingness and approvals:** Willingness of the Institute to participate in the study for data collection was an important final criterion

Zone Wise Distribution of States in India								
ZONE	STATES							
NORTH	J&K	Himachal Pradesh	Punjab	Rajasthan	NCT of Delhi	UT of Chandigarh	Haryana	
EAST	Bihar	Orissa	Jharkhand	West Bengal				
WEST	UT of Daman & Diu	UT of Dadra & Nagar Haveli	Gujarat	Goa	Maharashtra			
SOUTH	Andhra Pradesh	Karnataka	Kerala	Tamil Nadu	UT of Puducherry			
CENTRAL	Madhya Pradesh	Chhattisgarh	Uttarakhand	Uttar Pradesh				
NORTH EAST	Assam	Arunachal Pradesh	Sikkim	Nagaland	Meghalaya	Manipur	Tripura	Mizoram

Sanjeev Sheel,  
Managing Secretary