

2019-20

Consolidated Annual Report

Sponsored by:



UNITED BREWERIES LIMITED



Report Prepared By:

1. Preetham Rodrigues (Director, Inchara Foundation)
2. Shyna Bhattacharjee (Manager, Inchara Foundation)

Submitted by

Inchara Foundation, Mangalore

2020, March

2. Human Resource Involved

Sl. No.	Name	Designation
1.	Vazeer	Managing Trustee, Inchara Foundation
2.	Preetham Rodrigues	Director, Inchara Foundation
3.	Shyna Bhattacharjee	Manager - Operations & Research
4.	Kavya	Project Coordinator, Inchara Foundation
5.	Sumana	Project Coordinator, Inchara Home for Children
6.	Athena Maria Aranha	Psychologist, individual therapy

3. Beneficiaries


Sl. No.	Programs	Activities	No. of Beneficiary Reach
1	Model safe school initiatives	Personal Safety workshop	No. of Schools (7) No. of students= 1012
		First Aid Training	No. of Schools (7) No. of students = 1012
		Health and Hygiene Awareness workshop	No. of Schools (7) No. of students (1012)
		Fire safety training	No. of Schools (7) No. of students (1012)
		Angel Box Installed	No. of Schools (7) No. of students (1012)
		IEC materials/posters installed	No. of Schools (7) No. of students (1012)
		Follow up trainings on Personal safety	No. of Schools (7) No. of students (1012)
		Drinking water testing	No. of Schools (7) No. of students (1012)
2	Play Ground (safe play)	DKGPS- Madhya, Katipalla	300 Students

		DKZPS- 6 th Block, Katipalla	152 Students
3	Repair of Play Grounds	DKZPS- Kulai, Mangalore	95 students
		DKZPS, Angaragundi, Baikampady	246 students
4	Inchara Home for Children	Nutrition support for 20 Girls for 5 months	No. of children (18)
5	Installation of water purifiers	DKZPS- 3 rd Block Katipalla	151 Students
		DKZPS- Badagayekkar	94 Students
6	Deskit Bags	DKZPS Madhya, Mullakadu and Tenka yekkaru	210 students

4. Programs Details

Model Safe School Initiative:

Inchara Foundation in collaboration with United Breweries Ltd. joined hands together to strengthen the existing mechanisms of the government schools in Dakshina Kannada. As a result team Inchara Foundation conducted workshop on **Child Safety Awareness, Health & Hygiene Awareness and First Aid Training** in Govt Schools.

 **Personal Safety Education for the Children:** Implementing a personal safety module for the children based on the international standards. This module helped the Children, Parents and teachers in dealing with the sensitive issue like child sexual abuse. Class 1-7 Students, teachers and parents benefit from this module



First Aid Workshop:

As a part of first health safety, over 1000 students and staff of 7 Government schools have been trained in first aid. Which involved preventive safety from all forms of hazards as well as treating small cuts and wounds. The resource person also demonstrated how to tie the fractured hands as a part of first aid. This program is received well by the students as well teachers



Health & Hygiene Awareness Workshop:

- ✚ **Safety from Communicable diseases:** A lot of communicable diseases can be prevented by washing hands in a proper way. Children are taught techniques of washing hands to prevent possible health hazards and basics of personal hygiene.



In the month of November 17, 2019 a workshop was conducted on Menstrual Health and Hygiene by external resource person Mrs. Vimalapadiyar, Mrs Radhika, Mrs Shaila from Art Of Living organization for 3 hours on various aspect of Menstrual cycle and its impact on the physical and mental well being and how to cope with it.



Fire Safety Workshop:

Fire safety is another important component of Model safe school initiative, where programs were conducted in association with Fire Department. Awareness classes and demonstrations were held which educated the children how to prevent and douse various types of fires. More than 1000 children and staff benefitted out this program



Angel Box Installed:

Angel Box: An Angel Box is a unique initiative by IncharaFoundation; it is one of the multiple access points provided to children to seek help in case of any unwarranted situations. Angel Box will be placed in the schools, where children can drop their queries and concerns related to safety. Project Staff will be equipped to handle the queries and concerns on a regular basis



Desk it:

- **DESKIT** is a writing companion for students to aid in comfortable writing and to assist in maintaining a proper body posture. It is designed especially for children who lack basic infrastructural facilities at school as well as home



210 Deskit bags were distributed in 3 Different Schools for the needy Children

Ensuring Safe Drinking water

- ✚ **Ensuring Safe Drinking water:** Water contamination is common phenomenon in the industrial area and also the areas close to the Sea. Therefore, testing of water and further ensuring safe drinking water for the children in an important component of MSSI. If contamination found or water found to be not suitable for drinking, we can mobilize resources towards ensuring safe drinking water to the Children

Water Testing Report:

Sl no	Date	Name of the school	Source of water	Results
1	19-11-2019	DKZP Govt school 5 th block	Corporation water	Negative
2	21-11-2019	DKZP Govt school mullakadu	Aquagurd water	Negative
3	27-11-2019	DKZP Govt school thenka yekkar	Borewell water	Negative
4	3-12-2019	DKZP Govt school Badaga yekkar	Well water	Positive /not suitable drinking
5	5-12-2019	DKZP Govt school Madhya	Well water	Negative
6	17-01-2020	Govt primary school 6 th block	Corporation water	Negative
7	17-01-2020	Govt primary school 3 rd block	Well water	Negative

Installation of water purifiers:

Water purifiers installed at (RO, with storage) installed at DKZP Badaga Yekkar and DKZPS 3rd Block Katipalla benefitting over 200 students



UNIVERSITY COLLEGE, MANGALORE
DEPARTMENT OF MICROBIOLOGY
Water Testing Report

Name: Inchara Foundation No. 714
Address: Kadri, Mangalore Date: 17/01/2020

Contact Number: _____

Source of Water: well water Govt. Primary school, 3rd block Katipalla

1. Microbiological tests (Faecal coliform test / Most Probable Number (Normal Range : <2/100ml))
MPN: 4/100ml

a) Presumptive Test: _____

b) Confirmatory Test: Negative

c) Completed test: Negative

Report : Potable / Non-Potable
Since the Bacterial Count is slightly high water is need to be boiled

II) Total Plate Count (TPC): _____

The above analysis is only for your information that is provided on your request and not for any commercial or legal purpose.

[Signature]
Lab Technician

[Signature]
Head
Dept. of Microbiology

UNIVERSITY COLLEGE, MANGALORE
DEPARTMENT OF MICROBIOLOGY
Water Testing Report

No. 715
Date: 17-01-2020

Name: Inchara Foundation
Address: Kadri, Mangalore

Contact Number: _____

Source of Water: corporation water Govt Primary school, 6th Block Katipalla

1. Microbiological tests (Faecal coliform test / Most Probable Number (Normal Range : <2/100ml))
MPN: 2/100ml

a) Presumptive Test: _____

b) Confirmatory Test: Negative

c) Completed test: Negative

Report : Potable / Non-Potable

II) Total Plate Count (TPC): _____

The above analysis is only for your information that is provided on your request and not for any commercial or legal purpose.

[Signature]
Lab Technician

[Signature]
Head
Dept. of Microbiology

Distribution of personal safety related posters

Similarly, on 10th Jan, 13th Jan, 4th Jan & 27th Jan, 24th Jan team Inchara distributed personal safety related posters for the students of govt. primary school at 3rd block, 5th block, 6th block katipalla & Madhya, Mulla Kadu and Badaga yekkar, Thenka yekkar school.

1012 students shall be benefited from this poster, that contained tips for personal safety awareness and helpline details. This is also help the children to recall the sessions conducted on personal safety awareness



Safe Play:

We shall promote outdoor games, with affordable solutions, using recycled tyres. These play grounds can be easily installed and removed and aesthetically pleasing.

Repair and Maintenance of existing two play grounds:

Two play grounds one each at Angaragundi and Kuali schools were repaired at a cost of Rs.15,000/- each



New Play Grounds

Two new play grounds with improved designs are made accessible children at Government School Madhya as well as at Katipalla 6th block benefitting near about 450 children.



Follow up sessions on personal safety education



As a part of standard procedure, Inchara foundation conducted awareness workshop on follow up the personal safety session. These follow up conducted by kavya(programme coordinator) to give awareness about personal safety and suggestion box. Follow up sessions were conducted in 7 schools as well another 3 schools of past year's intervention

Nutritional Support for Children:

This years CSR intervention also involved supporting to provide Nutritious for Children at Inchara Home for 5 Months. More than 25 Girls who are victims of abuse, rescued are benefitted through this program

Nutritional Support Includes Balanced Diet consisting of Iron, Carbohydrates, Proteins, Vitamins and fats in proportional manner. The diet is distributed in Breakfast , Lunch, Evening snacks and Dinner.

Non Veg: There is provision for Chicken, Egg and Fish every week to balance protein requirements.

Milk and Milk products : Curds and Buttermilk provided during lunch

Morning breakfast consists of cereals and pulses

All food is freshly prepared in the kitchen inside the center.



Financial Report/Utilization:

Sl.No	Item	PO Reference/Item No	Total Approved Amount	Total amount Utilized
1	Model Safe school initiative(Includes personal safety awareness sessions, fire safety, water testing, health & sanitation awareness, Angel Box & IEC printing (Posters), Documentation	7.1	315000	315000
2	Water Purifier/RO Installation	5.1	70000	70000
3	Deskit Bags	4.1	1,15,500	1,15,500
4	Play Grounds Using Scrap	6.1	250000	250000
5	Repair and maintenance of existing 2 play grounds	3.1	30000	30000
6	Nutrition support for Children at Inchara Home	2.1	250000	250000
7	Need assessment and technical report for rainwater harvesting by an expert	1.1	15000	Activity completed
8	Rainwater harvesting and well recharges	1.1	100000	Pending approval
	Total		10,30,000.00	10,30,000.0

NB: Invoice amounting to Rs.255,000/- yet to be received.

Conclusion:

We would like to thank the team at United Breweries, including the Unit Head, HR Head, HR Executives and CSR team at HO for believing in proposed designs and innovative projects of Inchara

Foundation. We are grateful for the unending support and timely grants to execute the proposed activities. We look forward for the year 2020-2021 where we thrive to streamline and scale up Inchara Home for Children and Model Safe School initiative. We may also need to work towards building activities to cope up with pandemics such as COVID-19
