

Vikalp Sansthan

Annual Report 2019-20



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About Us

Vikalp Sansthan is a Rajasthan-based organization working in nine districts of western and southern Rajasthan since 2004. It was started by a group of young people who had a vision for the social, economic and political growth of Rajasthan based on their experience of working with communities in the most deprived and vulnerable areas of Rajasthan.

Vikalp Sansthan is committed to creating a violence-free society based on equity, justice and peace. Vikalp Sansthan works with youth and adolescents to address gender-based violence by enlisting their help as volunteers or agents of change. We create platforms through which youth can voice their opinions and integrate their needs with the process of social development.

Vision

To create a violence-free society that will be based on equity, justice and peace. A social environment which can enable – Physical and mental freedom for all irrespective of caste, class and gender, freedom from gender-based violence, equal Opportunities for Girls and Women and freedom from discrimination.

Mission

To create a platform where youth can voice their opinion and integrate their voice into the process of social development, thereby enhancing their capacities and co-creating opportunities for their meaningful participation in their communities' development leading to sustainable development.

Our Strategy

- Conduct public campaigns led by volunteers, change-makers, and our partners
- Empower local communities and raise awareness about critical social issues
- Create linkages between local government, administration, politicians and other stakeholders to address issues of Violence against Women (VAW)
- Motivate local community members and involve youth to monitor their neighborhoods to encourage the maintenance of a violence-free society.
- Organizing villagers into Village Development Committees and capacitating them for village development
- Apply principles of participation in identification and prioritization of problems and also in identification of development program.
- Use regional and cluster approach in identification and solution of issues in the area
- Collaborate with the institutions, community organizations and individuals with similar understandings and approaches.

Our Approach

Vikalp Sansthan aims to target the issues of gender discrimination and violence in a holistic way, including by:

- Conducting public awareness campaigns led by youth volunteers, change-makers and community partners
- Conducting discussion forums at the local level to build community awareness and capacity around preventing gender discrimination
- Advocating to local governments and community leaders on the issue women face
- Motivating community members to address gender-based issues through various networks and support groups, as well as links with government and other institutions
- Raising awareness in local media and increasing coverage on issues around violence against women
- Sensitizing men to the experiences and issues women face
- Holistically empowering survivors of violence, providing women with access to legal services, counselling, and regular follow-up
- Developing and encouraging self-respect and self-worth in women and young girls in order to assist women in recognizing their inherent value and strength.

Governance

Vikalp Sansthan continues to be an organization with a small group of general body members. Presently, there are 15 members (7 are women) in general body including 7 (4 are women) members in the Executive Council (EC). The EC consists of the Chairperson, Secretary and seven other members. These members come from diverse backgrounds and include a social worker, activist, academic, media person and writer.

The Executive Council meets twice a year and General body meets once a year to share programs, the annual report, audited accounts, new policies, and plan new programs. Elections of EC members are held every two years. Upon withdrawal of any member from membership of the general body, new name/s is suggested by the board members, who are then sent an invitation to join the general body.

Staff

There are 22 staff members (including 10 women) in Vikalp working on different programs. These staff members having expertise and qualification in -- Masters of Arts (M.A.), Bachelor of Education (B.Ed.), Masters in Social Work (MSW) and graduate from different disciplines. Composition of staff are followed by caste and religious diversity viz; SC, ST, OBC, Minorities.

Planning and Monitoring

Vikalp Sansthan conducts monthly staff meetings to review activities and budget. The organization also conducts quarterly meetings to review program budget and planning for next quarter. Senior staff visits the field area frequently for program monitoring. Representatives from donor agencies make visits twice in a year.

Accounting and Auditing

Vikalp Sansthan uses Tally accounting software to maintain accounts standard and prepares a statement of accounts to fulfil donor agency requirements. An external auditor conducts an audit of the accounts on a regular basis. The auditor provides a final statement of accounts once a year and prepares Utilization Certificates (UCs) and need-based statements as per the requirements of donor agencies.

Organization Information

Name of Organization	Vikalp Sansthan
Head Office	80, Vinayak Nagar, Ramgiri, Badgaon, Udaipur – 313 001, Rajasthan, India
Registration of Organization	Registered under Rajasthan Society Act 1958 No. 02/BARMER/2004-05 Dated- 08th April, 2004
FCRA	Registered under Foreign Contribution (Regulation) Act (FCRA) 1976 No. 125450016 Dated- 20th July, 2007
12 (A)	Registered under Income Tax Act 1961 under section 12(A) – ITC-II /Jodh/ 2005-06/2669 Dated- 13th March, 2006
80 G	Registered under Income Tax Act 1961 under section 80G (5)– No. ITC-II/Jodh/2008-09/2690 Dated- 06th January,2009
Income Tax Permanent Account No. (PAN)	AAATV7471N

Honour

Spirit of Humanity Award (Regional Winner)

Americares, presented Vikalp Sansthan with the “Spirit of Humanity’ award at a ceremony that took place in Mumbai for excellent work with women, adolescent girls and young married girls in the presence of renowned dignitaries who salute the efforts and accomplishments of inspiring change-makers. While sharing the stage Usha Choudhary, Executive Director solicited the present audience to join hands to eliminate existing social evils from the society and present the instance of togetherness.



I am Shakti Award 2020

On the occasion of International Women day Ministry of Women and child Development Department, Rajasthan had organized state level program named “I am Shakti” in Jaipur, which aims to provide awards to more than 200 girls and women across different districts and villages of Rajasthan in diverse working fields. Tara Regar one of the volunteers from Vikalp got selected for I am Shakti award under the Girls dignity and respect scheme-2020. She has been given the award by the hand of Chief guest Dr. Shubhash Garg (state Minister, Department of Technical and cultural Education, free charge) and Program President Smt.

Mamta Bhupesh Bairwa (State Minister, Department of Women and Child Development, Rajasthan). Tara had been awarded with the memento, check with 2500 rupees and a certificate. Zee TV Rajasthan had broadcasted the story of Tara Regar on the eve of Women's Day on 8th March, 2020.

Jawala Care Foundation Award 2020

Jawala Care Foundation had organized an award ceremony named 'Virangna' on 15th March, 2020 at Garm Panchayat, Bedla, Udaipur, Rajasthan in which 21 women from different backgrounds had been elected on the basis of their tremendous efforts of bringing transformation in the community. Usha Choudhary, Executive Director was awarded due to her amazing efforts in the fields of ending gender-based violence and women empowerment on large scale.

Change-Maker Award 2020

On the occasion of National girl child day under the Project of 'Aapni Ladli' an event of award ceremony was held in Udaipur in which 20+ volunteer girls from the different villages of Mavli and Gogunda Block were awarded for their outstanding work to bring about awareness among the girls, boys, women, married young girls and men regarding elimination of gender-based discrimination, child marriage, drop out girls and other forms of discrimination from the community.



ACTIVITIES





MERI KHUSHI

Meri Khushi translates to ‘My Happiness’, but happiness is kind of luxury among adolescent girls in Rajasthan who face innumerable social hindrances in their daily lives. Vikalp Sansthan wanted to help these girls find their happiness by providing a range of opportunities for self-empowerment and broadening their futures. Thus, the Meri Khushi Project was born.

This endeavour has been implemented in 40 villages of Mavli block, Udaipur. The initiative works with girls aged 11-19 years and engages stakeholders such as the families of girls, teachers and community leaders. Through this program, we help the girls to develop the skills they need to assert them and reclaim their rights, elevate their self-confidence and discourage harmful social practices that degrade their self-respect such as child marriage and sexual harassment.

Regular meetings

Since Indian education system focuses more on academics and rote learning, students often lack access to education that would help them grow as an individual. Hence, Vikalp Sansthan conducts interactive sessions with boys and girls in different villages regularly to form broader perspectives and improve their intrapersonal and interpersonal skills. Every quarter Vikalp reaches out to new boys and girls and give in depth knowledge on early marriage, reproductive and sexual health, rights, laws, POCSO Act, gender-based violence, sexual and reproductive health, mental and physical changes adolescents go through etc. and help them unleash their potential. Following are the numbers of meeting and participants:

Meeting with Boys- 85, boys participated- 1094

Meeting with Girls- 118, girls participated- 1289

Meeting with Women- 75, women participated- 575

Meeting with Men- 14, men participated- 100

Meeting with young married girls- 9, young married girls participated- 48

Capacity Building Workshops

Vikalp intended to impart knowledge to aware both young boys, girls and women also through workshop as key source to focus on improving the leadership and decision-making skills of girls so that they could not only dream of a better future, but begin making efforts to achieve their aspirations. We encourage girls to become self-reliant, decision maker, to make self-abled so that patriarchal mindset could vanish, groom's family could offer dowry instead of bride's family and stand by with opposite sex in every sphere of lives. We have recorded a positive-shifts in the cognition of parents towards girls' rights, aspiration achievements because more than 600 girls had taken participation in the various workshops like 3 days residential workshops, empowerment workshop, village level workshop etc. Further learning from workshops paid off in terms of forming 40 support groups of women and girls.

Exam Preparatory Meets

We provided exam guidelines and related supports to boys and girls were major concern. Subject wise supports have been the agenda of every meeting. More than 100 children were guided for the annual exam preparation and set to appear in the examination but unfortunate descended in the form of corona pandemic across the globe due to which exams got postponed

Exposure visits

On the eve of International Girls Day Vikalp uniquely planned exposure visit to Police station, Union Bank of India (Udaipur) and District court and dialogue with women officer at Police station. 45 girls had participated. It was a new experience for them as some of the girls were stepping out of the village for the first time and travelling to Udaipur. The main purpose of visit was to expose adolescent girls to working of these institutions and bridge the gap between them. At police station girls interacted with Deputy Superintendent of Police and Police Sub Inspector where they shared their personal experience and struggles they have faced in their lives and emphasised on importance of education. Girls learnt about police recruitment process, concepts of police cases, FIRs, helpline numbers etc. The girls were given an opportunity to talk to them about village problem. One of the participants complained about problem of alcoholism in her village which in turn inflicts violence whereas another wanted to know how they as an individual can contribute to combat child marriages. Police Sub Inspector urged to report to the police or NGOs like Vikalp who can help to curb the situation. She suggested girls to create awareness on consequences of child marriages in their community by creating rally and together stand against it and say no to child marriage and violence.

In District court, Girls interacted with Judge and lawyer who helped them understand the role of **court** in dispensing justice in any case, the role of prosecutors in a case, the way cases proceed in a **court**, the way judges, prosecutors and defense lawyers handle the case, the relationship of the prosecutors and the police.

In Union Bank, girls interacted with bank manager who informed them about types of account (saving/current), concept of deposit (fixed/recurring), loans and most importantly process of opening a bank account following with knowledge on managing the account like process to withdraw money etc. Many people in villages do not open bank accounts due to lack of knowledge to operate it which makes them scared to reach out to banks hence the visit turned out to be fruitful as girls were acquainted with simple processes of bank and managing accounts.

Meri Khushi Camp

Vikalp Sansthan had organized an annual Meri Khushi camp during the summer holidays. This was the first occasion when Vikalp Sansthan had organized 15-days residential camp with total 30 Adolescent girls as participants in interior villages of Mavli Block with the objective of inculcating a sense of justice, equality and independent thought, also giving them greater control over decision-making, developing leadership skills and boosting their confidence. Most attractive features of camp were that the food requirements were met by donation and contribution from community itself, parents of the participants and team members and even people wanted to contribute in any way they can. Apart from these several distinct activities were the central part of attractive and success which were conducted to empower the girls with skills to enable them standing on their own feet, like; Spoken English classes, Computer Literacy classes, Life Skills, Self-defense techniques, Health and Hygiene sessions, Fundamental and Human Rights sessions.

Outcomes

- 10 Teams of 92 girls belonging from different castes, religion and regions have actively participated in the block Level tournament and are contributing to breaking social evils cages
- Behavioural change among the girls, parents, boys, in laws have been noticed favouring girls and women to participate in outdoor sports, workshops, meetings, decision making, leadership
- 40 Support Groups of women and girls in villages have been strengthened and are taking action against social norms and problems faced by the community.
- 2 new volleyball teams formed with parents' support
- 2 new boys groups were formed in three villages with the efforts of 2 girls of volleyball team.
- After empowerment workshop, women started taking initiatives against existing social evils and are collectively taking actions to voice their problems to the Panchayat. 5 women joined parlor course after dream session.
- Volleyball and Kabbadi teams have been formed and girls and boys belonging to different castes are playing together every day bringing an end to gender based and caste-based discrimination like untouchability.
- This year handsome number of beneficiaries haven been liked with Government Schemes like 19 girls & 3 boys with Palanhar Scheme, 19 Women & 2 Men with Widow Pension Scheme, 16 women & 4 men with old age pension, 4 girls & 6 Women with Prime Minister Sewing scheme, 10 Men & 4 Women with Labor Card, 7 Women & 3 men with Housing scheme and 2 parents of girl children with Sukanya Scheme etc.
- 1 girl was associated with job
- 4 child marriage have been abolished by our team



SPORTS FOR EMPOWERMENT

Sports for Empowerment (S4E) are a program which aims to bring empowerment among girls and women through the medium of sports. It provides a supportive environment for girls to learn a new skill, develop self-confidence and better understand their bodies, health and capabilities. Vikalp believes that sports can be used as an inroad for socialization, networking and discussion. When sports are used in conjunction with other styles of learning, like workshops, mentoring, and girls-only safe space discussion, their value is truly realized. This program has been undertaken in a number of rural villages where the risk of child marriage, violence and dropping out of school was particularly high for girls.

With the opportunities that come from sports, girls experience many positive developments: they feel less fearful of the outside world and begin to embrace new experiences; they experience the pride of winning (some for the first time) and as a result nurture a healthy competitive spirit; they better understand their bodies and gain confident in their athletic abilities; they feel empowered to step up and take responsibility to move their community forward; and finally, as a result of these other developments, they experience a reinvigorated sense of self and begin to take control of their lives and advance themselves through pursuing higher education, a career, and being an active participant in decisions that govern their future, such as marriage.

Sports Camp

Udaipur Volleyball association organized a camp for 10 days from 21st to 29th June before open tournament, 3 girls from Vikalp Sansthan's operation area block Gogunda named Radha Sen, Nirmala Gameti and Sita Gameti had participated. Apart from coaching in Volleyball, regular sessions on importance of sports and health benefits, disciplines, leadership, team work, team Spirit, coordination, gender equality were conducted.

Volleyball Practice during Winter Vacation

Vikalp Sansthan conducted regular volleyball practice (2 hours a day) during winter vacation that is from 22nd December 2019 to 1st January 2020 to nurture sports talent amongst underprivileged girls and inculcate leadership skills. 61 Participants from seven teams participated.

Block Level Tournament

Vikalp Sansthan had conducted Volleyball tournament for girls in 10 villages of Mavali block aiming to nurture sports talent amongst underprivileged girls and inculcate leadership. For which regular volleyball practice was done because Vikalp Sansthan believe that sport is to be an integral part of education and works as a tool to break predetermined gender roles. Around 96 girls participated in this block level volleyball match. Great to see the girls enjoying their times with full confidence and reclaiming public places even after losing the match the girls were happy to take part in match and hope to get trophy next time.

"Talent is inside everyone, only they need a chance. Exactly what I did the same to my daughter Durga Prajapat who is 19 years old pursuing 12th from village government school. I and my wife were strict and insecure towards her outing and playing with other girls but we did not know the talent inside her. She asked us for joining free sports coaching run by Vikalp Sansthan but we never got convince. Thanks to Sarpanch (local leader) and Vikalp Team for opening up

my eyes that girls are not behind boys. My daughter got player of the tournament award during inter village volleyball tournament." (Kishan Lal, Durga's Father)

Girls' Sports Team

Gradually an increasing shift of girls' participation in Volleyball and Kabbadi has been recorded both in Gogunda and Mavli Blocks. Sum total 29 teams have been created which comprises 458 participants who had participated in local tournaments, regular volleyball practices, and residential sports trainings. Most of them participated in open and local school tournament. This happened possible by conducting activities in schools where 90 girls belong from different villages and castes, residential or non-residential trainings at Udaipur where 26 girls participated, Local and open tournament where 177 girls and 165 boys had actively participated. They are provided regular training and resources by the coach and are playing regularly.

Sole purpose was to make girls aware about different aspects like rights to gender equality, choice, education, and networking, building self-confidence, team work and safe space, to be change makers to benefit their community. Every morning and evening trainers came to teach theoretical and practical knowledge about volleyball game and to teach values and core beliefs like determination, positivity, self-commitment, discipline, self-love, follow your inner voice and find your own truth. It inspired everyone to eliminate feeling of jealousy and be happy in others progress.

Outcomes

- Open Girls Training helped a lot of girls to solve their problems relating to their subjects. Due to financial problems some of the girls were unable to buy the passbooks, so we provided them. These passbooks helped them to get clear understand about each topic.
- Men and boys turned more sensitive and supportive to the women in their families (wife, sister, mother or daughter) and are creating women-friendly environments in their homes. They understood that society created classification of Gender based work leading to overload of unpaid women on women. 25 boys this quarter took pledge to end violence and support women. They are acting as role models by supporting sisters' education and helping in household work.
- Around 100 girls were engaged in playing sports on regular basis.
- 9 Volleyball Girls teams have been formed belonging from different castes are playing together every day bringing an end to gender based and caste-based discrimination/untouchability.
- We were able to make a strong bond with parents and win their trust when they saw their daughters doing extraordinary things. There is a change in attitude of parents who realized potential and dreams of their daughters and promised to support them. It helped community members to adopt a sustainable change in their attitudes, beliefs and behaviours towards the girl child.
- Under Sports for Empowerment program Vikalp filled open school forms of 6 boys, helped making labour card to 1 boys, 1 girl and 5 women, helped issuing caste certificate to 1 boy and helped in open up bank account of 1 married girl.



YOUTH FOR EQUALITY

Vikalp Sansthan believes that in patriarchal prevailed societies engaging men and boys to stand by with girls and women to end up gender-based violence is one of the most successful achievements in itself. Our youth for equality is one such initiative putting special emphasis on engaging men (Parents, teachers, husband, in-laws and influential male personality) and boys (bother, son) in the promotion of equal and positive gender roles. They are encouraged to identify forms of structural discrimination, challenges power hierarchies and undergo critical self-reflection, examining their perception on gender and identifying the roles they play in perpetuating inequalities. Fulfilling the aims of this program men and boys are actively participating in programs, meetings, sharing experience and deeply began to discuss by creating open space to end up the social evils (child marriage, disrespect of women, violation of freedom of speech, molestation, sexual abuse), number of follow up sessions, the participants are trained and equipped with the necessary knowledge, resources and skills to begin acting as an effective role models, agents of change and change-makers within their own communities and through leadership and education, these young men are promoting positive change and reshaping social norms in their families, schools and communities and are also contributing to create inclusive societies by being agents of change, models for family and communities.

This year we have successfully engaged more than 3000 young men and boys across the Gogunda and Mavli Blocks.

Success stories audio notes of young boys

Young boys listened to various audio notes which told stories of change of young boys and how their little efforts of supporting their sisters and mothers brought a long lasting effect. Module 2 and module 3 helped them make an understanding that women and girls should not be treated as materials creature to give respect and men should be soft hearted, loving and caring towards girls and women. 25 young boys of Mavli block were apprised with anecdotes by Vikalp Sansthan.

Capacity building Training of youth

With the belief of sensitizing boys to bring overall development Vikalp had organized training session for boys. Coining the existing and relevant issues like POCSO act, child marriage, protection against discrimination and violence, right to education, gender equality and justice during session was the actual aim. 30 boys from 5 different villages of Gogunda participated.

Sensitizing men and Young boys- Various meetings were conducted with young boys to bring awareness regarding gender-based violence and discrimination. Generally, boys were noted helping their mother, sisters and wives in household work, encourage them for pursuing education, take parts in workshops, meetings and sports. Actions taken by them in last one year against domestic violence, eve teasing and many more. Then we made them listen to various audio notes which told stories of change of young boys and how their little efforts of supporting their sisters and mothers brought a long-lasting effect. 135 young boys got appraised with anecdotes.

Sessions in Schools- Few prominent sessions were conducted in schools with the students to mobilize in a right direction. The main aim was to inject the sense of gender equality, sense of asking for own rights, sense of care for own people and sense of standing against the social evil practices. Sessions were taken on the issues of Changes during the adolescent period, Child marriage, Child labor, preventive measures of domestic violence etc. Around 140 students including boys and girls from 6th to 12th classes were sensitized through it.

Case story of Anil

18 years old Anil is pursuing his Bachelor degree had joined Vikalp in year 2018 through regular meetings in his village. He is a very hardworking and studious boy but patriarchal mindset made his study meaningless. Whenever his sister required his help in study he used to scold and send her back. He believes that "girls are made to do only household work and study is only for men". He uses to disrespect his sister and do not listen to mother.

After attending meetings, workshops in Vikalp Sansthan. He shared that earlier I use to think that violence and child marriage happen only with girls and he has nothing to do with this. But he realized what actually child marriage is and how it is affecting girls but also to the whole society. He also understood that doing violence is just like doing crime. Anil says today he faces lot of struggles at his home because his father use to taunt him of helping his mother and sister in household work. But the best part is his mother and sister are happy with him because he now respects women. His friends and relatives make fun of him but he ignored them because he believes that helping my mother and sister is good thing.

His dream is to be a police officer because he learned that through legal power he would be more able to control violence against women and girls. He wants to fight against it and make his village free of violence and provide equal opportunities for both men and women.

Ek Saath Campaign

“Ek Saath” is a national level campaign to engage men and boys as partner for gender justice in changing gender social norms which are discriminatory through communication materials. Vikalp Sansthan is partnering with this campaign in Rajasthan and the campaign is based on the principle of togetherness. Under this campaign, Vikalp Sansthan along with the Centre for Health and Social Justice organize a capacity-building training for Samanata Sathi (young change-makers) and mentors of 71 villages. These mentors are responsible for mobilizing more young men in their respective villages and sharing the campaign material and information with them. With the help of campaign materials like posters, stories, and stickers, mentors discussed issues of gender discrimination, child marriage, masculinity, sexuality, and violence against girls and women with young men and boys in their communities. This year all the four episodes based on Domestic violence, manhood, sexual reproduction and health have been completed with 282 participants which in total engaged more than 1200 young boys and men.

Project Raise

Vikalp Sansthan in association with Equal Community Foundation (ECF), Pune is actively and strategically working with the 100 adolescent boys in Mavli and Gogunda Blocks of Udaipur between the age group of 13-17 years on “PROJECT RAISE” program with the belief of boys and men can be powerful allies in the fight for gender equality and are given the opportunity, resources, knowledge and space to learn and practice positive behaviours. Special training for this project was conducted in Pune for 6 days from 14 to 19 November this year in which 3 team members from Vikalp got the opportunity to attend and which was based on 15 modules and related games to understand and carry forward up to the grass root. Till now around 84 boys from distinct villages have been trained and benefited from this program. Modules that have been covered so far have been named as Game Event, Expectation from Project, Human rights and understanding Gender. A positive shift as a consequence has been noticed in the behaviour of father, son, male teachers, and community boys to push their daughter, sisters and girls students in the decision making process, participation in sports, workshops, meetings and trainings.

Gender Equity Movement in Schools (GEMS) for Boys

GEMS program is based on engaging boys especially in schools studying VI-VII. Vikalp Sansthan with the support of International Center for Research on Women (ICRW) has adapted and implemented the GEMS in around 108 schools in multiple sites of Mavli Block and reaching around 5000 students. Capacity building of Teachers through trainings are being given to take the boys through the journey of critical self-reflection, harmful attitudes associated with gendered notion of being “Ideal and real man”, learn gender equitable behaviours and to create spaces in schools where boys can speak on the issues and pressures that they face during adolescence.

Our Achievements

- 3 days teachers training workshop was organized in Mavli block in collaboration with ICRW, RSCERT and Vikalp in which 80 teachers of 6th -8th class had participated. Master trainers had beautifully taken the sessions and broaden the understanding of participants on the noticeable issues of manhood and violence emerges from it and what needed to be done to transform the society as a whole.
- Data related work was completed on time. Even in lockdown where no one meet each other has initiated to contact each other through phone calls and accumulated data and compiled successfully.
- With the help of digital platform capacity building sessions of staffs were held. It has been finalized during the session that team members are frequent to connect each other through using the technology and will increase understanding on the issues of Gender, Power, manhood, Violence. Since then Vikalp Sansthan team began to connect each other using zoom calls and also attended organization monthly meetings. Now everyone is fully aware and are habitual of utilizing zoom aap.
- Teachers whatsapp group has been created to increase their understanding related to Programs during pandemic
- Education department, School administration and local representatives have appreciated our efforts for vulnerable people during COVID-19 under the GEMs program.
- We have distributed masks among the students in the schools during Board examinations with the aim of ensuring safety among the teachers and students.





HELPLINE AND SUPPORT CENTRE

Vikalp Sansthan Observed that the cases against the women and girls are increasing day by day and proper care and services are not available to them, they are speechless to share their problems with others for fear of not being believed or being shamed, and proper care and counselling services are not available to them. Existing resources were inadequate or women are unable to use them because they are threatening for divorce and compel to get out from house. Getting all these issues as huge challenge Vikalp Sansthan thought to get in and introduced helpline and support centre for survivors in the month of April 2017. The centre consists of a helpline telephone number women and girls from anywhere in our intervention area can call.

The centre employs two full-time counsellors, which answer the helpline, manage the cases that come to the centre, and conduct field visits to check on those who have previously received support, in addition to many other duties. In addition to their work with survivors, our counselors also do partnership and training with organizations doing similar work, police, and referral departments. They also conduct gender related workshops in schools, colleges and hostels to generate awareness on various gender related issues. At the Centre, Vikalp Sansthan provides social, legal and psychological support as well as counseling and assistance.

Outreach and Networking

To raise awareness for our Centre, Vikalp Sansthan published a brochure, poster and stickers for distribution during outreach and networking. These posters have been pasted in police stations, government offices and NGO offices and our brochures are distributed at all of our outreach activities. We conduct outreach and networking with other organizations which work with women survivors such as police, government offices, and other NGOs so that they are aware of the services we provide and can refer women to us when necessary.

Category wise Case Work

S.No.	Category	Number	Solved	In process
1	Domestic violence	22	4	18
2	Cyber Crime	1	1	0
3	Child marriage	1	1	0
4	Neighbor related issues and violence	2	0	2
5	Unemployment and livelihood	1	1	0
6	Hindrance in continuing education	1	1	0
7	Rape	3	1	2
8	Honor Killing/Love affair	1	1	0
9	Sexual Harassment	3	3	0
10	Kidnapping	1	1	0
	Total	36	14	22

This year the Centre had provided necessary help and support to 36 survivor women and girls for the above-mentioned categories. Out of these, 14 cases have been resolved as per survivor's demand and requirements and 22 are still under process. Regular follow ups are being conducted with all 8 women and girls to ensure their safety and wellbeing.

- *Apart from above cases 30 other cases were received through phone calls from different districts of Rajasthan and outside like Jodhpur, Badmer, Jalor, Sawaimadhopur. Weredressor, Nagpur and connected them with local referral NGOs who helped to resolve 10 cases and rest of the cases are under process to resolve. We are continuously following up to know about the status.*
- **Meetings and Sessions**
Vikalp Works in 17 slums of Udaipur. We had conducted 94 meetings and took sessions in community where alone 1024 people including women, girls and boys took part from colleges, Anganwadi and hostel, with lower economic communities support groups (women & girls) on child marriage, gender-based violence, POCSO law, support structures and Helpline.
- **Sessions in Schools**
Sessions conducted in three different schools in which handsome amount of girls and boys registered their participation. Session touched the essential issues like good & bad touch, why say no to child marriage, POSCO Act etc. Total 230 students including boys and girls got participated and out of which 185 girls and 45 boys got benefitted from the sessions.

Networking and Dialogue with Stakeholders

We did 72 networking meetings and dialogue sessions were held with Police, Government, NGOs, Anganwadi and other stakeholders in which 1729 had registered their participation to raise voice against violence against women and injustice in society and collectively bring a lasting change.

- **Women March 4 Change** - A national march in protest of the current environment of hate and violence was organized on 4th April. It was to claim women's constitutional rights as citizens of a democratic republic. Women all over the country from different backgrounds had participated. In Udaipur, at Delhi gate more than 100 people participated in women's march and formed human chain at crossroads. The aim was to sensitized people on issues like gender based discrimination and equal rights as citizen of India.

Output

- Networking with stakeholders showed positive implications. Maximum cases registered in this quarter were referred by Police and other NGOs.
- Due to pressure and advocacy police started taking quick actions.
- Empowering women leads to reduction in domestic violence and child marriages. Through workshop women realized self-importance. Women started taking small steps to fulfil their and daughters' dreams.
- We empowered more than 767 girls and 100 boys in different schools and colleges through session.
- We successfully conducted 94 meetings in slum areas of Udaipur in which 1024 young girls, boys, women and men were sensitized.

- During the home visits for follow up, it was encouraging for us to see all the survivor girls and women who received help from the centre, are now leading a healthy and happy life with their husbands and families. It was a positive indication that results of our efforts and counselling are long lasting.
- Earlier survivors (women leader) who got help from Vikalp helpline has created a chain of support system by supporting more survivors like her, first at her level and then by bringing them at helpline. In such a way with the help of these women leaders, this year 44 more such survivors were benefited from helpline.
- Outreach in 12 offices in and nearby Udaipur and have a dialogue with Child Welfare Committee, District legal aid authority and women empowerment department and inform about helpline facility and issues faced by women
- we are continuously following up on old cases and provided help to more than 100 survivors through home visits, counseling on phones calls, taking help from police and lawyers, linking to government Schemes and education etc. as per their need and trying to resolve issues with holistic approach

Challenges

- Adolescent girls hesitate to take stand/leadership or speak for her rights if she has to fight against her own family. In many cases, child bride request helpline team to not reveal that the complaint was filed by her or even in cases of domestic violence, women hesitate to file complaint against husbands or family at the police station.
- Mainly the police excuse to involve and handle affair cases.
- It is challenging to find livelihood option or appropriate jobs for survivor women as per their qualifications and desirable jobs contradict.
- In cases of domestic violence, it is difficult to call other party (husband, mother in law, sister in law etc.) to the centre.
- External referral services are not much more supportive to reach to the survivors that is why the cases are not heard and get justifies.
- Due to the lack of transportation, survivors from rural remote areas fails to reach to the support center.
- Few schools disallowed to take sessions on good touch and bad touch and gender violence with boys and girls.

Learnings

- We realized that there is requirement of intense counselling with girls and women before filing a case. They are hesitant and scared of pave police station. We make them understand that Women Protection Center and police stations are different and they are there to help.
- Local service providers do not show seriousness, not active, are not pro-women, do not desired to involve in the cases deliberately and most importantly are unable to make reach to the survivors to even know the grievances and help possibly.
- It is very important to read every document that women or team has been asked to sign like in cases of POSCO. Hence ensure the survivor reads every document before signing.
- Survivors do not want the police to come at their home because this question their dignity in the eyes of community or society.

- Adult girls need places that interferes to respect and protect her consent, dignity and rights in the cases of forced marriage.
- Women do have faith on the working attitudes of Helpline and its possible efforts of help to overcome survivor's problem. Helpline enable them a safe and secure space where they can openly discuss the grievances and can get possible help.
- We have learnt that according to MTP act government hospital will have the authority to address abortion cases of married and unmarried girls who are above 18 years of age. But still this act has not been enacted.





WOMEN EMPOWERMENT

Vikalp Sansthan believe working with women and empowering them is as essential as education for life because women are equal stakeholders for nation building and development. To bring peace and harmony within the family and in the lives of women and young married girls it is quite prominent awakening women from ignorance and for that Vikalp is sensitizing them through regular meetings, workshops, camps and trainings.

Women's collective meeting

Women's regular collective meetings is being conducted to accomplish vision of filling gender gap and bringing peace, harmony and equality in the society therefore, women's group were formed in almost all the villages of Gogunda and Mavli blocks in which different issues related to women were discussed and tried to bring solutions of the issues by adopting different innovative ways. Mainly discussion issues were like physical violence, verbal abuse, and importance of education, different laws and schemes related to education, livelihood and health. In year 2019- 2020 total 446 women's meeting were conducted in Vikalp Sansthan and total 3882 women participated and raised their voices against many issues related PDS, Water scarcity, Alcohol shops etc.

Block level meeting with Young married girls

15 young married girls have participated in the meeting. During this meeting we found that many of young married girls were married when they were less than 18 years old and have

lost all their rights, childhood liberties and happiness, no mean of their own consents in front of the parents that they should enjoy. Many have shared their experience of problems being faced like not allowed to talk with other boys, not allowed to go to schools, roam in the streets, play outside, can't speak in front of elders, can't do jobs. But after the consecutive meetings a handsome shift have been seen among the behavior of parents as well as girls to stand against the atrocities happening with them and other like them.

Empowerment Workshops for change

Since inception Vikalp Sansthan has adopted Workshop method as an essential tool to make access to large number of people regarding ending persisting social evils like child marriage, Sexuality, manhood, molestation, rape, domestic violence, snatching girls' legal rights etc. to bring about change in the behaviour of people to create a space where girls, boys, men, women can stand with each other to feel the notion of togetherness. Several workshops with different names like

Village level workshop- Intensive and interactive workshops were conducted which covered topic of child marriage, education, violence, dreams, and sexuality. Through different stories and group activities girls and boys realized importance of education, received answers like why someone's marriage is fixed by her father at such an early age, what are consequences of early marriage, what one could possibly do to stop child marriage. Around 256 participants have been benefitted from 18 village level workshops.



Other Major Activities

- **16 Days Activism**

The main areas of our campaign this year was gender-based violence, child marriage and domestic violence. Vikalp Sansthan carried out the campaign in different schools of Mavli and Gogunda block. We had conducted various meetings in community and schools to discussion on these issues. We tried to unite against cultural and societal norm. Adolescent girls and women wrote slogans on their own. Women raised the slogan "Violence is not acceptable in any circumstances", "Stop Violence against women, Educate the girls to end child marriage". Different programs like street plays, night shows, community discussions, slogan writing, group meetings, poster making competition and posters were put on the bulletin board with the aim to make sure that their voices are heard, sessions on child marriage, gender based violence, palm painting (say 'No' to violence) and promotion of education were organized. Separately around 889 women, boys, girls and young married girls from 23 villages, 185 students and 24 teachers had actively participated in the campaign to make it successful.

Campaigns

- **Masum Sanstha Pune- Safe Abortion Right**

Vikalp Sansthan in collaboration with Masum, Pune conducted 1 day field visit to Changedi village, Mavli Block on 4th August, 2019 to spread awareness regarding pregnancy, abortion and contraceptives. 13 women participants in the meeting were informed about abortion are legal in India and are governed by the MTP (Medical Termination of Pregnancy) Act 1971. Women were informed that MTP is performed free of cost in Government hospitals. ANMs and ASHA workers timely immunize and provide nutrition tablets to babies and pregnant ladies. They also have Mamta cards (after registration in PCTS) for receiving money in their banks after 6 months of delivery from GOI.

- **Women Reservation Bill Campaign**

In collaboration with CSR Vikalp Sansthan run signature campaign to support women in reservation in Upper and lower houses of parliament like Panchayat. We successfully received signatures of 3000 youth, men and women.

- **Beti Bachao Beti Padhao (Save Daughter Educate Daughter)**

This is a campaign of the Government of India that aims to generate awareness and improve the efficiency of welfare services intended for girls in India and end child marriage by 2020 and make Rajasthan Child marriage Free State. On 18th July, 2019 a district level workshop on 'Beti Bachao Beti Padhao' (BBBP) campaign was organized in which Vikalp Sansthan participated. There was discussion on PC&PNDT Act Pre-Natal Diagnostic Techniques (Regulation and Prevention of Misuse) Act, 1994 (PNDT), conducting decoys to unearth the illegal practices of sex selection, POCSO Act. Workshop encouraged everyone to speak and take stand for children which are deprived of their rights, enabling environment for birth of girl child, enable education by activating school management committees, create 'Balika Manch', re-enroll drop out to school, mainstream gender equality related concerns, community mobilization and awareness generation, promote equal property rights, and dedicate a special day every month for celebration of Beti Bachao. 1st time for adolescent empowerment government agreed to have child marriage as an issue.

Special Visits in Collaboration

- **TISS Visit:** Another visit was paid by 9 students and a lecturer from Tata Institute of Social Work (TISS), Mumbai from 1st April to 12th April. They were briefed about the Vikalp and then they visited different villages for next few days. Out of 9 students 4 were in Gogunda and they lived in community. They were involved in regular meetings, interacted with boy and girls and created Panchayat profile.
- **Go Philanthropy Visit:** Six members from Go Philanthropy team had visited Vikalp on 24th February, 2020. As per schedule introductory meet was held in Vikalp helpline center before lunch. A brief introduction about the Vikalp Sansthan's work, scope and functions and approaches of helpline center and its current status were shared. In the second half they visited Malu village of Gogunda Block where guests were warmly welcomed by Community women, girls and boys and presented handmade gifts, garlands. Villagers presented speech, slogans, poem, shared experiences, and dance, solo and group songs in front of them. Guests in their discourse mainly focused to promote education as much as possible as it is the only tool to transform the personality and standard of living and gives freedom from all violence. Lastly Holi were played all together with sharing color of love and affection.

Celebration

- **Children's Day**

On 14 November we celebrated this day at Government Girls Senior Secondary School at Ambamata. Around 720 girls attended this session. This year, United Nation had decided the theme, 'Youth Standing up for Human Rights'. Vikalp stood by the same theme as well. We believe in securing their dreams and aspirations, letting them achieve whatever their heart desires. During the session children got aware about child marriage, child abuse and what is good touch or bad touch. We also had discussion on importance of education in achieving their dreams.
- **Human Rights Day**

On 10th December we celebrated this day at Shobagpura Basti with 40 women and girl. It aim behind celebrating this day is to improve the physical, social, cultural and spiritual wellbeing and welfare of vulnerable group of people. On this day we had discussion on human rights, do women know what their rights are. Many of the women were not aware about it. We also had detailed discussion regarding rape as most common crime against women in India, how can we make our girls feel safe, what decisions should be taken for the victim.
- **Women's Day Celebration**

Women's day was celebrated in Udaipur on 8th March, 2020 in which approx. 200 people from different organizations and communities had participated. Program was organized in Bohra community hall where several prominent personalities had delivered discourses on the gender based issues and violence and discriminations solutions to overcome from. Usha Choudhary (Executive Director, Vikalp) was main speaker. Awareness rally by making a human chain was organized from Bohra Community hall to Court Chuaraha near Delhi gate, Udaipur and put remarkable impact by communicating the message of oneness or together we stand, divided we fall.

Vikalp Response to COVID-19 Epidemics

While the entire world was in lockdown on account of spreading of life taken dangerous Virus Corona. It stopped the running lives of the people by limiting in the houses. Government proclaimed not to step out from the houses as this is the only option to be safe. This proclamation put impacts on the millions of people's lives because a good proportion belongs to the lower and low economic strata and is dependent on daily wages and from rural areas or urban poor. Many of them are migrant labours, single women, construction labour, urban poor, labour who are working thousands of kilometre away from their houses returned homes with empty hand. In such a situation Vikalp has been taken stock, constantly counselling them, list of people who are in needs have been handed over to the administration, teachers and police, giving information to the people about the new schemes, handmade masks are being prepared by the team members and volunteers and are distributed. Apart from all that since lockdown necessity goods are being provided even in the scattered hamlets of far villages. It's been over one month since lockdown was announced. We are providing and coordinating to source ration for families in local geographies in parts of Gogunda, Mavli and Udaipur blocks. Till the end of March we have successfully reached out to 300+ households so far. Over the last these many days we are receiving overwhelming supports from staffs, volunteers, friends from India and abroad. We need your continued support. A big thanks to our Donors who are constantly standing to support the needy during the crisis.



Vikalp Sansthan's Financial Statement 2019-20

**Income & Expenditure A/c (Consolidated)
for the year ended on 31st March 2020**

Expenditure	Amount (Rs.)	Income	Amount (Rs.)
American Jewish World Services (AJWS) (As per Schedule 9)	25,77,061.00	American Jewish World Services (AJWS) (As per Schedule 9)	25,77,061.00
International Centre for Research on Women (ICRW) (As per Schedule 10)	15,57,948.00	International Centre for Research on Women (ICRW) (As per Schedule 10)	15,57,948.00
Centre for Health & Social Justice (CHSJ) (As per Schedule 11)	3,346.00	Centre for Health & Social Justice (CHSJ) (As per Schedule 11)	3,346.00
GoPhilanthropic Foundation (GoPhil) (As per Schedule 12)	8,31,276.00	GoPhilanthropic Foundation (GoPhil) (As per Schedule 12)	8,31,276.00
Centre for Catalyzing Change (Unniti) (As per Schedule 13)	2,42,413.00	Centre for Catalyzing Change (Unniti) (As per Schedule 13)	2,42,413.00
Mundo Coopernate (As per Schedule 14)	44,300.00	Mundo Coopernate (As per Schedule 14)	44,300.00
Bank Commission	2,943.50	Other Income	
Administrative Expenses	48,309.00	Administrative Receipt	9,000.00
		Interest Received	2,63,520.59
		Donation	25,740.00
Add: Excess of income over Expenditure	2,47,008.09		
Total	55,54,604.59	Total	55,54,604.59

Place - UDAIPUR
Date - 31-10-2020

(Usha Choudhary)
Secretary



As per our report of even date
S.D. Baya & Co.
Chartered Accountant



S.D.BAYA
Charter Accountant
M.No. 076167

Our Partners-

1. American Jewish World Service (AJWS)
2. GoPhilanthropic Foundation (GoPhil)
3. International Center for Research on Women (ICRW)
4. Centre for Catalyzing Change (C3)
5. Mundo Cooperante
6. Centre for Health and Social Justice (CHSJ)



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