



**Ekta Shakti Foundation**

To make the world better



Annual Report 2017 - 2018

*Do little bit of good wherever you are, it's those little bits of good put together that overwhelm the world.*

*-Desmond Tutu*





## President's Message

Mr. Anil Aggarwal

Ekta Shakti Foundation is a not-for-profit organisation serving children, youth and women every day. As a foundation, Ekta Shakti Foundation can freely explore the ideas and methods in its pursuit of new forms of service for human societies. Actively engaged in such efforts, Ekta Shakti Foundation advances the innovation in the community service, build partnerships by collaborating with different stakeholders and take credibility for all we undertake and support effective implementation of best practices and programs.

First, with a view to managing the foundation's assets more efficiently, we rigorously worked in the states of Bihar and Delhi for social-safety net programs. Second, in support of the foundation's mission, we worked into nutrition program for school children, provided extra effort and facilities to children and youngsters with special needs and the numbers drastically increased in our skill development program. We transitioned into a system that allows us to carry out projects more flexibly in response to changing environments, thanks to more flexible methods of budget management and a reorganisation of the project divisions.

Regarding new project initiatives, Ekta Shakti Foundation created platforms for engagement with different states to initiate the school nutrition program to support student's health in the country.

Ekta Shakti Foundation has developed plans for projects that continue to promote the organisation's goals. As a non-profit organization, ESF is able to freely explore innovative ideas and take a long-terms perspective as it distributes funding flexibly on projects that can more swiftly respond to the emerging societal problems and provide strategic solutions to issues be it health, nutrition, unemployment or disability.

Through independent thought and action, Ekta Shakti Foundation aims to continue growing as a unique foundation that contributes to health and nutrition, inclusion and skill development programs by collaborating with the like-minded organisations which share a similar understanding of today's issues.

At Ekta Shakti Foundation, we look forward to actively developing public-interest projects that meet the high standards everyone expects from the foundation. Thank you for your continued support.

## Executive Summary

India has accomplished rapid growth in improving rates of under-nutrition and malnutrition. Between 2006 and 2016, stunting in children below five years declined from 48% to 38%. Yet, India continues to have one of the world's highest child under-nutrition rates, impacting the child's health and development, performance in school and productivity in adult life. Nearly half of all deaths in children 5 are attributable to undernutrition, translating into the loss of about 3 million young lives a year. Undernutrition puts children at greater risk of dying from common infections, increases the frequency and severity of such infections, and delays recovery.

As per the Global Nutrition Report 2017, which looked at 141 countries including India, indicates that meeting the 2030 target of ending malnutrition in all its forms will require an attention towards why are the things not better when we know so much more than before? There has been some progress in reducing malnutrition, but it has been too slow and not spread across all forms of malnutrition.

To restrain the phenomenon of malnutrition in India, Ekta Shakti Foundation (ESF) is providing nutritious meals (full of protein, carbohydrates, fat, vitamins and minerals) to the impoverished children of India. The whole objective of our national nutrition program is to make the children healthy, unaffected from malnutrition and can retain growth and development at an appropriate age.

We initiated this nutrition program with 18,000 children in MCD schools of Delhi amid 2003. Under this school-nutrition program, we give full hot-cooked meals, cleanly and hygienically prepared in our 14 gigantic centralised kitchens, to the children who go to schools.

Ekta Shakti Foundation has additionally broadened its branches towards other national projects, for example, aptitude improvement for youths in the communities and schools for children with special needs. A child's total wellbeing and education is enormously subject to building up a comprehensive and inclusive environment. Every child is extraordinary and has remarkable ability. India has a lengthy, difficult experience ahead to battle difficulties looked by people who are differently abled. Today, there are many individuals living with one or various incapacities. In India, the population with inabilities is around 26.8 million, establishing 2.21% of India's aggregate population, according to the last census in 2011. Under the aegis of Ekta Shakti Foundation, Brahma Shakti Special Schools is set up to give instruction to the generally disregarded youngsters living in South-West District of Delhi. Since its inception, the school have developed from solidarity to quality as the quantity of understudies in BSSS School has expanded eight-overlays in the previous ten years and before long getting to be a standout amongst the most presumed extraordinary schools in this area.

## About Us

A group of 10 like-minded people, in 2003, drawn from different professions and backgrounds started Ekta Shakti Foundation. Since then, the non-profit organization has been working for better nutrition and health of the children, gratifying the requirement of differently-abled children and bolstering the women belonging to underprivileged sections of the society.

We began our first voyage with school-nutrition program. Initially, we had been supporting 18,000 children of MCD schools of Delhi with hot-cooked nutritious meals every day. Thereafter, we started working with the schools of Education Department, Government of Delhi during 2004. Since then we have been providing full-meals to around 1,04,000 children of Delhi. We made our headway in Bihar in 2007. We started school-meal operations in Vaishali and Nalanda districts of Bihar. We expanded our operations in other districts of Delhi and Bihar and since then we have been feeding around 6.5 lakh children every day through our 16 centralised jumbo-kitchens.

In 2006, we established Brahma-Shakti Special School to aid the unique needs of special children who are largely know as disabled-children. We also set up Skill Development Centres in Bihar to encourage young and destitute women for work and ensure their livelihood.



# Journey

Children from BrahmaShakti Special School marched for their rights in Dwarka.

**2016**

The organisation was registered under National Trust. Also, four Self Help Groups named as Savitri, Annapoorna, Bharti and Maa Durga were formed.

**2014**

Renewal of work contract with Bihar Government on the basis of service of excellence. The Bihar Government appreciated the Mid-Day Meal Nutrition project and the services. This was complemented by a visit and appreciation from the World Health Organisation. This resulted in an extension of the services across five districts in Bihar.

**2012**

Students from BrahmaShakti Special School participated in National and International sports event and got merit for the organisation.

**2010**

Ekta Shakti Foundation started serving in all districts of Vaishali in Bihar. Inaugurated the second BrahmaShakti Special School in Dwarka.

**2008**

Ekta Shakti Foundation expanded and initiated its program for children with special needs by establishing BrahmaShakti Special School.

**2006**

Started semi-automated kitchen in R.K. Puram & Rohini, Delhi.

**2004**

**2017**

Received support from SBI Foundation for instruments purchase in BrahmaShakti Special School.

**2015**

The organisation supported ICDS program in Delhi.

**2013**

The first Advisory Board meeting elections held.

**2011**

Organisation got its registration under the Income Tax Dept, 35AC. Also, the FCRA registration was marked in this year.

**2009**

Second semi-automated kitchen was established in Matiala, for Delhi Government schools. Started serving to five districts in Bihar which included Patna, Vaishali, Nalanda, Begusarai and Gaya.

**2007**

Ekta Shakti Foundation got an opportunity to work with Bihar government under the Mid-Day Meal initiative. The organisation received major recognition after implementation of School Nutrition program under Mid-Day Meal program as a pilot project in two districts of Bihar.

**2005**

The organisation established Radhika Skill Development Centre. Also, the kitchen shifted from R.K.Puram to Matiala extension.

**2003**

Initiated the mid-day meal services with support from the Delhi Government. Reached out to 128 MCD schools and served mid-day meal to approximately 18 thousand children in Delhi with support from the Delhi Government.

## VISION

A world of kindness and positive action where every person has the opportunity to live a healthy and productive life.

## MISSION

To catalyse ongoing positive transformation in the lives of people, especially disadvantaged children, youth and women through equitable opportunity and inclusive development efforts.

## FOCUS

We put children, especially girls and women at the centre of our efforts. They are often the most disadvantaged and positive change in their lives can be transformational for the entire family and the next generation.





## Advisory Board Members

Mr. Anil Aggarwal (President and Advisory Board Member) :  
Mr Aggarwal has been an integral part of Ekta Shakti Foundation since its inception - and the strongest pillar of growth, through the last 15 years of ESF's journey. His initiatives and deep concern for various social issues has been the major driving force behind the very formation and development of Ekta Shakti Foundation.



DR. Satish Chandra (Advisory Board Member):CEO, SCEDS, (SAHAJ CONSULTANCY EDUCATION & DEVELOPMENT SERVICES)Former Regional PF Commissioner, EPFO, MOLE, GOIFormer Advisor with Government of Afghanistan ( UNDP, ADB, USAID etc)Senior Advisor , Ekta Shakti Foundation, India

"Malnourishment is the biggest challenge facing the Indian development narrative. We need to eradicate it urgently to build a prosperous India".

Shri. Alak Ranjan, IAS, Former Chief Secretary and Advisor to Chief Minister, Government of Uttar Pradesh.

"By proper nutrition you can add new life and value to your years in school other than adding more years to your life too."

Dr. S. K. Nanda, IAS, Adviser, National Disaster Management Authority, Govt. of India; and Former Addl. Chief Secretary, Government of Gujarat.

"Eating healthy and nutritious food is the right solution to get rid of malnutrition. Government of Bihar is extremely happy for collaborating with Ekta Shakti Foundation which has been providing nutritious meals to around 5 lakhs children every-day in 2000 government schools. This "School Nutrition Program" of Ekta Shakti Foundation, I am sure, will help the state to tackle the problem of malnutrition to a large extent".

Krishnnandan Prasad Verma, Minister, Education and Law Department, Government of Bihar.

## Thoughts from eminent leaders



*School Nutrition Program*

## School Nutrition Program

The School Nutrition program runs across the states of Delhi and Bihar. The project covers approximately six Lakh children per day. Through this project, as directed under the Government scheme, the organization ensures to provide hot cooked meals or ready to eat food based on sound nutritional principles. It not only protects children from hunger but also increases school enrolment and attendance. It addresses the issue of malnutrition, which in turn helps in making children healthy and contributes towards their growth and development. This in turn results in the socio-economic development of the country.

The nutrition menu is decided in consultation with nutritionists from the National Institute of Nutrition by the officials of state government. The cooked meal is laboratory tested for its quality and nutritional content by appropriate authorities.

**The project has established 14 centralised kitchens and has been efficiently complementing the Mid-Day Meal Scheme of the Government of India, falling under the aegis of South Delhi Municipal Corporation. Similarly, in Bihar, it expanded from 45 thousand to approximately six lakh children covering five districts and 2458 schools.**



## DELHI

- South West
- North West
- West



## BIHAR

- Gaya
- Vaishali
- Begusarai
- Nalanda

The school nutrition program menu is decided in consultation with the respective state governments and the nutritionists provide their regular inputs so that food remains nutritious with adequate proteins, calories and micronutrients. The cooked meal is laboratory tested for its quality and nutritional content by appropriate authorities. Furthermore, the understanding evolved with the Integrated Child Development Services Program of Delhi Government has enabled the organization to extend its expertise in producing nutritious food for consumption by the children. The micronutrients-rich high-energy foods have been distributed to school children as a nutritional supplement to keep them healthy and active.

Similarly, in Bihar, the school-nutrition program expanded from few thousands to approximately five-lakh children covering Gaya, Vaishali, Begusarai and Nalanda.

## Nutrition Stories



### Aakash:

"We wait for the lunch break to eat healthy and tasty food distributed by our teachers daily"

I am 10 years old and had my first Mid-Day School meal when I joined this school recently. My both parents are working and it is not possible for them to prepare my lunch box daily, my mother leaves our home for work every day at 6 am and all my siblings dress ourselves for the school on our own. Everyday the delicious food makes our day better. Me and my friends wait eagerly for the lunch break. The best part is we can anytime ask for more food and nobody denies us. The food is tasty, hot and nutritious.



### Poornima:

"The food given to us daily is healthy and delicious".

I am 9 years old and my all siblings attend the same school. We all are in different classes but in lunch break we all sit together and enjoy food that is served to us by our teachers. We follow the discipline of maintaining a queue for food daily and then run to each other to sit and have our meals together. We can see the food vehicle coming from the window of our classroom and eagerly wait for the lunch bell to ring. We are thankful to the school authorities and Ekta Shakti Foundation for providing us with tasty meals on time.



**Children with Special Needs**

Brahma-Shakti Special School started with the vision to make learning adaptable for children and youngsters with unique needs. We improve their quality and potential by bestowing training and treatments focussed on their uncommon needs. Our group works wholeheartedly to set them up as committed and quality-situated experts in the field. To all the more likely adjust to their condition, we furnish them with treatments and guiding sessions. With persistence and ability, we have prepared the uncommon children and youngsters at BrahmaShakti Special School to assemble motivation for some.

Under the aegis of Ekta Shakti Foundation, BrahmaShakti Special School was established to provide education to the otherwise neglected children living in South-West District of Delhi. Since its inception, the school has grown from strength to strength as the number of students in BSSS School has increased eight –folds in the past ten years and soon becoming one of the most reputed special schools in this region.



Student taking the speech therapy at BrahmaShakti Special School



# Our Services



## Disability Assessment

In Disability Assessment an essential beginning step in the special education process for a child with a disability. Before a child can receive special education and related services for the first time, a full and individual initial assessment of the child must be conducted to see if the child has a disability and is eligible for special education. Informed parent consent is obtained before this exercise is conducted. The assessment process is guided by requirements in our nation's special education law, following which Individual Education Program (IEP) is developed for each



## Individual Education Programs

Individual Education Programs are designed for the children who are mentally, physically, socially and/or emotionally delayed. Due to these special requirements, students' needs cannot be met within the traditional classroom environment. Special Education programs and services adapt content, teaching methodology and delivery instruction to meet the appropri-



## Speech Therapy

Speech therapy is a clinical program aimed at improving speech and language skills and oral motor abilities of children. This means talking, using sign language, or using a communication aid. Children who are able to talk may work on making their speech clearer, or on building their language skills by learning new words, learning to speak in sentences, or improving their



## Occupational Therapy

Occupational Therapy or OT for short, is a treatment therapy that helps children and youngsters achieves independence in all facets of their lives. If a child has physical disabilities or developmental delays, occupational therapy can improve their cognitive (thinking), physical and motor skills as well as address psychological, social, and environmental factors that impact the child's functioning.



## Physical Therapy (PT)

Physical Therapy or PT sometimes called physiotherapy, focuses on improving gross and fine motor skills, balance and coordination, and strength and endurance. A child may be evaluated by a physical therapist to assess muscle and joint function, mobility, strength and endurance, oral motor skills such as feeding and talking, posture and balance, even the status of the heart and lungs.



Skill Development

## Skill Development Program for Women and Youth

India's labour force, according to official data, which was 520 million is expected to be around 653 million in 2031. It is noteworthy that the growth rate of labour force will continue to be higher than that of the population until 2021. According to the Indian Labour Report, 300 million youth would enter the labour force by 2025, and 25 per cent of the world's workers in the next three years would be Indians. Considering the huge need to train them to enter into workforce, India needs to step up the development of education and skill training in order to take advantage of the opportunities that this unique demographic situation has to offer. Otherwise, this population structure and growth will turn out to be a demographic burden.

In view of this, Ekta Shakti Foundation has committed itself in the field of skill development to tap the resources of the youth especially from marginalized section of the population who if not trained and provided with livelihood will become a great burden to the society creating social and spatial inequalities. Beneficiaries are selected through the outreach program by the team. Families in need are identified during field visits, enquiring with the local community and via direct requests. The shortlisted candidates, based on their attitude, approach, education levels, learning capabilities, background and socio-economic conditions are enrolled for this program. The Certificate Course offered is of six months and 12 months based on the need and requirement of the candidate. Batches of 30-40 girls/ women are trained in two sessions carried out as per course duration selected.



# Success Stories

Radhika Skill Development Centre

## Hamida Begum

“Nothing can be better than earning by ourselves and being empowered enough to manage household expenses on our own”, said Hamida Begum. Hamida joined Radhika Skill Development Centre in 2017 and is a regular attendee of the course. Mother of five, Hamida got married at a very early age and was kept deprived of basic education throughout her life. The desire of learning and her zeal to perform brought her to Radhika Skill Development Centre. She undertook the one-year skill development program and stood out as an exceptional candidate. The journey with Radhika Skill Centre helped her to gain confidence and made her believe in personal skill development. Hamida, currently works in a boutique and aspires to own her own business one day.

## Jyoti

Jyoti, 30, started her journey with Radhika Skill Development Centre in March 2017 and has shown a significant progress in her professional skills. Jyoti hails from Rajasthan and presently lives in Uttam Nagar area of Delhi. She firmly believes in the power of skill development and says, “There is something about every other design I learn, each and every piece of cloth that I make, makes me feel contented within”. Her desire to learn and grow is exceptional and she keeps finding new ideas to add on to the ability of doing something new and creative. Jyoti is married and gives her equal financial support to her husband.

## Tunni

Tunni is the youngest learner in Radhika Skill Development Centre and is known for cheerful face. She keeps everyone motivated and says that she is soon going to fulfil all her dreams very soon. At a young age of 20, Tunni has already completed the one-year course provided by Radhika Centre and aspires to become a fashion designer in future. She believes that economic background can never writes one’s future but then it is their own will which make them successful. Tunni helps her father in household finances and loves surprising her mother with her designer clothes that she makes specially for her.

## Alka

Alka came from a small village in Rajasthan and was really afraid to step into a metro city like Delhi. With basic elementary education, it was really tough for her to join any dignified job but her will to enhance her professional skills made her join Radhika Skill Development Centre. After completing one-year course, Alka is now a certified professional and is working forward to enhance her skills.

# Financials



# **EKTA SHAKTI FOUNDATION**

Regd. Office:- A-112, 2nd Floor, Vikas Puri, New Delhi -110 018

## **Consolidated Balance Sheet as on 31st March 2018**

<b>LIABILITIES</b>	<b>AMOUNT (Rs.)</b>	<b>ASSETS</b>	<b>AMOUNT (Rs.)</b>	<b>AMOUNT(Rs.)</b>
<b>Reserve &amp; Surplus</b>		<b>Fixed Assets</b>		
Balance B/F From Last Year	3,56,96,030.32	(As per schedule "E" attached)	3,62,27,712.93	2,96,94,612.10
Excess of Income Over Expenditure	<u>5,31,682.61</u>			
		<b>Current Assets Loans and Advances</b>		
<b>Loans and Borrowings</b>		<b>Current Assets</b>		
<b>Secured Loans</b>		Stock in Hand		88,74,314.75
(As per schedule "A" attached)		(As verified and valued by the management)		
<b>Unsecured Loans</b>		<b>Sundry Debtors</b>		
(As per schedule "B" attached)		(As per schedule "F" attached)	1,99,60,925.00	7,09,85,958.00
<b>Current Liabilities and Provisions</b>		<b>Cash and Bank Balances</b>		
<b>Sundry Creditors</b>		(As per schedule "G" attached)	3,19,200.00	66,08,797.63
(As per schedule "C" attached)				
<b>Expenses Payables</b>		<b>Amount Recoverable in Cash or in Kind</b>		
(As per schedule "D" attached)		(As per schedule "H" attached)	65,17,389.91	86,38,952.69
		<b>TOTAL</b>	<b>12,48,02,635.17</b>	<b>12,48,02,635.17</b>

### **Auditor's Report**

In terms of our separate report of even date attached

FOR S.K. VARSHNEY & ASSOCIATES,  
CHARTERED ACCOUNTANTS,  
FIRM REGISTRATION NO.: 007037N,



(CA SUNIL KUMAR VARSHNEY)  
PROPRIETOR  
M. NO. 085980

FOR EKTA SHAKTI FOUNDATION

*(Signature)*  
PRESIDENT

*(Signature)*  
GEN. SECRETARY

*(Signature)*  
TREASURER

Place : New Delhi  
Date :- 16.07.2018

## OUR COMMITMENT TO SOCIETY

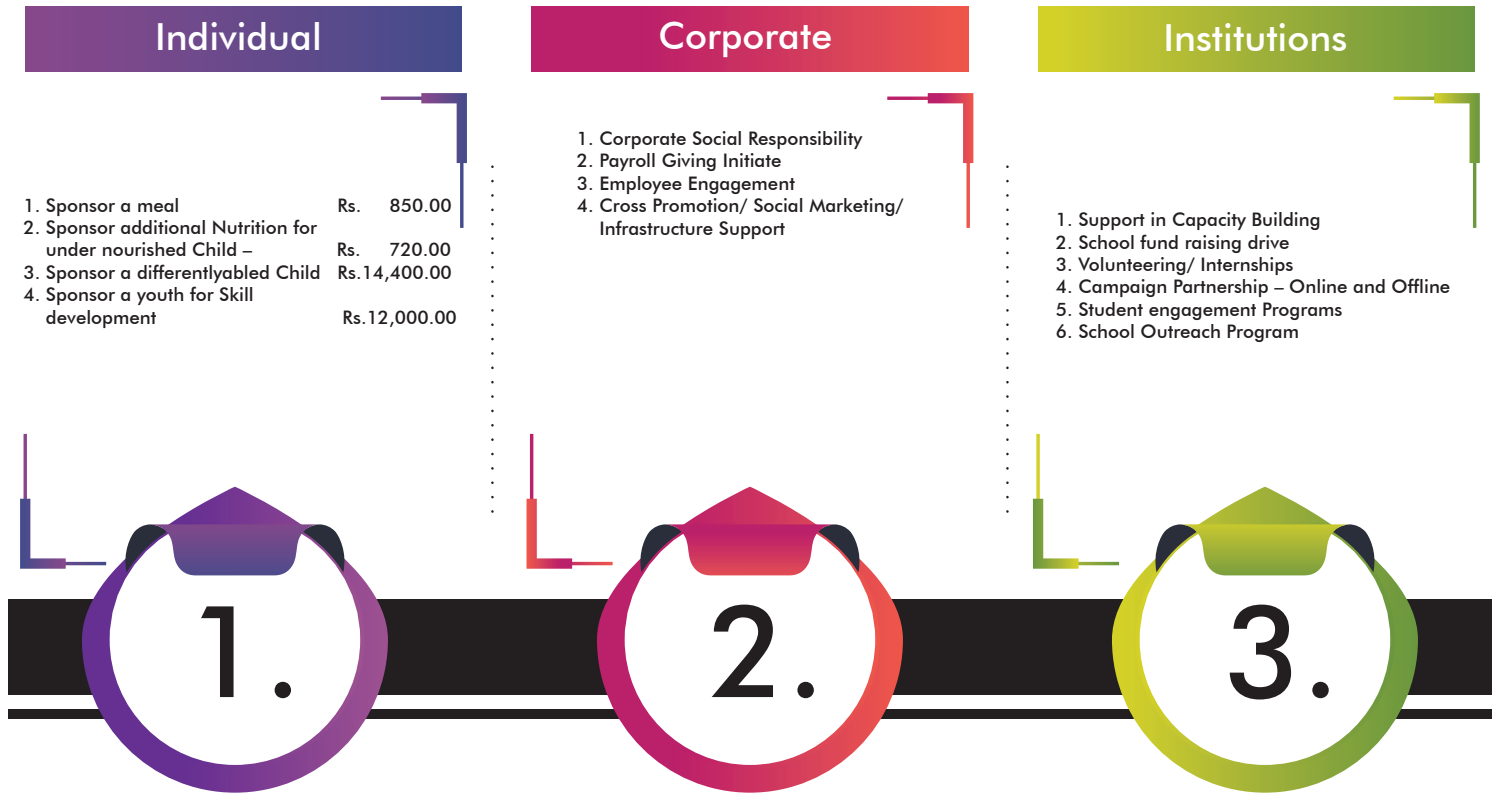
**Eat well:** No child should be deprived of basic food and nutrition which can act as a deterrent hurdle in overall growth, education and school enrolment.

**Accept:** Every child is special and is capable of performing. Let's make a society that is inclusive for all children so that they get equal opportunity in education, employment and social activities.

**Empower:** Girls and women need to develop their skills that provides them financial and professional satisfaction.



# Help Us to Help Them



Address: A- 1/172, First Floor, Janakpuri, New Delhi-110058

Email:info@ektashakti.org CONTACT NO. : 011 46026220/46028220

And 91-9289879997 (for BrahmaShakti Special School)

Regional Office : Bihar - Flat No. 3A, Apna Awas, Yogmaya Niketan, Permanand Path, Nageshwar Colony, Boring Road- 800001

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