

# VIVA TOGETHER FOR CHILDREN



## Viva India Annual Report 2019-2020

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## Who we are

**Viva is an international children's charity passionate and have a mission to release children from abuse and poverty.**

Viva grows by connecting with locally led networks who are committed to working together so that children are safe, well and able to fulfil their God-given potential.

The Viva India Trust is an affiliate of Viva International. The Viva India Trust was registered in 2008 with its office located at New Delhi and operational from six cities in India namely Bengaluru, Hyderabad, Patna, Ranchi and Shillong.

We advocate and equip organizations, communities, government agencies and individuals to create safe environment for children and implement Child Protection initiatives. For the young adolescent children to show them a purpose in life and how valuable they are to the society and their families through life-skills program- *Flourish*.

The Networks were formed over the years starting from 2009 to the most recent being Shillong in 2018.

## What we do

The safety of children in India remains saddening by the number of cases that came to light by the National Crime Records Bureau Report 2018, it was a shocking 1,41,764 cases (*article in India-today*).

The child safety and protection problem are complex and deep-rooted. Keeping children safe from harm and abuse requires a multi-faceted approach and for this our organisation is trying to empower children to keep themselves safe and help the community to be sensitive to the issues of children too.



Viva India has programs based on ‘four drivers’ that when used together have the potential to bring about a systemic change in the situation of children.





# City-wide Influence

## 1. Good-Treatment Campaign

The Good-Treatment Campaign (GTC) is a global advocacy program for Viva, where children come out and advocate for their rights and appeal adults to bless children with good behavior and love instead of violence, harm and abuse.



Mothers pledge for campaign messages



The GTC this year was organised at Government schools, Public schools, Children homes, and various communities at our Networks. Like always done for the children but along with that this year the organisation felt it important to reach out to the parents, guardians, caretakers, etc. Thus, sessions were also held for mothers, community people and parents.

In this way we were able to teach the children on how adults should treat them and their responsibilities they have, and in the same way how it's the responsibility of the adults to keep the children safe.

### The Five Ways To Treat Children:

1. Listen to what children have to say and spend time with them
2. Accept children as they are and recognise their qualities
3. Support their learning and teach children to be polite
4. Safeguard children from harm
5. Respect the rights and dignity of girls

Each card was read and signed by adults and children shared with the adults at home.

**FIVE WAYS TO TREAT CHILDREN WELL**

				
Listen to what children have to say and spend time with them	Accept children as they are and recognise their qualities	Support their learning and teach children to be polite	Safeguard children from harm	Respect the rights and dignity of girls

I AGREE to the five ways to treat children better. I will APPLY these principles whenever possible and I ASK my government to do the same.

Signed \_\_\_\_\_ Dated \_\_\_\_\_

From this program Viva India reached out to 3435 children and the message was passed to around 9600 adults in Delhi, Patna and Ranchi Networks. Teachers said they will follow the Good Treatment Cards and will keep children safe in school premises. Also, they will take care of children rights, their qualities and encourage children in new learnings.

## 2. Campaign against Human Trafficking

As we are aware of Child trafficking that unfortunately happens not only in India but around the world and this happens for two motives either for sex trade or for child labour.

Over 2010-2014, out of the 3.85 lakh children who went missing across the country, 61% were girls (as per article by CRY).

As our mission clearly mentions of releasing children from abuse, thus we dream of city's safe from abuse and exploitation and therefore, we also in prevention.

Viva India conducted a city-wide campaign/awareness against Human Trafficking in Bangalore, Delhi, Patna and Ranchi.

### Bangalore:

The Viva Bangalore Network were able to raise awareness for 5000+ students on safety measures. Besides which they also raised awareness for about 76 women in the community on positive parenting and measures to safeguard children in their homes and communities and 450 students on healthy relationships.



### Delhi:

The Viva Delhi Network along with IJM, EFI, Project Rescue, AG church, EFICOR and World Vision, all members of PUSH network organised a two hours prevention of human trafficking program at the famous Dilli Haat-INA market.

### Patna:

The Viva Patna Network conducted a two day Session. First day for adults spreading the awareness on Child Trafficking and abuse and how they were the eyes to their community, and it was in their hands to keep it safe.

Second day was for children from slums, over 200 children attended the awareness program and informed them on how to keep safe and how the world outside is not safe as they are with their parents.





**Ranchi:**  
The Viva Ranchi Network conducted a Cycle Rally against Human Trafficking. Children, Teenagers and adults from all walks of life participated for this cause.



# Collective Action

## 1. Children's Party

Viva India organises a children's party at each of our Networks in India. It is a fun get together and time for interacting, games, singing and dancing. Children from our *Child Protection Program* and *Flourish Program* attended these parties. Around 2000 children had fun across the networks.





## 2. Flourish Life Skills Training for Adolescents

The Flourish program consists of 17 sessions, taught over a six to eight-month period. It covers three main areas:

- '**Knowing myself**' - self-esteem; goals and purpose; puberty; emotional intelligence,
- '**Relating to others**' - friendship, positive peer influence; respect for differences; team work and
- '**Making decisions about my life**' - good health, decision making, keeping safe; social.

The Flourish programs create an environment where children learn how to protect themselves from abuse and learn to thrive in a non-discriminatory environment.

This program is conducted in the communities with collaboration of Anganwadi's, District Child Protection Unit (DCPU), Child Care Institutions, etc.



## Impact of Flourish

- ❖ Marked improvement in self-esteem of the children.
- ❖ Girls have started to speak in public forums.
- ❖ They have become goal oriented.
- ❖ Many Girls walked out of teenage relationships.
- ❖ Children have started performing better in their education.
- ❖ Awareness increased in personal and menstruation hygiene for girls. They have also now started advising their siblings, friends and even elder women in their families.
- ❖ Children have become better mannered and taking up responsibilities at home by helping their parents in small ways and have started respecting adults.



### Feedbacks :-

Kavita (name changed) a participant of the Flourish West Delhi program bubbles with confidence while saying, "I have learned so much about dealing with peer pressure and improving my self-esteem; about setting goals and having a purpose in life. If I feel unsafe, I know now how to report a problem, follow a process and to get to a safety zone. I know now I can make a difference where I live. I don't want Flourish to stop and I'm ready to take the same sessions again to answer any more questions I have!"



**Prasad a class 9<sup>th</sup> boy**, a brilliant student was facing peer pressure and was slowly getting into bad habits of smoking and eating pan and this brought him to an average student. He knew he was doing wrong but had no guidance on what made him get into this. While Prasad was attending the Flourish Sessions, one day he learnt about peer pressure management from that day he understood what was happening and how it was spoiling his education and life. Prasad is still friends with those boys but knows how to handle peer pressure, hw hopes to changes his friends one day in a positive way.

### Mentor's Observation:

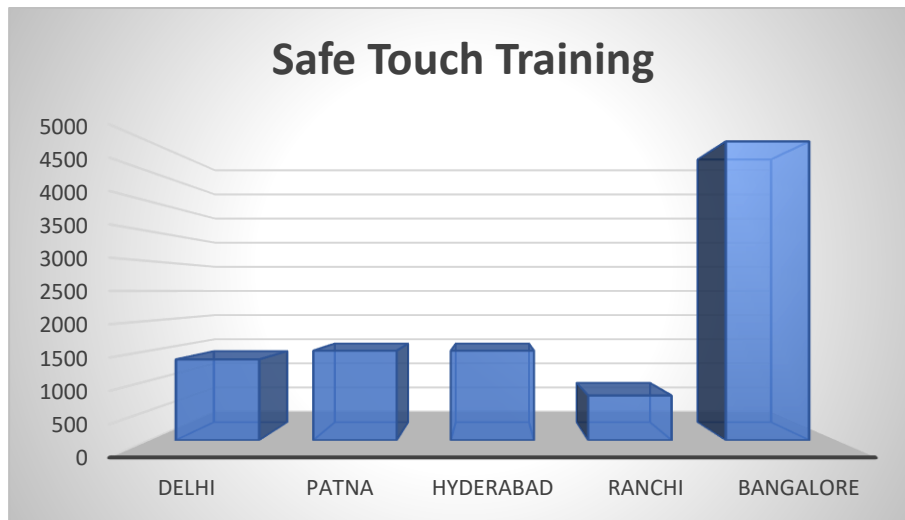
The mentor testifies that, a program participant, Karishma was abusive, she did not respect her parents and got into bad company. Flourish has instilled a remarkable change in Karishma's behaviour – she talks positively and respects her parents. It is helping her to be a better person – she now believes she is not worthless, which is how she used to think before Flourish.

More than 330+ children have been trained under Flourish Program and are benefitting in a major way. Mentors have seen a changes, caretakers from Child care Institutions have seena difference in the children's behaviour and how some children have started taking up responsibilities at home.

### 3. Safe Touch Training with Children

The Safe Touch training is a way to ensure the safety of children from sexual abuse. The training informs the children safe and unsafe touch by others on their various parts of their body. It is important that young children are equipped to recognize the intention of adults and are able to save themselves from sexual abuse and to identify their trusted circle of family members and caregivers with whom they can confidently share any unpleasant incidences.

Viva India Network Coordinators conducted this training at various schools both government and private schools, community centres and child care institutions.



#### Responses from children and teachers

A teacher from a govt. school said, “Safe touch training is an important training for children, they had never attended this training. After the training children are now able to make difference between appropriate and inappropriate touch.”



A 7 year old girl Seema (name changed) said, she was not aware of the different body parts and difference between good and bad touch.





#### 4. Viva India Relief Program

The end of September, the city of Patna went through a severe situation of floods. Most of the streets and houses in and outside Patna got submerged in water. Due to water logging so many places got effected and also caused many family members to lose their loved ones and homes.



By seeing the need in this situation of disaster the Viva India Trust and Kinderhilfswerk Global – Care, Germany came forward together for the relief work. Together we helped **758 families** at Kurji Bindtoli, which is situated at the bank of river Ganges and Sampathchak which is a block situated nearby Patna. These two places were badly effected due to floods. People were made to leave their homes.

First we did a survey of both the places and then we analyzed the seriousness of the situation and understood the suffering and the need of the people for their basic requirements. The condition of the children in those areas was miserable. Due to lack of transportation food items and drinking water were not available.

Therefore Viva Patna Network decided to distribute relief items such as rice, wheat flour, dal, salt, candles, mosquito nets, sanitary pads, oil and temporary home materials (bamboos, tarpaulin and rope to 158 families).

Two medial camps were also set up with a team of doctors from Patna Medical College and Hospital. Medical checkup was done for around 400 people and free medicines were also distributed as per the need.



## 5. Maternal Child Health and Nutrition Training for Mothers

Malnutrition is a major contributor to disease burden in India. Malnutrition is the predominant risk factor for death in children younger than 5 years of age in Bihar.

This year we have trained 200 Mothers (Including pregnant and lactating) on maternal child health and nutrition in partnership with NESWED.

Topic covered under the training,

- Causes and prevention of MMR and IMR
- Causes and prevention of Malnutrition
- Anaemia



## 6. Viva India Volunteer Program

This year the Viva India Team initiated the Volunteer Program, encouraging the youth to volunteer and expose them to the harsh realities of children living in difficult circumstances. The object of the program was not only to expose them to social realities but also to encourage them to help those who are in need and distress. The first initiative was started by the Viva Patna Network for College students.

For this purpose, an understanding was reached with the management of St. Xavier's College, Patna. Thirty students volunteered from Bachelor of Business Administration Course. A couple of orientation session was arranged for these students. Another session was arranged for them which was on the subject of "Child Protection". After learning about the behavior protocol, these students signed Viva behavior protocol for volunteers.



After orientation and child protection training, students were equipped in awareness programs on child marriage, gender discrimination, safe touch-unsafe touch, hand wash, sanitation and hygiene and child rights. They interacted with the girls in the Child Care Institutions and knew about their lives. They got opportunity to witness the life skill training being done by Viva Patna training team in the orphanages and study the impact it is making on adolescent girl; also conducted the assessment for Viva Flourish Life Skill Program.

# Capacity Building

## 1. Quality Improvement System (QIS) Program

Most organisations/NGOs struggle because they focus on solving the problems of the community and do not focus on establishing their organisation on sound management principles. Enthusiasm alone is not enough to sustain the organisation in the long run. You need management skills to resource and sustain your organisation. The QIS is a systematic process for organisations/NGOs to establish their management systems and policies and meet statutory compliances in governance, finance, child protection, HR, budgeting and planning.

Based on a system of training, mentoring and verification, it takes minimum of 12 months for an organisation/ NGO to complete the QIS cycle. Successful completion of QIS enables the organization to reach recognized standards in the following 6 areas of central importance for their organisation:

- Governance and Leadership
- Financial Accountability
- People Care (HR - Human Resource)
- Project Planning and Design
- Child Protection
- Child Wellbeing



Viva India was able to assist 20+ such organisations of which 10 have completed the QIS Program





## 2. Child Protection Training and Child Policy Development

Viva India's focus is to make the cities free from Child abuse and exploitation. To help organisations, NGOs, government orphan home and schools reach the best child safety standards, Viva India provides the *Child Protection Training* and helps organisations develop their *Child Protection Policy*.

The child protection program has three components:

1. Child Protection training for teacher and adults
2. Child protection policy development for organisations, schools and NGOs
3. Good Touch and Bad Touch session for children

In this year, our Networks worked with different organisations, NGOs and schools in providing Child Protection Training and in modifying / developing their Child Protection Policies.

Organisations like:

- District Child Protection Unit (South-West Delhi) Children homes
- Private schools
- Australian Medical Entrepreneurs
- Child Care institutions
- Organisations working with children

Viva India trained more than 600+ teachers and supporting staff and around 170+ parents



### 3. Training of Children Club

The Viva Patna Network initiated a new awareness among children by starting a Children Club. In Patna, the biggest issue faced is Child Marriage even in these times where Laws are being implemented against Child Marriage. Therefore, the Patna team took it up in educating the children about the negative effects of Child Marriage and how it is a crime. They were encouraged to raise their voices against this crime and were taught about the provision of The Child Marriage Prohibition Act 2006. The trainers also discussed as members of the club how they could help other children regarding this issue in the society they live in. Over 100 children participated in this joint venture with World Vision.



### 4. Family Seminar

Viva India organises Family Seminars to enrich the parents on how God has beautifully blessed them with a wonderful family and how with their love and support they can bring up their children with the same family values and make them the future responsible citizens of the country. Seminars is held at various locations like in the society, slums, etc.

Points shared:

- Good parenting techniques
- How social media and mobile phones is to be handled when having young teenagers
- How as parents to set examples so the children may follow and become their role models
- Value of education especially for girls and girls to be given equal opportunity
- Issues on Child Marriage
- Hygiene and Nutrition
- More....



## 5. Tuition Centres for Underprivileged Children

“Why do children have to lag behind in class just because they cannot get some extra classes?” With this thought in mind Viva Bangalore and Viva Delhi Networks started tuition centres for underprivileged children. Some are dropouts and most studying in government schools. Children face problems in understanding and with the large number of children in a classroom it is impossible for a teacher to give individual attention to a child, thus these children lag in studies and at times drop out from school. Their parents are daily wage earners or house helpers and cannot afford tuition.



The Young Eagles Learning Centre (YELC) started by Viva Delhi July 2019, in Palam Gaon, initially started with a few children and as the word spread in the community and mothers seeing their children improving the number of children increased. The trained teachers teach Math, English and children in other subjects.

Viva Bangalore Network also started a tuition centre for the underprivileged children in a community and .....





## Connecting

### 1. Stakeholders Meeting

Viva India Networks hold Stakeholder Meetings to discuss on how to work together in reaching out to more children and teaching them about how they can keep them self safe. The organisations on how to improve their Child Protection Policy.

Meetings with:

- District Child Protection Officers
- Member of the Delhi Commission for Protection of Child Rights
- School Principals of Govt. Schools
- Child Care Institutions
- NGOs

### 2. Steering Group Committee Meet

Each Viva Networks have their own steering Groups that meet every 3 months or Quarterly to discuss the progress and upcoming events and programs. Each network has very enthusiastic members, always ready to support and participate in each possible way to help the children.

### 3. Mentoring (TOT) Program

Viva India looks to reach as many places as possible and to meet the needs to equip children and adolescents the need for mentors arises. Therefore, Viva Network Coordinators work hard in identifying the right people working with children and adolescents and then train them accordingly.

### 4. Girl Child Protection Rally

Women & Child Welfare District Department conducted Rally on Girl Child Protection in the month of September 2019 in Hyderabad for which the DWO Department had invited Viva Hyderabad Network to be part of the Rally. The Viva coordinator had delivered a short message on Girl child protection & Child abuses for the School children.



180/1800 schoolgirls participated in the rally and 400/40 girls presented during the meeting. Municipal commissioner and city police officials also participated in the rally and took place in Medchal District.



## 5. Girl Child Forum Meeting

To bring together corporates, NGOs, government, civil society, business and media experts, a group of leaders met a few times to plan a city level meeting on making Delhi-NCR safe for girls. The meeting was cancelled due to covid restrictions.

**SAVE THE DATE**  
**MARCH 20, 2020**

FOR THE  
**NIRASHA SE ASHA  
 CONFERENCE**

at Vishwa Yuvak Kendra Chanakyapuri,  
 New Delhi

**You are invited to deliberate and  
 plan with experts from the  
 Government, Corporates and NGOs  
 to make Delhi-NCR safe for girls.**

## 6. Special Events

Viva India in spreading their love and support in the communities, the people of the community honour them by inviting the networks to various events.

### 15<sup>th</sup> August – Flag Hoisting Ceremony

It is an honour for Viva India to be invited for the Flag Hoisting for Independence Day along with the community leaders and residents.





### Children’s Day Event

On November 14<sup>th</sup>, 2019 District Welfare Department had a special program in a government school. DWO invited Viva Hyderabad to participate in the program. MLA, DCPO, Child line staffs were present in the program. There were some cultural activities from the children and our Viva coordinator gave a short message on child protection for 450 children. Also released a new poster on to keep the child rights.



## 7. Connecting through electronic media

Viva India stays connected with its members, coordinators, community leaders, etc. via various modes of electronic media like Facebook, Whatsapp Groups, Emails and Calls. Updates are posted on the viva-india.org website. Viva maintains a database of all its people so at any time each one can be contacted and to spread updated news and reports.

## Success stories and feedback:

1. My name is Shanti (Name changed). I am 15 years old and at present I am living in a children home. I had a very low opinion of myself. I thought I am not good looking so never liked to see myself in mirror. My low feeling about myself had made me bitter. I felt envious of everyone and always thought ways to insult others. I changed immensely after I learned in the flourish training that every individual including me in this world is unique and is very special. I learned my value and that gave me confidence about my being and that I have all the ingredients to succeed in my life. Amazingly all my envy and anger for other disappeared and now I am able to have many friends who love me and value me. I have started respecting adult workers of my children home. Everyone is amazed and happy about the positive changes that has occurred in me. I know I will succeed and become an asset for my family. Kajal's Mentors Ms. Ruhi and Anita also confirmed what Kajal has shared about the change in her behavior.

2. I am Suhani (name changed) and I live in a Children home. I am 15 years old. I am from a very poor family. My struggles had shaken me, and I was sure I am no good. I will not be able to achieve anything in my life. Though I liked sports, but I was sure that I could never become a good player in my life. The feeling of worthlessness was literally killing me as I was not able to utilize any opportunity and tried not to participate in program or activity which took place in our children home. Flourish Training taught things that I never heard or thought. It said that I have many inner potentials to be successful. I just need to recognize my talents and work on them which will enable me to achieve success. I thought over this message, repeatedly and soon I saw a ray of hope/ I suddenly realized that I am good in sports and physical activities. I decided that I need to take sports seriously. I joined Karate class and to everyone's surprise, I started impressing my coach and my fellow girls by my performance. I am now achieved a yellow belt in Karate. Honestly, I myself is surprised by the complete change that has taken place in me. Now I take part in each activity that takes place in the home and I do not let go any opportunity. Thanks Viva, for your help.

3. I am Manju (name changed). My age is 18 years. I am from a very poor family, because of which I spent my early life in an institution. Since a couple of years, I was in a relationship with an adult person. In return he gave me several gifts including an expensive mobile phone. Initially I was enjoying it but later it filled me with fear because I was afraid what will happen if my family members ever came to know about it. In my community family honor is of utmost importance. I had no courage to come out of it. I could not talk to anybody about it, so nobody was there to help me.

In the meantime, I got an opportunity to attend Flourish Training Program which was being conducted by Viva Network. There trainers taught us many valuable things including sex and sexuality, premarital relationships etc. I came to realize about my mistake. I have decided, I will come out of it focus towards my carrier.

## Child Protection

The training program on Child Protection conducted by Viva Network was very effective. We can say now we understand the significance of Child Protection in school campus.

The most important benefit of today's training is that it has equipped us to recognize if any of our student is suffering from any kind of abuse. We will be now able to help that child and ensure that the child is fully protected and he receives proper healing and care.

I am a teaching staff member of Emmanuel High School, Siwan. Viva Network Patna today conducted a training on Child Protection at our Campus. We got valuable information on the subject which increased our insight on Child Protection Policy, and the precautions we as teachers need to take while discharging our duties of teaching the students. We also learnt how to recognize different kinds of abuses. Today they taught about different laws and legislations concerning children including POCSO, which was very beneficial.

## Viva India Team



### **Viva Director**

Mr. Gary Kamaal  
[g.kamaal@viva.org](mailto:g.kamaal@viva.org)

### **Viva Senior Consultant**

Mr. Devesh Lal  
[d.lal@viva.org](mailto:d.lal@viva.org)

### **Viva Bangalore Network – Asha Forum**

Bangalore  
Network Coordinator: Ms. Santa Sylvia  
[bangalore@viva-india.org](mailto:bangalore@viva-india.org)

### **Viva Delhi Network**

Network Coordinator: Mr. Manoj Masih  
[delhi@viva-india.org](mailto:delhi@viva-india.org)

### **Viva Hyderabad Network**

Network Coordinator: Mr. Vincent Kumar Dasari  
[hyderabad@viva-india.org](mailto:hyderabad@viva-india.org)

### **Viva Patna Network- Viva Children @ Risk**

Network Coordinator: Ms. Mukund Singh  
[patna@viva-india.org](mailto:patna@viva-india.org)

### **Viva Ranchi Network- Johar Children @ Risk**

Network Coordinator: Mr. Premchand Hembrom  
[ranchi@viva-india.org](mailto:ranchi@viva-india.org)

### **Viva Shillong Network**

Network Coordinator: Mr. Wanskhemlang Marbaniang  
[shillong@viva-india.org](mailto:shillong@viva-india.org)

### **Viva Child Mentoring Program Coordinator:**

Ms. Preeti Masih  
[lifeskills@viva-india.org](mailto:lifeskills@viva-india.org)

### **Viva Communications Officer:**

Ms. Michelle Snelleksz  
[communications@viva-india.org](mailto:communications@viva-india.org)



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