



TAPASYA

ANNUAL REPORT

APRIL 2021-MARCH 2022



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MESSAGE FROM THE FOUNDERS

Dear Supporters,

We are happy to share our Annual Report, 2021-22.

In the first three years of our existence, we focused on implementing welfare schemes like RTE and PMMVY while working with the Government of Maharashtra and the potential beneficiaries' families. We also partnered with many other non-profit organizations to fast-track our program while supporting 28000 beneficiary families, who have received a cumulating benefit of INR 40 crore till now. While doing so, we also realized that focusing on only two welfare schemes is insufficient since hundreds of other welfare schemes are getting missed, which are provided by the Central & State Governments of Maharashtra.

That led to our first pilot of implementing multiple welfare schemes for low-income families in Nandurbar, an aspirational tribal District as per Niti Aayog, India.

Secondly, we also realized that only ensuring access to the benefit of any welfare scheme is not enough as, in the real sense, the actual outcomes of policy benefits are not measurable. That led to our two-phase pilot, where we tracked the existing habits and practices of the beneficiary families and worked towards bringing change around adopting healthy habits for the overall healthy development of mothers who are either pregnant, lactating, or having children of 0-6 years old. These pilots were done in the slums of Pune city, covering 700 families.

From this year 2022-23 onwards, we have decided to merge the pilots' learnings and make it a single program named 'Project Sakhi.' In this 'Project Sakhi,' all the families will be getting support to unlock the benefit of potential welfare schemes, and one-third of those likely families will be supported in adopting healthy habits under the Behavioral Change Communication program.

In the last two years of covid, we were busy evolving our model for the most marginalized section of society when we got recognition and support from the larger ecosystem. Last year, both the co-founders of Tapasya got selected for the Changeloom fellowship by Pravah. Tapasya also got pre-incubated under the NSRCEL program run by IIM Bangalore. Tapasya also completed the three years accelerator program by Atma. One of the co-founders of Tapasya was among the top 50 finalists of the Acumen fellowship. Tapasya getting selected in all these programs validates the efforts we are putting in.

In the last four years, we have learned and grown a lot in our operating model and our resilience to sustain and create an impact that has become the organization's foundation. We believe it will help us to grow and support many more families in the coming years.

We want to thank all our supporters, mentors, and well-wishers for helping us reach here and achieve whatever we have been able to do.

Regards,
Mrinal & Tapas
Co-founders

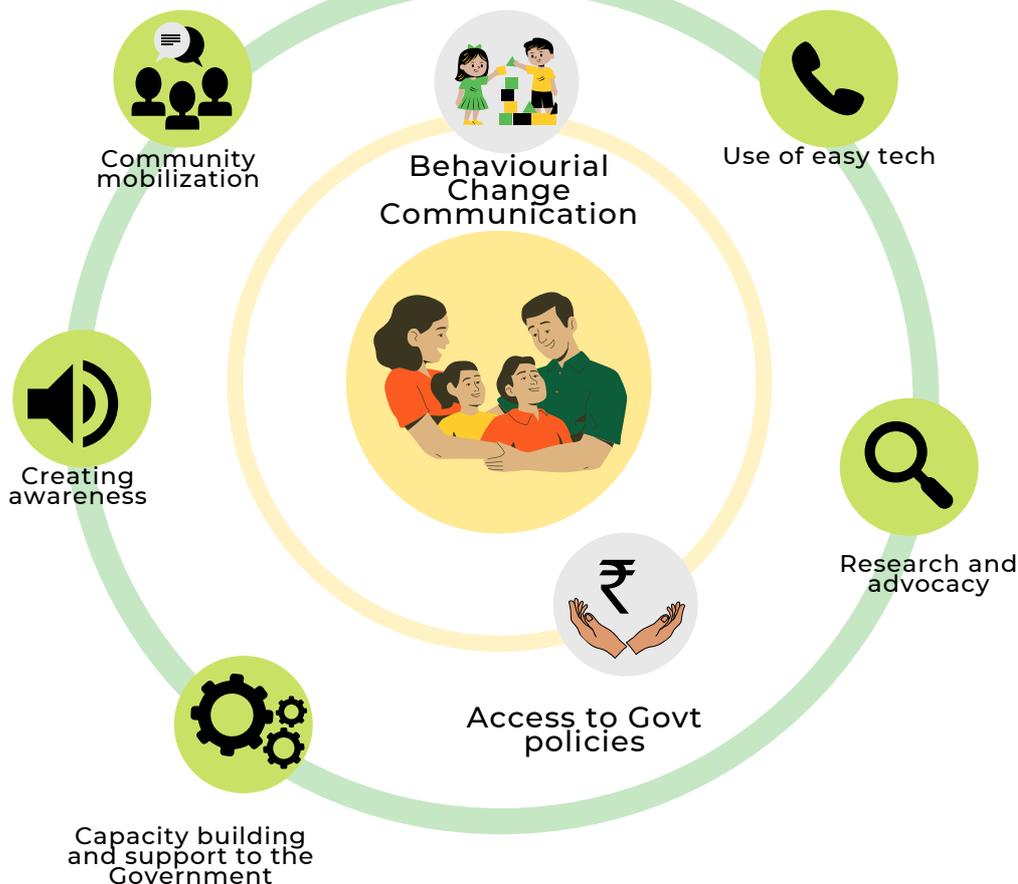
ABOUT TAPASYA

Our Vision

Holistic development of families from economic and socially disadvantaged backgrounds



What we do

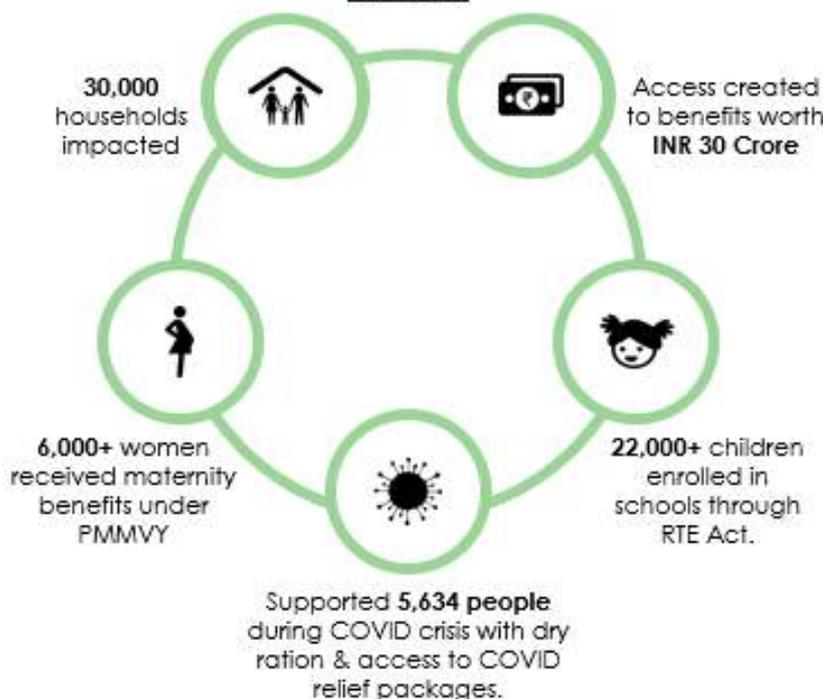


Our Mission

Developing adult capacities towards creating a nurturing and stimulating environment for the holistic development of family members.



Our Impact 2018-22



A SNAPSHOT OF 2021-22



Unlocking multiple welfare schemes*

1000 families from the tribal villages of Nandurbar District were supported with multiple welfare schemes.

Each family received the benefit of more than two welfare schemes having a value of a minimum of INR 7000/-

*In partnership with Indus Action



Families served during the pandemic's Third Wave*

- 580 families from Sinhgad Road slums were supported with dry ration.
- 220 families from Karve Nagar area slums were supported with dry ration
- 200 families in the red light area of Budhwar Peth and families living on the streets were supported.

*In partnership with various organisations



Behavioral change communication

700 mothers were supported around bringing positive behavioral change around maternal and child health care and child development.

They were tracked every month and their capacity building was done.

*In partnership with MNGL CSR



A research study to understand the impact of covid-19 on the lives of young mothers.

The data was collected through surveys, FGDs, and Personal Interviews.

Various aspects of maternal and child health, stress management, family dynamics, and SRHR were taken into account for this study.

*In partnership with Pravah

OUR JOURNEY TILL NOW:

Tapasya is a not-for-profit organization in Maharashtra that enables change at an individual, community, and systemic level by facilitating access to welfare entitlements and opportunities for better education and health outcomes. Tapasya was founded in 2018 by Tapas Sutradhar and Mrinal Rao. Their collective experience of working in the development sector for a long time acknowledged the fact that there were a lot of initiatives introduced by the Government to alleviate the problems being faced by the most marginalized people in India, but there was a breakdown in the delivery of these initiatives, and there was an urgent need to bridge these policy and implementation issues. Therefore, they founded Tapasya to help individuals and communities battle adversity and marginalization by accessing resources and entitlements that are available to them.

Initially, Tapasya began its work on the effective implementation Right to Education Act, in 2018, in collaboration with Indus Action and the Government of Maharashtra, which mandates the reservation of 25% seats at the entry-level in private, unaided, non-minority schools for children facing socio-economic disadvantages. Since 2018, through a number of interventions and initiatives, Tapasya has supported the enrolment of 22000 plus children in private schools through the Right to Education Act. From 2020, we also started focussing on facilitating the implementation of the Pradhan Mantri Matru Vandana Yojana (PMMVY) in Nandurbar by assisting ASHA workers in delivering the benefits of this scheme to beneficiaries. The PMMVY is a centrally sponsored scheme with cash incentives for pregnant and lactating women. Till now, we have supported 6000 plus mothers under the PMMVY scheme.

Eventually, Tapasya started its work in Behavioral Change Communication (BCC) with a special focus on maternal and child health. Tapasya created a cadre of trained community champions called 'Sakhis' in Pune urban communities who run the behavioral change program for pregnant and lactating women and mothers having children up to age 6. Due to these consistent efforts under this program, required shifts in daily habits were absorbed among 700 families in Pune.

SUMMARY OF 2021-22:

The year 2021-22 witnessed the COVID-19 pandemic, which posed unprecedented implications on people's health, education, and livelihood, especially in marginalized communities. The pandemic ameliorated deep-seated inequalities in our societies. Continuing our commitment to uplifting these marginalized and vulnerable communities, this year, Tapasya focussed its work on unlocking access to multiple welfare schemes, maternal and child health, research on sexual and reproductive health and rights, and mitigating programs for COVID-19 pandemic-induced social problems.

This year we designed and implemented our hallmark project, 'Project Sakhi', in Maharashtra's Pune and Nadurbar districts. In this initiative, 'Sakhis' (community champions) were identified and trained to assist the work of ASHA and Anganwadi workers in catering to the needs of pregnant and lactating women. Our Sakhis have reached out to 700 families in Pune and 1000 families in the Nandurbar district to unlock access to multiple welfare schemes, counsel pregnant and lactating women, conduct yoga sessions, provide supplementary nutrition, and distribute awareness material.

The global pandemic has turned the world upside down. In order to mitigate the impact of the COVID-19 pandemic, Tapasya conducted a rapid assessment study to identify families in need of assistance and provide them with dry rations. We supported 1000 families from slums in Pune, families living near the roadside, and sex workers with a kit of dry rations which can support a family of 5 members for a month.

Apart from direct intervention, this year, we also conducted research in the communities we are working with. We conducted a study on the theme of 'sexual and reproductive health and rights to understand the impact of the COVID-19 pandemic on perinatal health. The study was conducted with 200 perinatal mothers to understand various aspects of maternal and child health, stress management, family dynamics, and sexual and reproductive health and rights.

In the coming years, with consistent work in the field of social development, we will continue to strive for the well-being of vulnerable and marginalized families.

HIGHLIGHTS: BCC WORK UNDER PROJECT SAKHI, PUNE:

- 6 Sakhis are working conjointly with Anganwadi and ASHA workers for the health and wellbeing of children and pregnant and lactating women.
- Project Sakhi has catered needs of 147 pregnant women, 203 lactating women, and 700 families.
- Sakhis have conducted 800 home visits to counsel 350 pregnant and lactating women.
- 10 Yoga sessions have been conducted, and supplementary nutrition to 350 women and 350 children has been provided.
- Awareness material kits have been distributed to 350 women, and 350 children have been provided.



(Our little champs)

CONTEXT-PROJECT SAKHI PUNE:

In India, people residing in slums cannot get safe food, drinking water, and shelter. A special vulnerable group such as women and children are at high risk of infectious diseases and malnutrition. Women workers have the dual responsibility of family and job, so reproductive and child health gets compromised. The government has launched its flagship Reproductive and Child Health (RCH) program to address these challenges. The RCH and ICDS services were badly affected, especially in urban slums, during the COVID pandemic.



(Glimpse of our activities in Pune)



About Project Sakhi

Tapasya Foundation designed and implemented 'Project Sakhi' to supplement the efforts of ASHA and Anganwadi workers in the slum communities of Pune city. The project was implemented in Janata Vasahat, Jai Bhavani, and Pan Mala of Pune city. The 'Sakhis' who are basically health volunteers from slums, were tirelessly working to cater physical, mental, and social wellbeing of pregnant, lactating women and children. They tracked the pregnancies and births during regular home visits of mothers, counseled them about pregnancy and vaccinations (including) related anxieties, distributed supplementary food and awareness material, and conducted yoga sessions with them. We have developed a comprehensive tracking system to record various aspects of reproductive and child health such as place of delivery, weight at birth, breastfeeding practices, hemoglobin, etc. For parents and children aged 3-6 years, socio-emotional learning activities and sessions with a child counselor for parents were conducted. The project Sakhi was supported by Maharashtra Natural Gas Ltd. (MNGL), a joint venture of GAIL (India) Ltd and BPCL.



Testimonial from Pune

My name is Shital Garad. I live in Panmala community of Pune. Only four of us live here - me, my husband and two kids. There is no elderly person in the family who can guide me on how I should raise my kids. But since I registered myself with Tapasya, I feel that now I have someone who can help me with this.

When I attended sessions organised by Tapasya, I got to learn about various ways in which I can engage with my kids using very limited resources that are easily available at home. Earlier I used to get very angry with my kids, used to beat them but then I attended Vibha madam's (Child psychologist) session and realised that I need to change my behaviour. Now I try to understand my kids more. Thanks Tapasya.



Shital Garad,
Parent



Mohini Kathare,
Parent

My name is Mohini Kathare. I live in Panmala community of Pune. Tapasya Sakhi visits me on a regular basis and discusses many important things that are important for better maternal and child health. I registered myself with Tapasya after my baby was born. Sakhi told me about importance of nutritious diet post childbirth, importance of maintaining good hemoglobin levels, ideal weight, healthy breastfeeding practices etc. I also got to learn about stress management and yoga from the sessions organised by Tapasya. Now I feel that I'm also a part of this organisation.

HIGHLIGHTS: POLICY UNLOCKING UNDER PROJECT SAKHI, NANDURBAR:

- The main objective of the project was to ease access to various government schemes
- Around 1000 families got the benefit of two or more government schemes
- Each family received on an average Rs 7000-10000

लोकमत



नंदुरबार तालुक्यातील कोपली येथे झालेल्या आधार कार्ड शिबिरात उपस्थित प्रियंका बैसाणे, सरपंच ज्योतीबाई वानखेडे, ग्रामविकास अधिकारी विजया तावडे व ग्रामस्थ.

[छाया : सुनील फोटो]

CONTEXT-PROJECT SAKHI NANDURBAR:

About the scheme:

Project Sakhi-Nandurbar project was implemented jointly by Indus Action & Tapasya. The main objective of the project was to ease access to various government schemes. We worked together to support 1000 families by providing access to two or more social welfare schemes of Govt of Maharashtra and Central Govt. of India in Nandurbar District of Maharashtra.



(Our team during ASHA workers training)

The intervention district was selected purposefully because it is also an aspirational district declared by the NITI Aayog of the Government of India. We made strategy

We facilitated the delivery of government schemes to more than 1000 families. Each beneficiary family received the direct or indirect amount was approximately 7000 to 10000 INR, with benefits received from two or more schemes. We worked closely with the Nandurbar Block Health department team and the Gram Panchayat Koperli & its AWW to provide the benefits of the schemes.



(Our team interacting with PHC staff at Nandurbar)

Testimonial from Nandurbar



Gram Pradhan
(Sarpanch)
Koperli Village,
Nandurbar

Namaste, I am the Gram Pradhan (Sarpanch) of Koperli village. Representatives of Tapasya visited us and requested for our support in their work of helping the villagers to get benefits of various government policies. They worked with us closely. They organised camps for Aadhar generation, awareness creation around government policies meant for pregnant and lactating women and children. We are happy that Tapasya helped us in our work.

Namaste, I am working as ASHA worker in PHC Koperli, Nandurbar. Priyanka Tai from Tapasya organization visits us regularly and helps us in knowing the current status of each beneficiary of PMMVY, like, who all have received the money, who needs to update their documents, what procedure has to be followed at each stage and so on. She also conducts meetings with first time mothers and motivates them to apply for the PMMVY. Tapasya is sharing our responsibilities and workload. We are thankful to Priyanka Tai and Tapasya.



ASHA worker, PHC Koperli



Chandrakala,
Parent

My name is Chandrakala. Recently I delivered my first baby. Priyanka Tai from Tapasya told me about the PMMVY policy and helped me to fill up the form and update my documents. I thank Priyanka Tai and Tapasya.

HIGHLIGHTS: COVID RESPONSE- THIRD WAVE

- Beneficiaries such as families without a ration card, families who lost jobs during the COVID-19 pandemic, etc. were identified with the help of Sakhis.
- Total of 640 beneficiaries were supported with dry ration kits.
- 100 pavement dwellers were given dry ration kits
- 200 people from the transgender community were provided dry ration kits.



(Our volunteers distributing dry ration)



(Each families received these items in one kit)

CONTEXT-COVID RESPONSE:

The COVID-19 public health crisis morphed very quickly into a humanitarian crisis in 2020. In the immediate aftermath of COVID-19 hitting India, a nationwide lockdown was announced. Our Sakhi (community champions) noticed that people, particularly vulnerable groups like migrant workers and their families, pavement dwellers, and sex workers, were reeling from the impact of COVID-19 as they lost their livelihood and did not receive the free ration support of the government. Many families did not receive the ration support and lost their jobs.

About Tapasya's COVID-19 Response Program

Tapasya planned to support these people through direct intervention as their immediate need of food had to be met with great urgency. The identification process was done with the help of our Sakhis, ASHA, and Anganwadi Workers in



(We supported 260 transgenders with a kit of dry ration each)

CONTEXT-COVID RESPONSE:



(Team behind covid relief work)

The slum communities of Sinhagad road and Karvenagar. Out of all the population in the community, Tapasya focused on needy families. We conducted a survey of 742 families and found that 36% of people lost their jobs and 27% reported a food shortage. Many families did not have ration cards while only 13% of families with ration cards had received ration supplies.

Following this survey, we supported 640 such families with dry ration kits, which include included 5kg wheat Flour, 5kg rice, 1kg lentils, 1kd semolina, 1-liter oil, 1kg salt, 50gm turmeric powder, 100gm chili powder, 100gm cumin seeds, 1kg sugar, 200gm tea powder, one bathing soap, and one detergent bar. We also supported 100 pavement dwellers' families with dry rations during the COVID-19 pandemic-induced lockdown. Also, more than 260 individuals from transgender communities and sex workers were supported. We also identified and reached out to potential beneficiaries of various government schemes and assisted them in getting the benefits of these schemes.

Tapasya set up three helplines (RTE Helpline, PMMVY Helpline & Proactive calling) COVID-19 welfare helpline in collaboration with Indus Action and assisted for school admissions under RTE Act, avail benefits of Pradhan Mantri Matru Vandana Yojana (PMMVY) and to identify beneficiaries of several government schemes. Tapasya was able to serve 2109 families through this helpline in the past one year.



RESEARCH STUDY

HIGHLIGHTS: A RESEARCH STUDY ON SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS:

- The study was conducted to understand the impact of the COVID-19 pandemic on perinatal health.
- 200 perinatal mothers in the age group of 18-26 years from Janata Vasahat, Jai Bhavani, and Pan Mala vasahat participated in this study
- Various aspects of maternal and child health, stress management, family dynamics, and SRHR, i.e., sexual and reproductive health and rights, were studied



(Focused Group Discussion session)

CONTEXT-RESEARCH STUDY ON SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS:

Sexual and Reproductive Health Rights are fundamental human rights that include issues like abortion, HIV and other STIs, maternal health and rights, access to contraception, gender-based violence, discrimination and stigma, and other aspects which encompass sexual and reproductive health rights. Underprivileged women, especially from slum communities of urban cities, are affected by unintended pregnancies, which lead to maternal death and disability, sexually transmitted infections including HIV, gender-based violence, and other problems related to the reproductive system and sexual behavior and these issues have been aggravated by multi-fold during COVID-19 pandemic. Therefore, studying the status of sexual and reproductive Health Rights is pertinent.

Research study:

Tapasya Foundation conducted a research study in collaboration with PRAVAH, a Delhi-based organization in the communities where we are presently working.



(Our Sakhi in action)

The objective of the study was to understand the impact of covid-19 on the lives of young mothers. 200 young mothers in the age group of 18-26 participated in the study. The data was collected through surveys, FGDs, and PIs. Various aspects of maternal and child health, stress management, family dynamics, and SRHR, i.e., sexual and reproductive health and rights, were taken into account for this study.

Findings:

- Income of 83% of respondents has decreased while primary earners of 70% of families lost their jobs
- Stress levels of 70% of respondents have increased during the COVID-19 pandemic
- 7% of families reported an increase in incidences of domestic violence
- 16% of the respondents do not have access to access to sanitary pads and menstrual hygiene products



Our Sakhis in action

WHO WE ARE

OUR TEAM



Tapas Sutradhar,
Co-founder and
CEO, Partnerships
and Operations



Mrinal Rao,
Co-founder and
COO, Strategy
and HR



Ravindra Jadhav,
Project
Co-coordinator
(Policy)



Chaitrali Amble,
Project
Co-coordinator
(BCC)

OUR BOARD



Bharat Amalkar,
Businessman and
President, Keshavsmriti
Pratishthan



Anil Rao,
President, Jalgaon
Janata Sahakari
Bank



Amey Dhere,
CA and Co-founder,
Doshi-Dhere
Associates

OUR ADVISORS



Madhukar Banuri,
CEO, Leadership for
Equity



Suresh
Margabandhu,
VP-IT, Credit Suisse



Sowmy VJ,
Consulting Partner,
TCS



Ishita Bhattacharya,
DGM,
Tata Reality

OUR PARTNERS

FUNDING PARTNERS



KNOWLEDGE & PROGRAMME IMPLEMENTATION PARTNERS



A T M A



GOVERNMENT PARTNERS



VOLUNTEERING PARTNERS



FELLOWSHIP & INCUBATION COMPLETED DURING 2021-22



2021-22 Tapasya completed:

- Changeloom Fellowship by Pravah, New Delhi
- Pre-Incubation program by NSRCEL, IIM Bangalore
- Accelerator program by ATMA, Mumbai

***** Tapasya founder were also in the top 50 finalist of Accumen Fellowship**

FUTURE PLANS



In the year 2022-23, Tapasya plans:

- To support 3000 families through our program around access to multiple welfare schemes in the Pune & Nandurbar district.
- To support 1000 mothers around appropriate behavioral change.

At Tapasya, we constantly look for opportunities to grow, partner, and create meaningful impact. In our effort to seek holistic development of families from economically and socially disadvantaged backgrounds, we are fortunate enough to have amazing individuals and organizations who have been guiding us.

To join us in our effort or to learn more about us, contact us at:



+91-94565 93160



tapas@tapasya.xyz

Find us online:



www.tapasya.xyz



@tapasya



@TAPASYAforU



@Tapasya



FINANCIALS: 2021-22

NAME OF THE TRUST - TAPASYA PRATISHTHAN, JALGAON
Reg. No. : F-19458/JALGAON

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING ON 31st MARCH 2022

Expenditure	Rs.	Rs.	Income	Rs.	Rs.
To Expenditure in respect of Properties		-	By Rent		-
To Establishment Expenses (Sch-II)		166720.09	By Interest		-
To Income Tax		-	On FD		-
To Remuneration to Trustees		-	On Loans		-
To Legal Expenses		-	On Bank Accounts		-
To Audit Fees		-	By Dividend		-
To Contribution & Fees		-	By Donations in cash or kind	645117.00	645117.00
To Amount written off		-	By Project Grant (Sch-I)	2950000.00	2950000.00
a. Bad Debts		-	By Income from other Sources	473.86	473.86
b. Other Items		-			
To Miscellaneous Expenses		-			
To Depreciation	6975.00	6975.00			
To Amount transferred to Reserve or Specific Funds		-			
To Expenditure on objects of the Trust (Sch-III)		3000554.38			
(a) Religious		-			
(b) Educational		-			
(c) Medical Relief		-			
(d) Relief of Poverty		-			
(e) Other charitable objects	3000554.38	-			
To Surplus		421341.41			
Total		3595590.86			3595590.86

For Bandukwala & Bafna
Chartered Accountants
FRN 124751W


(Smriti Bafna- Partner)

M. No. 114216
UDIN: 22114216AMA/VOV4882


(Bhavesh Dattatray Amalkar)

President


(Anil Govind Rao)

Secretary


(Subhash Bhagwan Lohar)

Treasurer

Place - Jalgaon
Date - 15/06/2022



