

Ripples of Change Foundation



3rd ANNUAL REPORT 2021-2022



RIPPLES *of* CHANGE
FOUNDATION
COMPASSION in ACTION

DIRECTOR'S STATEMENT

Change is the only constant, that brings with it new experiences and challenges. Reminiscent of 2020, the year 2021 has brought in a lot of disruptions and changes among us while providing opportunities for reflections, growth and new beginnings.

At a time when the second wave of the COVID 19 pandemic adversely affected the human race, the team ROCF and our partners swung into action. It used this opportunity to serve the people of this country while learning and re-strategizing the programs as per needs. The extraordinary, unforeseen circumstances of the pandemic therefore, created spaces for us to reanalyze and reconceive as to how we can work together by rekindling the human spirit. From wellness to socio-economic development programs, we are incorporating what we have learned and using it to create adaptive services that will strengthen and sustain our communities now and, in the times to come.

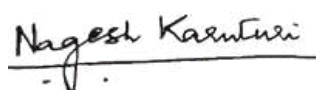
The ongoing support of individuals, businesses, stakeholders, community members, partners, and those dedicated to helping us sustain our work makes a difference in so many lives regularly. Every gift can truly transform a life. We are eternally grateful to receive your support, resources, referrals, grants and donations. Thank you for your partnership and commitment as we continue to reflect on our collective impact and work together to create a better tomorrow.

The resources and support available to ROCF came from the funding organizations that we have collaborated with and from the voluntary contributions and grants from partners, corporates and donors to support our humanitarian responses and thematic activities.

It gives us immense pleasure to present the Ripples of Change Foundation Progress Report for April-March 2022, which provides an overview of contributions, aid to ROCF and work underway. We hope you will be happy to take note of the progress made so far as you continue to be part of the journey that we embarked upon three years ago.

With my sincere and heartfelt gratitude

Director


Nagesh Kaentlani

LIST OF ABBREVIATIONS

YA	-	Youth Ambassador
ANM	-	Auxiliary nurse midwife
ASHA	-	Accredited Social Health Activist
ASSEFA	-	Association for Sarva Seva Farms
CDSCO	-	Central Drugs Standard Control Organisation
CHRD	-	Consortium For Human Resource Development
CSR	-	Corporate Social Responsibility
DGCI	-	Drugs Controller General of India
DRDA	-	District Rural Development Agency
FPO	-	Farmer Producer Organization
HFI	-	Heartfulness Institute
ICMR	-	Indian Council of Medical Research
MCA	-	Ministry of Corporate Affairs
MF	-	Miracle Foundation
NABARD	-	National Bank for Agriculture and Rural Development
NDMA	-	National Disaster Management Authority
NGO	-	Non-Governmental Organization
NIMHANS	-	National Institute of Mental Health and Neuro-Sciences
OCD	-	Obsessive-Compulsive Disorder
OTSI	-	Object Technology Solutions India
PPE	-	Personal protective equipment
PSFA	-	Psychosocial First Aid
ROCF	-	Ripples of Change Foundation
SCODWES	-	Sahyadri Community Development and Women Empowerment Society
SDG	-	Sustainable Development Goals
SHG	-	Self Help Group
VTC	-	Voice That Cares

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EXECUTIVE SUMMARY

A seed sown with an intent to address the physical, emotional, mental and spiritual well-being of individuals is in the germination phase. Ripples of Change Foundation (ROCF) has been conceived with a purpose of bringing a visible change slowly yet steadily. Initiatives ranging from health & wellness initiatives in the context of Covid, life skills and economic empowerment have been undertaken.

Our efforts have spanned geographies far and wide across India, including having a footprint in Africa, Bangladesh and Pakistan.

Initiatives especially focused in the health and wellness space covered COVID relief interventions starting from setting up of makeshift healthcare facilities, N 95 masks and PPE's distribution to frontline workers, vaccination drives and Oxygen concentrators to public healthcare facilities.

In the mental health space, a collaboration with the Heartfulness Institute is a fresh and intriguing endeavor that needs to be mentioned. Given the enormous stress levels that people of all ages face today, we together have created a slew of training and wellness programs focused on the community's holistic health and well-being including the physical, mental, emotional and spiritual. This collaborative effort also led to the development of a toll-free public helpline 'Voice That Cares' to give psychosocial first aid therapy, which has boosted community mental health knowledge, helping them to understand their symptoms better, seek professional treatment, and, perhaps most crucially, reduce the mental health stigma that keeps so many people suffering in silence, as well as strengthening the resilience of individuals affected by the Pandemic.

Likewise, a project titled 'Swayam Sikkim' is yet another novel initiative through which the foundation seeks to economically empower 1500 self-help groups comprising 15000 women and 37500 products thereby impacting about 60000 individuals from the community to leverage the e-commerce marketplace. End to end support was provided right from data collection, curation, product development to standardization, onboarding, trainings, pricing, labels & packaging, promotions and fulfillment to the last mile. Other projects include SHGs in Narayanpet and FPO's in Telangana. Under lifeskills, Youth Ambassador and Leadership coaching programs were conducted for rural communities and staff of NGO's across various states. The report also contains information on the impact on communities, stakeholders involved and a photo gallery.

OUR VISION AND MISSION

Our vision is to create a world aligned with oneness in action.

The mission is to support purpose-driven community initiatives, using aggregation to strengthen self-reliance, equal opportunity, wellness, conscious living, and environmental coherence, and catalyzing waves of oneness that can ripple across generations.

OUR FOCUS SECTORS



"We propose a unique outlook to bring integrity, unity, peace and economic stability across vulnerable sections of the society."

HEALTH & WELLNESS



In collaboration with local communities, governments, NGO partners and other groups, ROCF strives to spread health awareness and improve health-seeking behaviour. ROCF focuses on health and wellness programs that help people and communities adopt and maintain healthy behaviour leading to lowered and diminished health risks thereby lesser chronic disease. Under the given circumstances, individuals incur reduced healthcare costs. Wellness addresses the broader spectrum of one's body, encompassing the overall balance of physical, emotional, mental and spiritual well-being.

In alignment with SDG 3, we intend to achieve universal healthcare coverage and provide access to safe and affordable healthcare, lifestyle changes and holistic well-being.

INTERNATIONAL WELLNESS WORKSHOPS

ROCF has expanded its international footprint in Africa, Bangladesh and Pakistan. International Workshops were conducted, which presented an overview of the importance of resilience, stress management, and coping strategies for individuals and communities.

WELLNESS WORKSHOPS

Educo, Bangladesh
Care, Bangladesh
Eagles of Change Foundation,
Zambia
Royal Psychologist Community,
Pakistan
Youth Resilience Virtual Workshop
(Valcee Global Resources & Africa
Youth Prime Foundation), Nigeria

5 Workshops
185 Participants



HELPAge INDIA MENTAL HEALTH AWARENESS WORKSHOPS

In collaboration with HelpAge India, ROCF conducted Mental Health Awareness workshops on how to address mental health issues, provide referrals and mental health promotion for the elderly residents at the following old age/shelter homes.

The sessions focused on the topics such as General Health Issues (Diet and lifestyle, common mental health issues amongst the elderly, identifying depression and the importance of early detection, handling fear and anxiety and forgetfulness and dementia). In the long run, ROCF wants to focus on the physical and psycho-social health of our senior citizens at shelter homes, that warrants urgent attention and support more than ever before as an essential part of our initiatives. The topics would include: recreational activities, companionships, cognitive stimulation, geriatric nutrition and, supportive counselling.

OLD AGE HOMES



Navjan Morcha Samiti-Tau Devi Lal Old Age Home, Faridabad

Association for the Welfare of Handicapped, Faridabad

Sai Vridhashram, Nilhal Vihar, Delhi

DMRC Shelter Home, Govind puri, Delhi

AWARE NGO, Vivek Vihar, Delhi

Udharkarta Old Age Home, Delhi



EMOTIONAL RESILIENCE BUILDING WORKSHOPS

The key to good mental health is being emotionally and mentally resilient in the face of stressful changes. At ROCF, we recognize this, and our training and wellness offerings are designed to build resilience experientially through an understanding of Heartfulness way concepts and the application of its practices.

Our core approach to mental health and wellness is completely adaptable and customizable to the emerging needs of communities or organizations. ROCF started conducting virtual workshops in collaboration with Heartfulness Institute (HFI) on the theme of Building Resilience and Self-transformation in times of COVID-19 for institutions and corporate professionals. These workshops addressed the psycho-emotional challenges of the pandemic like stress, uncertainty, and anxiety while building resilience through relaxation and heart-based meditation techniques.

INSTITUTIONS REACHED THROUGH EMOTIONAL RESILIENCE BUILDING WORKSHOPS



16 Workshops
1114 participants

Miracle Foundation
CRS
CHRD
IMFA
OXFAM
Room to Read
Aga Khan Foundation - Gujarat & Delhi
Enzen Global Solutions
Resurgent
Sujan ContiTech AVS Pvt Ltd
St. Jude India Childcare Centres
Action Hunger India
PCI India
Score Livelihood Foundation
SEEBa



COVID RELIEF INTERVENTIONS

ROCF continued its COVID relief efforts to protect the valuable lives of our front-line health workers and build infrastructure capacity efficiently in hospitals and local communities by procuring and supplying medical equipment and PPEs towards mentally resilient communities across India through validated and tracked channels.

A. BREATHE SAFE – N-95 MASKS DISTRIBUTION CAMPAIGN PHASE – 2

After successfully executing the Phase 1 campaign in 39 locations across 14 states in India, ROCF executed Phase 2 of the campaign by distributing 3 Lakh Masks to frontline workers in 10 locations across 5 states. In total, 9 lakhs N-95 masks were distributed to identified frontline workers with support from United Way of Bengaluru (UWBe), Sattva Consulting, ACT Grants and Arvind Mills.

B. MY MASK MY SAFETY – N-95 MASKS DISTRIBUTION CAMPAIGN

Like the Breathe Safe campaign, ROCF has been in collaboration with Thincr Technologies Private Limited and with the grant in aid support by Technology Development Board (Department of Science and Technology), Government of India. ROCF distributed 6000 N-95 masks in 2 states.

Not just doctors and paramedics, protection from infection must be ensured also to field workers like ASHA, Angawandi workers, ANMs and Health Assistants who have been playing an important role at the root level to prevent Covid transmission while also ensuring that the delivery of other health services remained uninterrupted. Likewise, at the onset of schools and colleges, the teachers and students were also at risk of getting affected. Through this campaign, ROCF tried to ensure that the supplies of masks in large quantities reached the unreached, thereby supporting the efforts of state machinery in its efforts to curb the pandemic.

C. O₂ – BREATHE LIFE

In collaboration with ACT Grants, 161 Oxygen concentrators were provided to Public Health Centers and Hospitals to enhance their capacities for responding to critical medical emergencies across 5 states.



C. O₂ - BREATHE LIFE

Lakhs of Indians had lost the battle against Covid-19 due to shortage of oxygen during the second wave of the pandemic. While hospitals across the country were putting up SOS requests through every possible channel, many caregivers of Covid-19 patients were seeking medical help through social media as the country's overburdened system failed to keep pace with the record spike in cases. Amid this gloom and anguish, ROCF chipped in and procured Oxygen Concentrators to hospitals and public institutions to augment their capacity to help vulnerable patients.

D. ANUPATH - MOBILE TESTING EQUIPMENT

AnuPath - PoC Multi Analyte Diagnostic device developed by PathShodh Healthcare at Indian Institute of Science (IISc), Bengaluru which can do Point of Care testing of 4 markers - Hemoglobin (Hb), Blood Glucose (BG), Serum Albumin (SA), and COVID-19 total antibody, using finger prick blood samples.

This product is fully validated and certified by all the regulatory bodies such as ICMR, licensed by DCGI/CDSCO, with the underlying technology, protected through US and Indian patents. It is like a 'Lab on Palm' which is not only easy to handle and carry but also generates instant results by finger prick sampling with a storage capacity of 50 thousand records and Bluetooth connectivity.

As part of its pilot initiative, ROCF joined hands with PathShodh Healthcare and facilitated the donation of three AnuPath devices to one Government hospital in Bangalore and one hospital in Nizamabad. There is nothing more gratifying than the service to the needy without any expectation in return. Through this initiative, we are able to take the machine to people and facilitate quick testing. It has been like a match-making process as the machine is user-friendly and reduces the waiting time of both the medical fraternity and the patient itself.

E. TWO SHOTS ARE OUR BEST SHOTS - VACCINATION DRIVE

With support from individual donors, ROCF undertook a vaccination drive in Bangalore city of Karnataka state. It was intended to encourage unvaccinated individuals to get vaccinated- 'By protecting yourself, you protect others'. 627 Individuals got Vaccinated in Vaccination drive organised by ROCF in Bangalore (Banashankari, Paramdham & Sanjay Nagar) in collaboration with Manipal Health Enterprises Private Limited.



India began the “World’s largest COVID-19 vaccination drive” in January 2021 in a climate of misinformation and hesitancy. Despite the best efforts of the Government, the vaccination drive still remains a challenge. In the face of this crisis, ROCF decided to step up to help bridge gaps, mainly by working with local administrations and communities to make vaccines accessible for those in vulnerable communities. This remains an ongoing effort as experts have already warned of another wave, and the countrymen will continue to remain vulnerable until everyone is vaccinated.

In the meantime, the Government of India adopted an aggressive approach to vaccination drives across the country and touched a billion vaccination mark. Therefore, ROCF decided to shelve this project to avoid duplication of work.

F. COVID CARE MAKESHIFT FACILITIES

SETTING UP TEMPORARY COVID CARE FACILITIES

ROCF in collaboration with Heartfulness Institute, has set up 2 COVID Care Facilities with 150 beds capacity in Tamil Nadu as per laid norms by health authorities and recommendations of NDMA as it became critical to set up alternative care units to treat mild and moderate COVID-19 infected Patients.

The resurgence of coronavirus cases had caught India’s creaking healthcare system flat-footed again, with reports of shortages in critical-care beds, medical supplies with hospitals turning away critically ill patients pouring in from across the country. Therefore, it became critical to set up alternative care units to treat mild and moderate COVID-19 infected Patients. ROCF through the campaign tried to build the infrastructure capacity, increase beds for COVID Patients, reduce emotional distress for families and thereby reduce the burden on the existing health care system.

G. EYE CHECK UP CAMPS

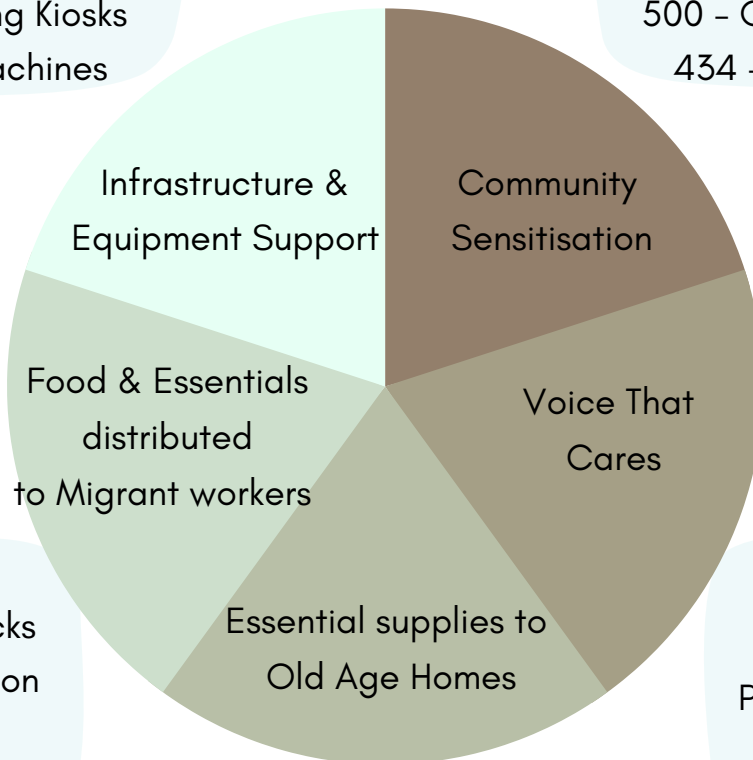
As part of Vision Rx Lab Private Limited CSR initiatives, ROCF organised free eye check-up camps in a factory in Kolkata for vulnerable communities. 148 individuals benefited from the camps and 113 individuals received free spectacles from the company.

COVID-19 PAN INDIA OUTREACH (CUMULATIVE)

COVID 19 RESPONSE 1ST & 2ND WAVE

1039000 - Masks
6150 - Covid Care Kits
161 - Oxygen
Concentrators
68 - Disinfectant Ovens
11 - Mobile Testing Kiosks
3 - Anupath Machines

National/International
Level
110000 + 8000 - Individuals
7901 - Youth
3162 - Wellness Workshops
500 - Old Age Shelters
434 - Communities



140000 - Meal Packs
15650 - Family Ration
Kits

Free Public Helpline
Psychosocial First Aid
Pan India

150 - Senior Citizens
5 - Old Age Homes

INCUBATION HUB



VOICE THAT CARES (VTC) - PSYCHOSOCIAL COUNSELLING HELPLINE

ROCKS OF CHANGE FOUNDATION

HOME ABOUT US COVID19-RELIEF OUR WORK PROJECTS **DONATE NOW**

www.rocf.org

VOICE THAT CARES

Building a Mentally Resilient Nation

Call Now - 8448-8448-45

About Us

Voice That Cares is a public helpline that provides **psychosocial counselling support** on a wide range of mental health concerns ranging from anxiety, fear and stress to pandemic induced issues.

FAQs

- What is Psycho-Social First Aid (PSFA) counselling/support?
- Who is the Voice That Cares Helpline for?
- What to expect when I make a call?
- In which languages are your services available?

Get Involved

You can get involved with the Voice That Cares Helpline in several ways, depending on your area of interest and your capacity.

We welcome support from interested volunteers, organisations and NGO's

The pandemic has instilled trepidation and uneasiness in the minds of the community due to the high and rapid transmission. While preventive and medical action remains most important, psychological and emotional crisis interventions for people affected by COVID-19 have also become exigent.

In order to provide psycho-social counselling & information support to people in distress for optimising their mental and overall well-being, ROCF decided to join the hands of HFI and launch a Psychosocial First Aid Helpline to aid mental health among communities.

Voice That Cares- A Free Helpline was launched on June 24, 2021, under the guidance of National Disaster Management Authority (NDMA) and the support of NIMHANS and MANASA Mental Health Foundation.

The helpline is currently supported by 200 trained PSFA counsellors and aims to touch 1 million across India in the first year. The free public helpline provides free psychosocial counselling support on a wide range of mental health issues, including anxiety, fear, panic attacks, phobias, grief, anger, exam stress, pandemic induced psychological issues, stigma, etc., and first aid support for suicidal tendencies, depressive disorders, substance abuse, obsessive-compulsive disorder (OCD) and other mental health concerns.

INCUBATION HUB



The helpline number is 8448-8448-45 and is operational from 9:00 AM to 9:00 PM, 7 days a week and is currently offered in Hindi, English and Telugu languages (will be expanded to other languages in due course). The helpline intends to continue to operate in the coming years to offer mental health services such as early screening, first-aid, psychological support, distress management and promoting mental well-being, other than the pandemic induced psychological issues amongst the communities.

Since its Inception in June 2021, Voice that Cares has helped around more than 8500 people nationwide with free psychosocial counselling through 18004 counselling sessions.

A Lancet study estimated that a massive 197.3 million people had mental disorders in India in 2017. With 9000 psychiatrists in total in combination with 700 psychiatrists graduating every year, it works out to be 0.75 psychiatrists per 100,000 people in India. This is far below the recommended level of at least 3 psychiatrists per 100,000 people.

Unfortunately, lack of mental health awareness and the paucity of mental health experts have prevented thousands of patients from receiving medical help. Through tele counselling services in the form of psychological first aid, we are not only helping the individuals to deal with the mental health concerns of the pandemic but also try to bridge the gap between mental health seekers and providers.

Testimonials from our beneficiaries

"Thank you from the core of my heart to the Voice that Cares initiative that makes me feel the world is more connected, empathic, and understanding"

*"We all need a person to who we can speak and not be afraid of being judged,
We all need a person who doesn't give unsolicited advice, and
We all need a person who just listens to us"*

"I spoke my heart out freely and shared all my concerns at my own pace when I got connected to a counsellor on the Voice that Cares platform. I felt that I was heard and understood"

"The guided meditations helped me to calm down and feel more connected to my inner self for which I am deeply thankful"



ECOPOWERMENT



The ecopowerment (economic empowerment) programs have been intended to build skills among the people across all echelons of society by emphasizing the market need approach and connecting people and enterprises to market and workforce opportunities.

SWAYAM SIKKIM - ENABLING SELF HELP GROUPS (SHG) TO ECONOMIC EMPOWERMENT

The project Swayam Sikkim envisions enabling SHGs to promote their products online and become self-reliant communities. It has plans to onboard 1500 SHGs and 37,500 products and run for one year, thereby impacting the lives of 15000 SHGs members and 60,000 individuals of their families.

Sanjeevini SARAS Mela : *Buy genuine handmade products by rural women of Sikkim*

Swayam Sikkim: *An E-marketing initiative by the Government of Sikkim (SRLM Department) in collaboration with Ripples of Change Foundation & Kalgudi to market the products of the Self Help Groups in Sikkim.*

Products available in various categories ranging from organic food products, personal care to handicrafts....

Oder Now
<https://swayamsikkim.com>

ECOPOWERMENT



The economic impact of the COVID-19 pandemic in India had adversely hit the women Self Help Groups (SHGs) from vulnerable communities. With their source of income hit hard, they had been struggling to make their ends meet and sustain their livelihoods. Currently, SHGs lack access to an online e-commerce platform. Building the skills of women and bridging the gap between SHGs and technology is a probable, workable and sustainable solution. Having understood this, the ROCF aims to address this gap and build sustainable livelihood options for rural communities through this initiative.

E-VILLAGE MARKET- NARAYANPET

With the aim to build self-reliant communities by leveraging technology for productivity gains resulting in increased market access, ROCF undertook an initiative E-Village Market with funding support of Mashreq Global Services.

The project intended to onboard 100 products from the identified 5 SHGs - Arunya Handlooms, Handicrafts and Organic Producer Company Ltd, Narayanpet across Narayanpet district in state of Telangana in collaboration with Kalgudi Digital Private Limited Company, Hyderabad, Telangana and District Rural Development Agency (DRDA), Ministry of Rural Development, Narayanpet, Telangana. During the last year, 68 products data have been gathered while the process of onboarding continues.

FPO MARKET LINKAGES

ROCF in collaboration with its technical partner Kalgudi and with financial support of NABARD, Telangana, has undertaken a project FPO-Market Linkages and thereby handhold 22 FPOs covering 10,000 farmers in the Warangal and Khammam districts. The aim of this initiative is to digitise FPO, aggregate demand and enable them to identify market demand and facilitate trader interactions while offering one-year subscription of Kalgudi Digital marketing platform. The project has taken off during the last quarter of this year and will be implemented in the coming financial year.

ECOPOWERMENT



UPSKILLING ARTISANS – HOSA BELAKU ARTISANS FOUNDATION, BANGALORE

Skilling, upskilling and equipping socially disadvantaged groups and individuals in hand made product making enables rural communities earn a decent livelihood. On this objective ROCF partnered with Hosa Belaku Artisans Foundation in Bangalore to train 30 individuals on product making skills. A trainer was appointed to train the group of rural women on Hand Embroidery, Crochet making and Advance Tailoring.

The women participated in the training with much enthusiasm and understood the concepts well and actively worked on the samples to learn the skills and try out for themselves. While these trainings are important in upskilling the women, it is also important to create the platform and opportunity for them to practice the skill.

ROCF will continue to partner with Hosa Belaku Artisans Foundation with funding from Mashreq Global Services to support admin, procurement and consultancy support in the coming year to take them to the next step.



LIFE SKILLS



ROCF works closely with Miracle Foundation (MF), which is a non-profit organization that brings life-changing care to orphaned and vulnerable children worldwide. Youth Ambassadors (YAs) are children who MF has identified to share their perspectives with others to help them understand the need for change in the child care and child rights space. They do this by being featured on different media platforms and other forums to raise awareness on issues that MF is working on by being the voice of kids who are living that experience.

YOUTH AMBASSADOR PROGRAM

ROCF collaborated with MF to coach their Youth Ambassadors identified for 2021-2022 under its life skills initiatives. The coaching program aims to improve the communication and media skills of Youth Ambassadors in their areas of need. The Youth Ambassadors hail from Tamil Nadu and Karnataka states. The coaching program is currently being facilitated in Tamil and Kannada languages.

States Covered - Tamil Nadu and Karnataka
Languages Covered - Tamil and Kannada

LEADERSHIP COACHING

With the success of the Youth Ambassador program, MF approached ROCF for a leadership coaching program, which intends to provide one-to-one coaching to its 11 mid-level managers. This intervention aims to empower managers/potential leaders to consciously make their choices while navigating the balance between attending to their own needs and vision, the needs of their organization - and the needs of those they lead and the vulnerable communities they serve.

Broadly, the coaching covers- Leading during times of change, working with uncertainty and ambiguity, succession planning, delegating responsibility, managing conflict/having difficult conversations, empathy at the workplace, deep listening skills, influencing without authority, leading with compassion, diversity and inclusion, management and work ethics. The engagement is for 4 months in two phases with bi-weekly coaching sessions.

NATIONAL REACH



INDIA

Andhra Pradesh
Assam
Bihar
Chhattisgarh
Chandigarh
Delhi
Goa
Gujarat
Haryana

Jammu and Kashmir
Jharkhand
Karnataka
Madhya Pradesh
Maharashtra
Nagaland
Odisha
Punjab
Rajasthan

Sikkim
Tamil Nadu
Telangana
Uttar Pradesh
Uttarakhand
West Bengal

GLOBAL REACH



AFRICA

Ethiopia
Kenya
Nigeria
Rwanda
Tanzania
Uganda



PAKISTAN

Lahore
Peshawar
Sialkot



BANGLADESH

Dhaka

FUNDS RAISED & OVERALL IMPACT

DONATIONS & PROJECTS - 2021-2022

USD - 5,32,079 (INR - 4,15,37,318)



PHOTO STORY



Mental Health awareness camps conducted for senior citizens with support from HelpAge India across different locations in Noida.



PHOTO STORY



Two COVID make shift facilities set up with support from Heartfulness Institute in Manapakkam and Tirupur, Tamil Nadu



PHOTO STORY



Eye check up camps facilitated at Kolkata factory as part of CSR Initiative of Vision Rx Lab Private Limited



PHOTO STORY

Distribution of N-95 masks to diverse set of Front Line Health Warriors - Phase II with support from ACT Grants, United Way, Bengaluru and Sattva Consulting Services



PHOTO STORY

Mental Health Awareness Workshop for Senior Citizens supported by HelpAge India



My Mask My Safety -N-95 Masks Distribution to Health Care Workers - supported by Thincr Technologies



PHOTO STORY

Breathe Safe Campaign - Distribution of N95 masks to Anganwadi workers - with support from ACT grants, United Way, Bengaluru and Sattva consulting services



Two Shots Are Our Best Shots - Vaccination Drive held for our communities



PHOTO STORY

A free Psychosocial First Aid helpline - Voice That Cares initiated in collaboration with Heartfulness Institute.

This initiative is supported by NDMA and Manasa Educational Trust. Training partner - NIMHANS



heartfulness
purity weaves destiny



Official Launch of

Psychosocial First Aid (PSFA) Helpline

Dial 8448-8448-45

9am to 9pm - 7 days a week

by

Daaji | Heartfulness Guide

Guests of Honour :

Dr. V. Thiruppugazh

Additional Secretary, National Disaster Management Authority (NDMA), Government of India

Dr. Sekar Kasi

Professor & Head, Registrar, Center for Psychosocial Support in Disaster Management, NIMHANS



Date: 24th June 2021 | Time: 11 AM IST

[youtube.com/Heartfulness](https://www.youtube.com/Heartfulness) [facebook.com/practiceheartfulness](https://www.facebook.com/practiceheartfulness)

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PHOTO STORY



Online Psychosocial First Aid (PSFA), Heartful Communications and Empathetic listening training to identified volunteers across PAN India

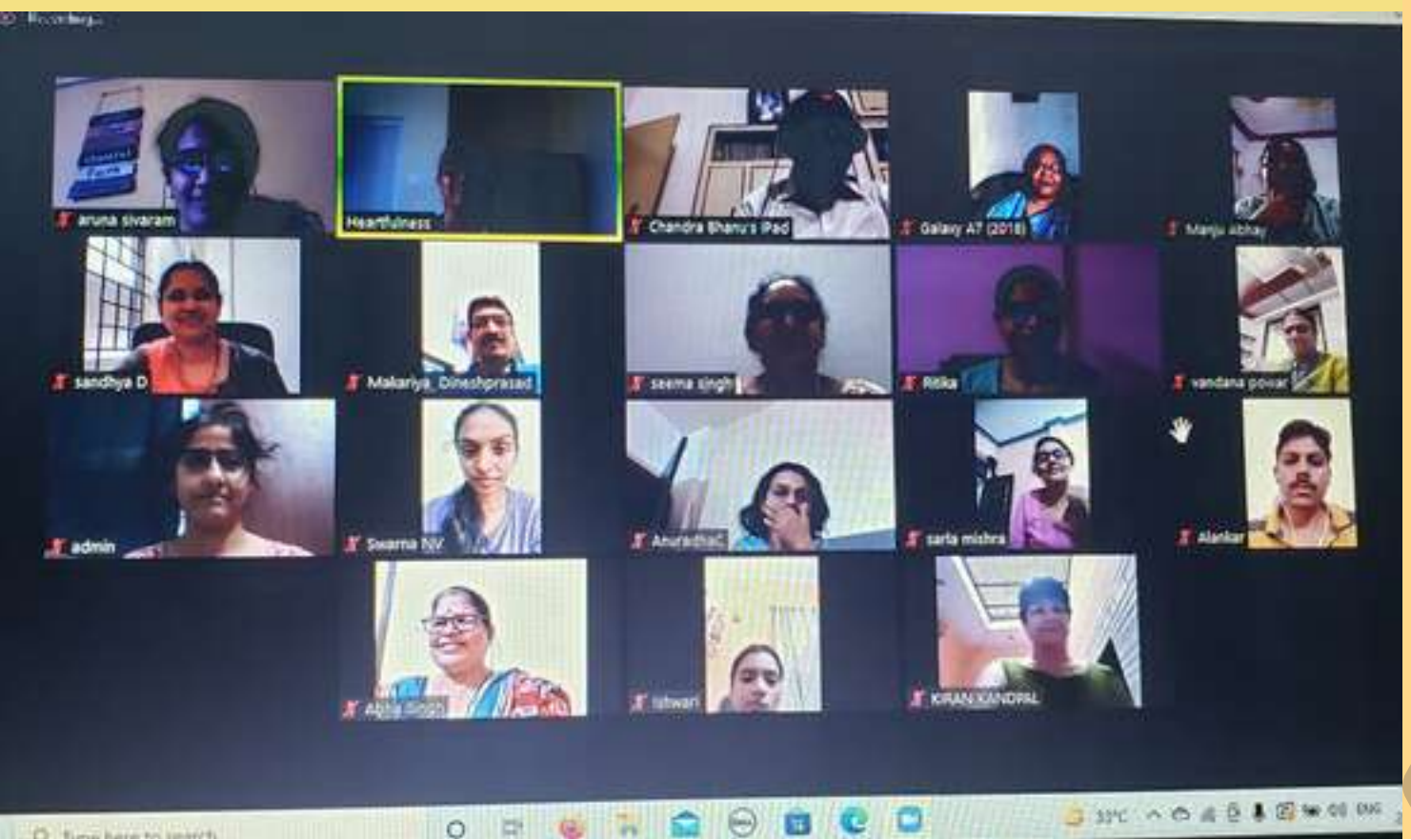


PHOTO STORY



Distribution of Disinfectant liquid to Old age homes as part of COVID Relief Initiative, supported by Mashreq Global Services



PHOTO STORY



Swayam Sikkim : An initiative to enable Rural Self Help Groups (SHG) to Economic Empowerment. Launched by Chief Minister of Sikkim and supported by Rural Development Department, Government of Sikkim



PHOTO STORY

Capacity building for village level Sakhis on E-commerce platform, supported by Rural Development Department Sikkim



Digitization of FPO and enabling Market linkages initiative supported by NABARD, Telangana



PHOTO STORY

Rural Women SHG members of Sikkim processing their produce for E-Marketing, RDD Sikkim



PHOTO STORY

SHG member from rural Sikkim displaying processed Turmeric, RDD Sikkim



PHOTO STORY

SHGs products from Sikkim onboarded to Kalgudi Platform,
an E-Commerce platform



DONORS

Mashreq Global Services

ACT Grants

Arvind Fashion Possibilities

ThinCr Technologies India Private Limited

United Way Bengaluru

PathShodh Healthcare Private Limited

Individuals

Institutions



PARTNERS



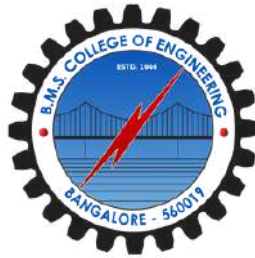
Ecopowerment

Swayam Sikkim
Government of Karnataka
SCODWES
NABARD
Kalgudi
Madhukeshwara FPO



Environment

Vrukshadevobhava - Salumarada Thimmakka
BMS Engineering College
BMS College for Women



PARTNERS



Health & Wellness

Smile Foundation

CHRD

Miracle foundation

OTSI

National Health Mission

Sukhibava

Enzen

OXFAM

Government of Telangana

ABT Associates, India

St. Jude India Childcare Centres

Royal Psychologist Community, Pakistan

HelpAge India



PARTNERS



Education

Indian Space Research Organisation

ASSEFA

Government of Karnataka

S.J.C. Institute of Technology

Pratham Foundation



Pratham

Every Child in School & Learning Well



Life Skills

Dream a Dream

NIMHANS

Sri Venkateshwara College of Engineering

Miracle Foundation

Head Held High

COIGN



MIRACLE
FOUNDATION
-INDIA-



Head Held High



COIGN
EDU & IT Services Pvt. Ltd.

PARTNERS



Incubation Hub

Act Grants

Sattva

Reward

Sri Ramachandra Mission

Rotary Bangalore Orchards

Heartfulness

United Way Bengaluru

Pathshodh

Rajasthan Youth Association

Log 09



CELEBRATING OUR 3RD YEAR ANNIVERSARY



ROCF celebrated 3 years of impactful Compassion-In-Action Journey this September. ***“Coming together is a beginning, staying together is progress, and working together is success.”*** We are extremely excited to mark our 3rd anniversary. This has allowed us to celebrate the progress we have made even while providing an opportunity to reflect on the ongoing work.



Philanthropy and volunteerism have been central to our culture from conception. We have consistently strived to do humanitarian and socio-economic development works in a way our associates, partners, and stakeholders can be proud of. As part of our three-year celebrations, we also look back at our donor community's support over time.

We are pleased to enter our 4th year by expressing our gratitude to our Partners, Donors, Philanthropists and Community leaders who have nurtured and developed ROCF into a vital community asset. Thanks to all our Compassion ambassadors, volunteers and staff for their tireless and enduring work. Their cooperation and support have enabled us to fulfil the social change that we strive to achieve for our communities.

YOUR IDEAL CSR PARTNER

As per guidelines issued by the Ministry of Corporate Affairs (MCA), From April 1 2021, CSR Funding will be released only to that NGOs, Trusts, Religious Trusts, Societies, 12AA registered entities, 80 G granted entities, Section 8 Companies that are registered with MCA by filing Form CSR-1.

ROCF is registered with the Ministry of Corporate Affairs, Government of India and is eligible to receive CSR Grants, Financial Funding and Donations under CSR from corporate companies. To help meet your corporate social responsibility (CSR) goals, ROCF can create specific project proposals for your organization.

We can plan out the activities as per the CSR requirement and the CSR policy of your organization. We are a mission-driven organization working towards the humanitarian and socio-economic development of vulnerable communities. Our strategic approach caters to diverse thematic areas, including Education, Life Skills, Health & Wellness, Mental Health, Economic Empowerment, Environment and Incubation Hub. We heartily invite corporate houses to join hands with us in this unique endeavour.



For more details and to learn how we can create an impact with your partnership, write to us at info@rocf.org.

Stay informed of our work by checking our website www.rocf.org, following our social media platforms and reaching out to us at info@rocf.org.

*Your support and valuable contribution will go a long way
in serving humanity on a sustainable basis.*

BOARD OF DIRECTORS



NAGESH KARUTURI - nagesh@rocf.org

A management professional with 24 years of experience in key global leadership roles across India, Europe, United Kingdom, Africa and South Asia. He holds an MBA (Marketing) from Symbiosis Institute of Business Management, Pune, India.



S.G. ANIL KUMAR - anil@rocf.org

Anil is a banker with over 27 years of experience in some of the country's leading banks. He has done his graduation in humanities and Masters in Management from the Asian Institute of Management, Manila. He also holds a Masters degree in Business Administration from the Symbiosis Institute of Management, Pune, India.



DINESH AGRAWAL - dinesh@rocf.org

Dinesh has 22 years of experience in electrical engineering and has been a part of the Hira Group since their founding years. He has been associated with all the electrical and technical aspects of their ferro alloys unit, sponge iron plant, and steel rolling mills. He is involved in the day-to-day technical functioning of setting up new plants for the group of companies.



RAMAKRISHNA MALLELA - ramky@rocf.org

With 20 years of professional experience and an Executive MBA degree, Ramakrishna is presently working in the development sector for the betterment of the community. He is a visionary with belief in innovative ideas and experience in design thinking, which are reflected in his efforts in bringing technology and science into the development sector.



SHARAT HEGDE - sharat@rocf.org

Sharat is an IT professional with over 31 years of experience in the software industry, holding a B. Tech. degree in Computer Science from IIT, Delhi. He has served as Head of Architecture and Assistant Vice President at Sonata Software and currently runs his own software consulting firm in India. He co-owns a US-based e-commerce company - Perfect Makeup Mirrors and Reflect Perfection.

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