

ANNUAL REPORT

2022-23

A YEAR OF
GROWTH & RESILIENCE



RIPPLES *of* **CHANGE**
—
F O U N D A T I O N
COMPASSION in **ACTION**

RIPPLES OF CHANGE FOUNDATION

Table Of Contents

Message from the Director	01
About ROCF	02
Team	
• Board of Directors	03
• Working Group	04
• VTC	05
Focus Sectors	06
Economic Empowerment	08
• Swayam Sikkim	10
• E Village Market Narayanpet, Telangana	16
• FPO Connect	17
• Hosa Belaku Artisans	20
Environment	23
• Project Vishwas	24
Health and Wellness	28
• Building Resilient Communities	30
• Yoga and Meditation Workshop	32
• Voice That Cares	33
• Infrastructure and Equipment Support	39
Education	41
• Brighter Minds	43
• Coding without Computers	44
• School Outreach Programs	45
• Teachers Training Program	46
Life Skills	49
• Youth Ambassadors	51
• Leadership Coaching	53
Partners	54
Financial Statements	55

Message from the Director

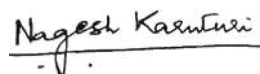
As we reflect on the remarkable journey of Ripples of Change Foundation (ROCF), we recognize the unwavering resilience of the human spirit with profound awe and admiration. This strength has been the catalyst behind each successful endeavor and positive transformation among individuals and communities that we have worked with last year.

This report not only marks another chapter in our journey but also serves as a testament to the incredible progress and impact we have achieved together. We attribute this to our unwavering commitment to achieve greater good, and recognizing that combined efforts can usher in positive change. We've harnessed the insights gained during our early years and enriched them into services that will sustainably strengthen and support our communities.

I want to take this opportunity to express our heartfelt gratitude to all the community members and stakeholders who have continuously placed their trust in our work. Your steadfast commitment and generosity have made a world of difference in countless lives. Every contribution, no matter how big or small has the power to touch lives, and we are eternally grateful for your support that enables us to carry out our development initiatives effectively.

Throughout our journey, ROCF has made significant strides in empowering vulnerable communities towards self-reliance, promoting sustainable agriculture, and building mentally resilient communities. Looking ahead, we are committed to scaling up our efforts in the coming year. Our focus will be on expanding the mental health initiatives especially serving the needs of youth; enabling micro entrepreneurs and SHGs to achieve economic empowerment; training on life skills, employability skills and mental resilience to bridge the gap between industrial expectations & youth capabilities; and implementing affirmative environmental programs.

Thank you for being an integral part of ROCF's journey. Your support is our driving force, and together, we can continue to make ripples of positive change that will echo across generations. As we move forward into another new chapter, let us continue to embrace change, face challenges with resilience, and work collectively to build a better tomorrow.



Nagesh Karuturi

Director

About

Ripples of Change

Foundation

ROCF was established as an NGO in September 2018 as a Section 8 company. 'Solve that one problem that solves all' forms the foundation of our thinking, leading us to evolve solutions for the society to thrive in a world of constant, rapid, and exponential change with balanced outcomes.

Vision

To create a world aligned with oneness in action

Mission

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 USP

An unique outlook to bring integrity, unity, peace and economic stability across vulnerable sections of the society.

Meet Our Team

Board of Directors



Nagesh Karuturi

Management professional with wide global expertise and experience. Invested in uplifting vulnerable communities.



S.G. Anil Kumar

Banker, administrator and entrepreneur. Implementer of innovative market solutions to benefit farmers.



Dinesh Agrawal

Engineer and industrialist. Promoting excellence among youth in the industry.



Sharat Hegde

Software professional and entrepreneur. Believer and proponent of progress through Heartfulness.



Ramakrishna Mallela

Business professional, theatre enthusiast and change maker. Advocate for development through science and technology.

Meet Our Team

Program Working Group



Kavitha D L

Deputy Director



Gokul Halan

Operations Manager



Shubham

Fundraising Manager



**Priyadarshini
Chidambaram**

Consultant



Pratap Singh Tamang

Program Manager



Sushma Bharadwaj

Volunteer



Swarupa Dhanraj

*Administration and
Accounts*

Meet Our Team

Voice That Cares



Sunita Bothara

Program Coordinator



A N Revathi

*Counselor &
Psychologist*



Bhavani Harikrishnan

*Consultant,
Psychologist*



Prem Kumar

Operations Manager



Venkateshwaran Iyer

*Counselor &
Psychologist*



Deepa K

Digital Marketing

Our **FOCUS SECTORS**



Life Skills



Ecopowerment



Incubation
Hub



Education



Health &
Wellness



Environment

ECONOMIC EMPOWERMENT





ROCF strives to empower communities and make them self-reliant. We promote sustainable forms of employment for vulnerable individuals, families and communities like women and farmers enabling them to improve their livelihood and be involved in profitable commerce.

The programs are designed to help build skills among the people across all echelons of society by emphasizing on market need approach and thereby connecting people and enterprise to market, workforce opportunities and thereby contributing to higher economic growth.

ROCF has dedicated itself to scaling up economic empowerment to more beneficiaries and implemented the following key projects in 2022-23:

- Swayam Sikkim
- E-Village Market Narayanpet
- FPO Connect
- Hosa Belaku Artisans

A key digital platform we have embraced to fulfill this is Kalgudi – “Leverage technology for productive gains in rural settings”. Kalgudi is a convergence platform for agriculture and allied sectors that connects farmers, traders, input dealers, logistics, academia, market yards, institutional buyers, Farmers Producer Organisation (FPO), Self Help Groups (SHGs) governmental departments, and consumers.

In this report, we outline the key activities and processes that have contributed to the success of this initiative, including data collection, product onboarding, stakeholder meetings, and seamless coordination for order fulfillment and potential exports.

Swayam Sikkim

Background

Sikkim's rural region is abundant with unique handmade products, including handicrafts, handwoven textiles, organic food, herbal cosmetics, and natural remedies. However, due to meager profits, low volumes, and limited marketing abilities, these products are at risk of being replaced by mechanization. Self-Help Groups (SHGs) play a vital role in delivering these goods globally and supporting poverty alleviation efforts. Despite this, SHGs heavily rely on promoter NGOs and government agencies for marketing.



To address this digital divide and enhance market access for handmade products, Swayam Sikkim was launched in July 2021 in collaboration with Sikkim Rural Livelihood Mission (SRLM). SRLM implements the National Rural Livelihood Mission intensively across all districts of Sikkim.

Objective

The goal of Swayam Sikkim is to empower SHGs to market their goods online and build self-sufficient communities by leveraging technology for productivity gains resulting in increased market access, year-round demand creation, and enhanced income & employment opportunities in rural areas for women SHGs.

Project partner – SRLM, Govt. of Sikkim

Project Period - July 2021 – March 2023

Project cost – INR 33 lakhs

Project Description

Swayam Sikkim is an initiative implemented in the state of Sikkim, India, aimed at empowering women and promoting socio-economic development through the formation of Self-Help Groups (SHGs). The program focuses on fostering financial inclusion, skill development, and entrepreneurship among women in rural and urban areas of Sikkim.

The first step of Swayam Sikkim involves identifying and mobilizing women within communities to form SHGs. These groups consist of 10-20 women who come together to collectively address their social, economic, and cultural needs. The government, along with non-governmental organizations and community-based organizations, plays a crucial role in promoting and facilitating the formation of these groups.

Once the SHGs are formed, the members receive training and capacity-building programs on various subjects such as financial literacy, entrepreneurship, leadership, and vocational skills. These training sessions aim to enhance the knowledge and skills of women, enabling them to engage in income-generating activities and make informed decisions regarding their finances. Swayam Sikkim focuses on providing access to financial services and investing in income-generating activities, and improving their overall financial status.



Livelihood Promotion and Enterprise Development

Swayam Sikkim supports SHGs in identifying and establishing livelihood opportunities and enterprises. The program assists in identifying viable business ideas, provides technical support, and facilitates market linkages for SHG products. This helps SHGs generate income and become self-reliant, leading to improved standards of living for their members.

Swayam Sikkim enables women to become financially independent by providing them with the necessary skills, knowledge, and resources to start their own businesses or engage in income-generating activities. This economic empowerment enhances their status within the family and community, leading to increased decision-making power and improved overall well-being.



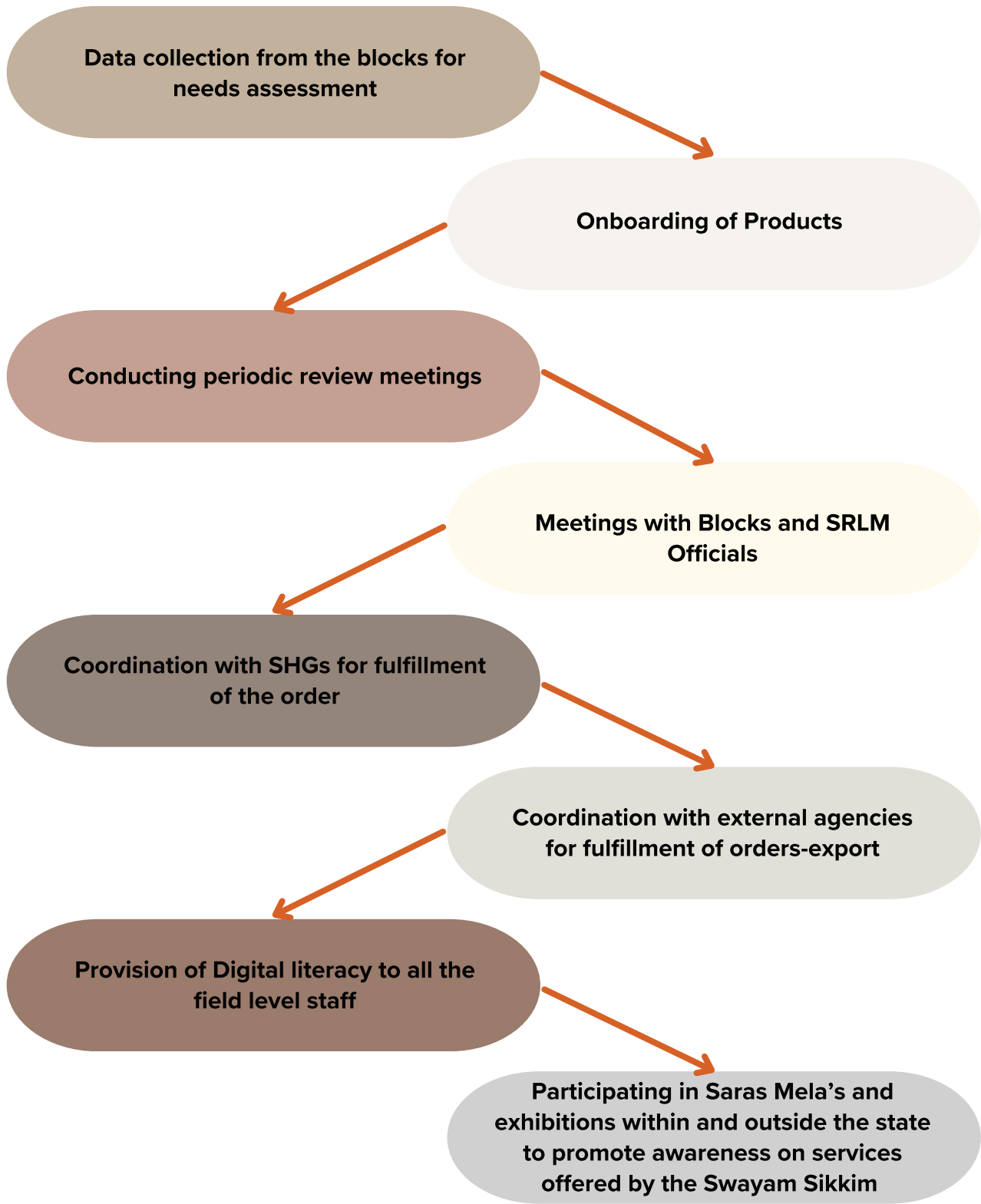
Stakeholder meeting for creating opportunities, supporting women's economic independence, & fostering community development

By participating in Swayam Sikkim, SHG members can generate a sustainable source of income. This enables them to meet their basic needs, support their families, and improve their standard of living. The program also helps in poverty alleviation and reduces dependence on government welfare schemes.

Through regular meetings, training programs, and collective decision-making, SHGs create a supportive and empowering environment for women. They provide a platform for women to voice their opinions, share experiences, and collectively address social issues. SHGs also promote women's education, health, and social welfare within their communities.

SHGs formed under Swayam Sikkim not only benefit individual members but also contribute to community development.

Activities and Processes



Outputs and Outcomes

- Bridging the gap between producers and consumers.
- Enhanced financial management and decision-making skills among women.
- Accelerated economic growth through collaborative efforts.
- Creation of a cadre of self-reliant communities through digital platforms.
- Creation of a global and perennial market for rural produce.
- Improved participation of communities in governance and rural economy.
- Total Products Onboarded - 6837
- Total SHGs Onboarded - 533
- Total Sales - Rs.92375/-

The image shows a screenshot of the Swayam Sikkim website. At the top, there is a navigation bar with a logo on the left, a search bar, and links for 'Categories' and 'About Us'. On the right, there are links for 'English', 'Login', and 'My Cart ₹0.00'. Below the navigation bar is a large teal banner with the text 'WHERE NATURE SMILES!'. The banner features a portrait of Shri. Prem Singh Tamang (Golay), Hon'ble Chief Minister of Sikkim, and five icons representing different outcomes: 'Increased employment opportunities and income', 'The Evolvement of Sustainable and Scalable model', 'Creation of empowered self-reliant communities (SHGs/Federations)', 'Enhanced financial management and decision-making skills', and 'Opening of national & global markets for rural produce'. The banner also includes the Swayam Sikkim logo and the text 'Kalgudi' and 'SWAYAM SIKKIM SIKKIM SRM'. Below the banner is a section for 'Popular Categories' with six icons representing different product categories. A 'Chat' button is visible in the bottom right corner.

Project Highlights

- SHG members and department staff acknowledge the importance of evolution which is taking part in the online trade.
- Active participation from Producers for getting their products registered online.
- Immense improvement in packaging and presentation of the products.
- Appreciation from the Delhi Ministry of Rural Development Department for successfully packing the products in a professional way and completing the first delivery of complementary products.

Voice from the project

SHG's have greatly benefited from the Swayam Sikkim project, which has helped them to increase their income and improve their livelihoods. The only way of showcasing and reaching out for SHG was Melas (fair) but due to this initiative the possibility of making the products globally has increased. However, in order to enhance their product and increase their consistency in order fulfillment, they need certain additional supports such as access to quality raw materials, technology and knowledge, marketing and networking support, financial support, and training on the latest trends and techniques. Moreover, SHG members need capacity building and access to mentorship programs to ensure that they are equipped with the necessary skills and resources to make the most of the opportunities provided by the project. The introduction of such support can help these SHGs to achieve their goals of being more competitive and reliable in the market.

Bedhna Subba
Project Manager
State Rural Livelihood Mission
Sikkim



E Village Market

Narayanpet, Telangana

The E-Village Market initiative was launched with the goal of creating self-sufficient communities by leveraging technology for productivity gains and increased market access. The project was initiated as a pilot with the District Rural Development Agency, Government of Telangana in the Narayanpet District. The pilot project was funded by CSR Funding of Mashreq Global Services.

Objective

The project aimed to enable the marketing of products made by 5 SHGs under Aarunya Handlooms, Handicrafts and Organic Producer Company Ltd. (1500 SHG members from 24 SHGs) across Narayanpet District in the State of Telangana on the Kalgudi E-commerce platform.

Core area - Textiles, Handicraft and Pottery

Project partners –

- Funding: Mashreq Global Services (MGS), Bangalore
- Collaboration: District Rural Development Agency (DRDA), Ministry of Rural Development, Narayanpet, Telangana
- Technical: Kalgudi Digital Private Limited Company, Hyderabad, Telangana
- Implementation: Ripples of Change Foundation, Bangalore, Karnataka.

Project Period – July 2022 to March 2023 - 9 months (inclusive of extension of 3 months provided)

Project cost - INR 10 lakhs

Output

Total Products Onboarded - 100

Total SHGs Onboarded - 5 SHGS

FPO Connect

The National Policy envisions promoting and supporting member-owned Producer Organizations (FPOs) in agriculture and allied sectors. FPOs enable farmers to enhance productivity, realize higher returns, and practice efficient, sustainable resource use through collective action. It is imperative for FPOs to embrace digital technologies to achieve this vision.

Digitizing FPO operations, utilizing digital platforms for management, knowledge transfer, purchasing inputs, exploring markets, and connecting with consumers are key steps. A digital FPO facilitates farmer connectivity, forward and backward linkages, and benefits all stakeholders in the ecosystem. By collectivizing FPOs and leveraging digital platforms, organized, transparent, and cost-effective interactions can be achieved.

The FPO Connect project involved creating a digital platform for twenty two Farmer Producer Organizations (FPOs) supported by NABARD in Khammam and Warangal districts of Telangana, India.



Facilitating a productive Buyer-Seller Meet, bridging FPOs with traders and institutional buyers

Objective

To build essential skills among the producer community, improving their knowledge and understanding of market needs, facilitating and establishing linkages to the market, and creating employment opportunities at various levels along the market chain.

Project partner – NABARD

Project period – 1 year

Project cost – INR 6.9 lakhs



Activities and Processes

- Digitization of FPO farmers onto Kalgudi platform
- FPO staff and members trained on using the Kalgudi FPO software and Mobile application for effective results.
- Digital extension services - Provision of crop-specific advisories and weather information to farmers
- Input market linkages - using Artificial Intelligence and Machine learning, the platform aggregates demand, discusses action plans with FPOs and provides agriculture inputs accordingly.
- Inputs Buyer Seller meet - Kalgudi closely worked with the FPOs to aggregate the produce and sell to the traders, institutional buyers etc.



Fostering Connections and Skills: A Buyers-Sellers Meet linking producers to markets and paving the way for economic growth

The progress for the period April 2022 to March 2023 are listed in the table below -

S.No	Activities	Progress
1	FPO Digitization (Warangal)	11
2	FPO Digitization (Khammam)	11
3	Farmers Digitization (Warangal)	4845
4	Farmers Digitization (Khammam)	5256
5	Total No. of Digital Assistance Used	23
6	Total Q/A Posted on Platform	59
7	Total FPO Visits	201
8	Advisories Shared on Platform	1088
9	Input RFQ's	181
10	Input Orders Placed	8
11	Input Orders Worth (In Lakhs)	5.82
12	Output SKU's	62
13	Output Aggregation (In quintals)	
	1. Dry Chilli	493
	2. Maize	574
	3. Cotton	385
14	Total No. Of Trainings (No. of Participants)	2
	1. Input Buyer Seller Meet @ Khammam	237
	2. Output Buyer Seller Meet @ Khammam	227
15	Total Worth of Transactions Digitized (In Lakhs)	5.63

This endeavor aimed to infuse digital vitality into these FPOs and establish essential market connections. At its core, the project sought to fuse tradition with innovation. The Kalgudi FPO platform emerged as a digital sanctuary of FPO member details to licenses, banking insights to crop information. Nurturing a symbiotic relationship between technology and agriculture, it was a testament to the digital evolution of farming communities. As this journey unfurled, it not only enriched the FPOs but also transformed entire communities. The project's potential lies beyond a mere digital makeover; it's a catalyst for lasting change, nurturing a vision of prosperity for years to come.

Hosa Belaku Artisans Foundation

Hosa Belaku is an initiative by the Karnataka State Institute for Rural Development which has been working extensively in support of artisans from all over India, especially from North Karnataka. The focus of this project is on capacity building and skill development for artisans across all aspects of their trades so as to sustain their livelihoods.

This project aims to give long term help to the Hosa Belaku community in Karnataka. This project will be a major initiative to generate employment, self-reliance, increase their income and community development. The project will also promote skill building among the artisans and thereby promote skill spill over into other activities.



Hosa Belaku Artisans Foundation uplifting women and families through handmade creations

Objective

The core objective of the project is to support the artisan communities with working capital and skill building training needed to improve their products and design, thereby enabling Hosabelaku to scale production and output.

Project partner – Mashreq Global Services

Project period – 9 months

Project cost – INR 6 lakhs

Project Description

Hosa Belaku Artisans Foundation works towards empowering women surviving socio-economic abuse, persons with disabilities and their family members to earn a decent livelihood working from their home locations through hand made products.

Each SHG part of the Hosa Belaku Foundation is composed of women of various ages and backgrounds. One of the SHGs has predominantly women between the ages of 20 to 40, gathering daily after completion of all their household chores to create a variety of products, including cloth bags, stuffed animals, pouches, and more. These women face numerous domestic challenges, including water scarcity, sporadic supply, and the absence of land ownership. Their entrepreneurial pursuits were also hindered by limited marketing knowledge and design expertise.

In another SHG, destitute and widowed women worked towards financial independence. With block printing as their skill, they demonstrate their abilities through vibrant fabric pieces. They face sales difficulties and there exists a need for greater market access and visibility.

Another SHG hosts two closely-knit units collaborating on upcycling discarded materials into practical items like dust bins, pens, coasters, and more. Their innovative use of natural resources, such as banana fibers, showcased their creativity. They engage with local businesses, such as hotels, showcasing their potential for growth.



Skill Enhancement and Empowerment

The current project is committed to skill enhancement and empowerment of these artisans. Training sessions on product diversification, marketing strategies, and financial management are conducted to address the challenges faced by these women. Additionally, examples of successful social media promotion are shared, demonstrating the potential for increased visibility and income generation.

The project acknowledges the women's tenacity, their unique crafts, and the challenges they face. As the project progresses, a comprehensive plan to address the identified issues and empower these rural women is being developed, reflecting a commitment to sustainable change and socio-economic development.



Activities and Processes

Some of the key activities carried out under the project were -

- Purchase of equipment required for the skilling like sewing machines, crochet, and embroidery material
- Skill training and capacity building of 30 artisans in product making with stipend
- Engaging a skilled trainer for a three-month duration to facilitate the skill development initiative.

ENVIRONMENT



Project Vishwas



In rural Bengaluru, despite its proximity to the city, there are many developmental challenges. There are SHGs in place seeking to empower women and small scale manufacturing. However, at present, SHGs primarily focus on savings, while communication of personal and social challenges among members remains limited. Given the demanding daily routines and pressures faced by women, creating a platform for open discussions and collaborative problem-solving is essential for holistic development.

The residents of these villages exhibit a greater awareness of curative health practices rather than preventive measures. A lack of understanding regarding the preparation and use of primary health medicines, including home remedies, persists. While some villagers possess ornamental gardening knowledge, the majority lack a comprehensive understanding of gardens and their benefits. Promoting kitchen and herbal gardens can facilitate primary health activities and the utilization of medicinal plants.

The use of unscientific chemical fertilizers in agriculture requires intervention. The need to enhance the productivity of resources like cow dung through practices such as vermicomposting can significantly improve agricultural yield and sustainability.

Initiating development projects in these areas is not just a strategic choice but a compelling necessity. Addressing these gaps promises to empower the community, enhance health and agricultural practices, foster social cohesion, and ultimately contribute to the overall well-being and progress of these villages

Objective

Project Vishwas aims at building self-reliant rural communities through sustainable agriculture practices in rural Karnataka.

Project period - December 2022 to March 2023.

Project partners - Bhoomi Sustainable Development Society & Mashreq Global Services

Project area - 3 villages - Beeravara, Kallipalaya, Chanadevi Agrahara, 2 Taluks - Magadi, Doddaballapura

Project Cost - INR 13 Lakhs



Coming together to address challenges, foster community dialogue, and promote holistic rural development.

Activities and Processes

Some of the key activities were -

1. Preparation of Vermicompost pits - Practical demonstration on preparation of vermicompost pits and use of manure yield as fertilizer
2. Establishment of medicinal and kitchen gardens – to improve food and nutritional intake of the communities
3. Development of training materials with the help of experts to build capacity of the farmers and women in the villages
4. Training and capacity building on:
 - a. Use of medicinal plants
 - b. Vermicomposting and liquid manure compost methods
 - c. Women’s health, nutrition and hygiene
 - d. Soil fertility and soil nutrition management.



Cultivating Knowledge: Empowering Through Soil Fertility and Nutrition Management Training



Promoting Personal Hygiene and Women's Health Awareness Through Training

Output

S.No	Activities	Progress
1	Number of vermicomposting pits created	16
2	Number of medicinal and kitchen gardens established	3
3	Number of trainings held	7
4	Total number of people trained	264
4a	Training on Vermicomposting	19
4b	Training on Soil fertility and Nutrition Management	35
4c	Use of medicinal plants	140
4d	Training on Personal Hygiene and Awareness on Women's Health	70

HEALTH AND WELLNESS





Being in good physical and mental health is the foundation of wellness. Because mental and physical health are so intertwined, problems in one can have an impact on the other. Simultaneously, improving your physical health can benefit your mental health and other aspects of your life, and vice versa. It is critical to understand that wellness is a deliberate, ongoing, and holistic approach to making healthy choices in the areas of life functioning.

At ROCF we recognize that mental health is more than just the absence of mental disorders or disabilities. Our health and wellness work is focused on promoting mental health and building mentally resilient communities.

The following are some of the projects undertaken under Health and Wellness in 2022-23:

- Building Resilient Communities
 - Emotional Resilience Building workshops
 - Wellness workshops
- Voice That Cares
- Infrastructure and Equipment support for Healthcare

Building Resilient Communities

Trainings and Workshops

Being emotionally and psychologically resilient in the midst of stressful changes is the secret to excellent mental health. We at ROCF are aware of this, and our training programmes and wellness sessions are created to help people develop resilience via knowing the principles of the Heartfulness approach and putting those principles into practice.

Our fundamental strategy for promoting mental health and wellness can be fully customised to meet the changing demands of groups or institutions. For institutions and business personnel, ROCF has been running online seminars in partnership with the Heartfulness Institute (HFI) on the subject of developing resilience and transforming oneself since the COVID-19 pandemic.

The workshops done over 3 days covered the following topics:

- **Relaxation:**
 - Learning to relax is vital for well-being. It reduces tension in all parts of your body and helps one to stay balanced even in stressful situations.
- **Meditation:**
 - With regular Heartfulness Meditation, one's mind will become centred and shift to deeper levels of feeling, intuition, and consciousness.
- **Cleaning:**
 - Cleaning fosters lightness of being, joy, and a carefree attitude, as emotional burdens, habits, deep conditioning, and complexities are removed.
- **Inner Connect:**
 - Through a simple bedtime prayerful intention, one can connect humbly with their inner self, listen to their heart's voice, and weave their destiny.

The psycho-emotional difficulties of the epidemic, including worry, uncertainty, and anxiety, were addressed in these seminars while fostering resilience through stress reduction and heart-based meditation approaches.

Output

S.No	Workshops	Beneficiary
1	Emotional Resilience Building Workshop	Royal Psychologist Community, Pakistan - 73
2	Emotional Resilience Building Workshop	Wurth Information Technology, Pvt Ltd, India – 35
3	Enable India	Divyang Participants - 36



Finding Serenity Within: Participants gather to explore relaxation, meditation, cleaning, and inner connection, unlocking the path to well-being and self-discovery.

Yoga & Meditation Workshop

International Yoga Day



Date – 21st June, 2022

Collaborators – ROCF, HFI and Royal Psychologist Community, India and Pakistan Chapter

Participants - 400+ participants from Royal Psychologist Community

Mode - Online

On the occasion of International Yoga Day, ROCF in collaboration with HFI conducted Yoga asanas and meditation sessions for the employees of the Royal Psychologist Community, India and Pakistan Chapter.

The International Yoga Day 2022 was themed – Yoga for Humanity. The workshop emphasized that yoga knows no boundaries, making it a universal practice that can be embraced anywhere, at any time, and by anyone. Its inclusive nature transcends societal divisions, offering a holistic approach to improving well-being.

Yoga has been proven to enhance mental and physical health through a harmonious integration of body, mind, and spirit. By incorporating yoga into their lives, individuals can experience a wide array of benefits such as improved flexibility, strength, stress reduction, and mental clarity.

The online session also had demonstrations and practice of various yoga asanas and meditation.

Voice That Cares

Background

In the last few years, the global COVID-19 pandemic inflicted profound mental and physical distress worldwide. COVID-19's impact on individuals defies description, causing trauma, losses, and hardships across all demographics. Regardless of age, health, background, or status, everyone felt the effects. Societal norms shifted to remote work and virtual living, with technology becoming the primary communication mode as the world went digital.

Amid isolation, technology connected people, yet this change brought health and mental well-being challenges. Despite enduring stigmas, a willingness to address mental conflicts grew. With this context, the Ripples of Change Foundation (ROCF) and the Heartfulness Institute collaborated on a unique initiative—the Voice That Cares (VTC) helpline. Launched in June 2021, VTC offered expert counseling through Psychosocial First Aid (PSFA), providing free mental health support.

VTC's journey started as a dedicated community Psychological Social First Aid Helpline during the pandemic. It evolved from aiding sudden crises to assisting callers with various mental health challenges—stress, anxiety, trauma, fears, phobias, and relationships—post-pandemic. It intends to continue operating in the coming years to provide mental health services such as early screening, first-aid, psychological support, distress management, and promoting mental well-being.



VTC is a compassionate voice on the line, offering nonjudgmental listening and guidance. Volunteers help callers express their struggles, restoring lost peace of mind. VTC aims to reshape mental health perceptions and bridge the gap between those in need and available help. With 150 trained psychological first-aid counselors and guidance from senior psychologists/psychiatrists, The VTC helpline number is 8448-8448-45, and it is open from 9:00 a.m. to 9:00 p.m., seven days a week. VTC operates in English, Hindi, Telugu, with expansion to more languages planned and has reached over 10,000 beneficiaries across 28 states of India.

Over the past two years, VTC supported numerous callers seeking counseling. The goal persists: progress, increase awareness, and reach more individuals—a pressing need.

Objective

The primary objective of the “Voice that Cares” initiative is to offer individuals an improved ability to manage their wellbeing and mental health. It may be noted that this helpline is not a substitute for medical advice or professional help.

CSR Funding - 1.5 Crores

Funding partner - Crypto Relief Fund

Collaborative Partner - Heartfulness Institute

Activities

S.No	Trainings	Number
1	PSFA (English & Hindi)	7
2	Refresher trainings	2
3	Skill development	2
4	Polarity	1
5	Total Number of Participants	388
6	No. of trained volunteers	148
7	No. of counselling sessions	30612
8	No. of beneficiaries	9790

New Initiatives

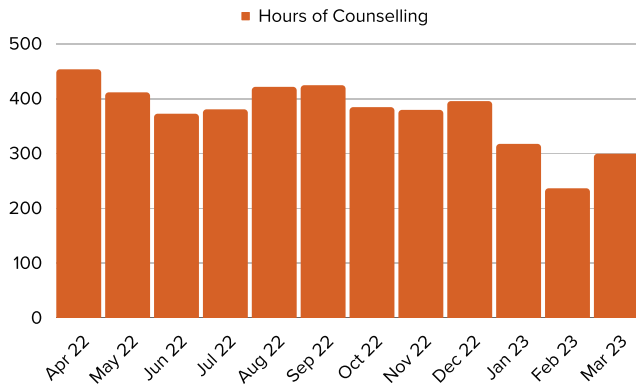
VTC is working with De-Addiction centers and Rehabilitation centers in Madhya Pradesh on the Nasha Mukthi Initiative.

Upcoming activities

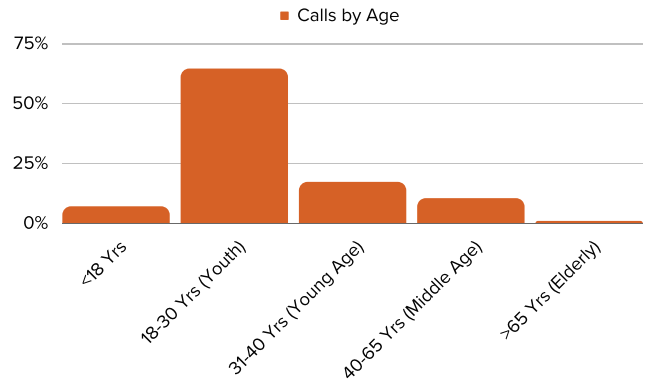
- Setting up Wellness centre in Sikkim
- Expansion of helpline in other regional languages
- Pan-India promotions
- Certification of training programs
- Internship for Psychology students

VTC Dashboard Analytics

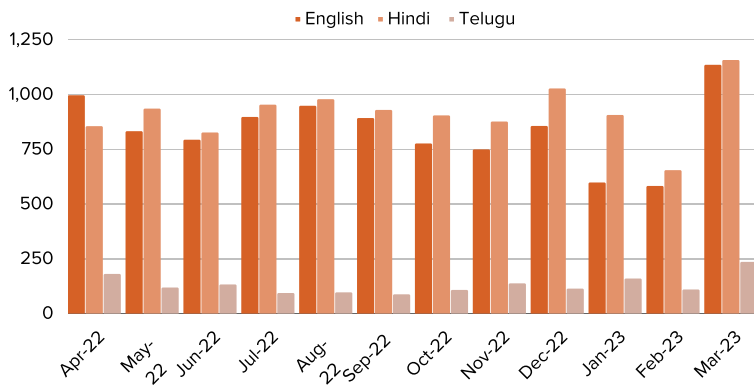
Hours of Counselling



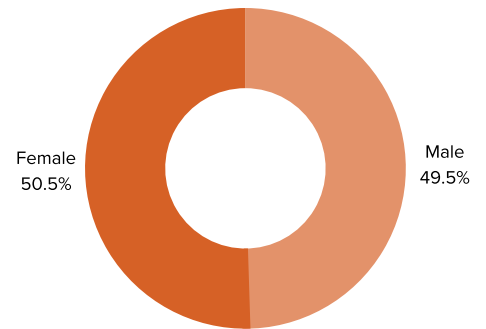
Calls by Age



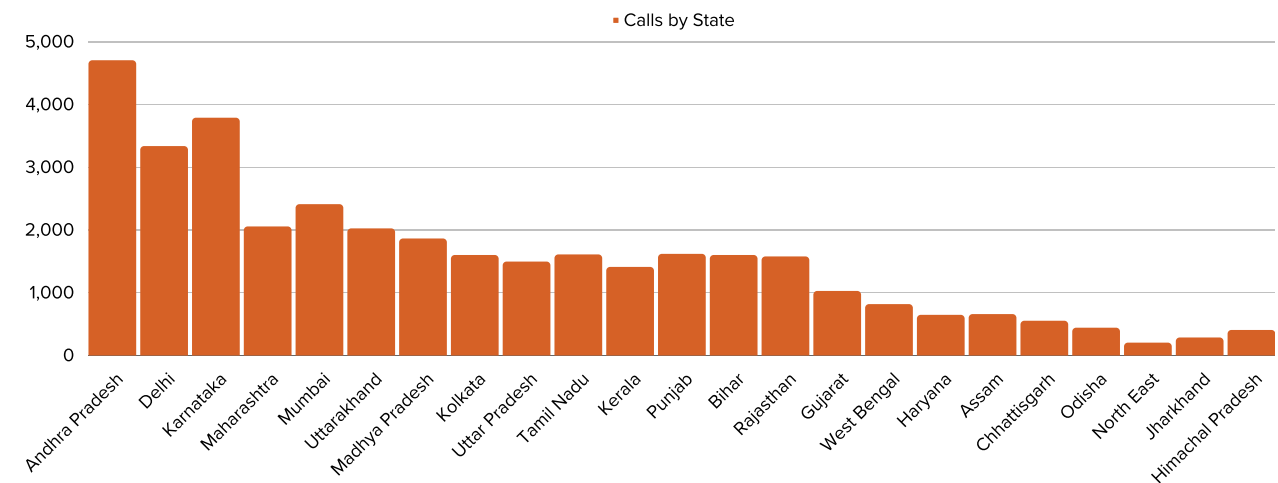
Calls by Language



Calls by Gender



Calls by State



Caller Testimonials

"I would like to express my sincere gratitude to you, for offering me emotional support, guidance and helping to gain clarity in my thoughts yesterday. Your listening, understanding and encouragement helped me to stay grounded in my restless state of mind. Your dedication and unconditional giving is truly inspiring. This is such a great initiative, my heartfelt gratitude to the team of volunteers at Voice that cares"

"Dear VTC Foundation Team, Thank you from the bottom of my heart to VTC for taking this initiative and making this world more connected, empathic and understanding. At times we all need someone who we can speak with no judgments who doesn't advise us if not asked for but be patient and listens to us actively."

"I was dealing with a lot of mental and emotional breakdown in my life for 2 years and I was completely lost. But contacting Voice That Cares was one of the best decisions I took during this hard time"

Voice of our Volunteer



Ms. Hema Malini, an accomplished Business Editor and a dedicated practitioner of Heartfulness, has been an integral part of VTC (Volunteer Tele-Counseling) since its inception. The prospect of giving back to the community, coupled with the unparalleled training provided by the eminent authority NIMHANS, made her unequivocally embrace this opportunity.

The structured commitment of allocating a portion of her daily schedule to VTC not only aids in maintaining unwavering focus on the task at hand but also facilitates a profound connection with the speaker.

According to Ms. Malini, the fact that callers specifically request to speak with the same set of volunteers signifies the deep-seated trust, comfort, and confidence they vest in their chosen volunteers.

Engaging in this volunteer work serves as a poignant reminder to her about the significance of cultivating warmth and self-awareness. It underscores the constant need to nurture these qualities while also fostering personal development through the process.

Voice of our Coordinator

Sunita, a professional lawyer, discovered her true vocation when she decided to become a volunteer for VTC, driven by her deep desire to make a meaningful contribution to her community. Eager to understand the process of becoming a VTC volunteer, she proactively reached out to the organization. Equipped with her training in the PSFA, she embarked on this journey with a blend of enthusiasm and nervousness, fully aware of the significant role she was about to play.

Over time, Sunita's commitment and dedication led her to assume increasing responsibilities within the helpline, eventually taking on the role of program manager. In this capacity, she successfully coordinated the efforts of ROCF and its diverse group of volunteers. Witnessing the unwavering dedication of each volunteer and engaging with callers from all walks of life provided Sunita with a rich tapestry of perspectives and experiences.

Sunita's profound passion for the cause of VTC and her desire to contribute to humanity led her to pursue a Master's degree in Psychology. Her educational journey is a testament to her unwavering commitment to furthering the mission of VTC and making a positive impact on the lives of those she serves.



Infrastructure & Equipment Support

The two main categories of healthcare infrastructure in India are public and private. Public hospitals account for 1/3rd of healthcare infrastructure, while the rest is served by private healthcare.

Healthcare sector in India is growing rapidly, with more than half of the rural population visiting private facilities due to quality concern, unavailability of doctors, and lack of effective gate-keeping and referral. Private healthcare is four times more expensive than public healthcare in India. India's public expenditure on health is low compared to other low-income countries, leading to disparities and inequities in quality of care and access to health, leading to high out-of-pocket expenditure and poverty.



Bridging healthcare divide through infrastructure building - Oxygen Concentrators given at KGMU, Lucknow

Objective

The main objective of the program is to support the public sector hospitals with necessary infrastructure and equipment, thereby facilitating quality and timely service to the rural and vulnerable communities.

Total Value - INR INR 47,40,000 (Received in kind)



Oxygen concentrators distributed to Jamalpur, Uttar Pradesh



Oxygen Cylinders distributed to Primary Health Centers in the Nilgiris District, Tamil Nadu

S.No	Equipments	Number	Location
1	Path Shodh - Distribution of Anupath machine – for testing Haemoglobin, Blood sugar and COVID antibody	1 2	Srirampuram Referral Maternity Hospital, Bangalore, Karnataka. Government Public Hospital, Nizamabad, Telangana
2	Oxygen Cylinders	37 10	PHCs, Nilgiris, Tamil Nadu Gangavathi Hospital, Koppal, Karnataka
3	Oxygen Concentrators	35	Uttar Pradesh, Karnataka, Arunachal Pradesh

EDUCATION





At ROCF, we aim to achieve inclusive and high-quality education focused on human values, holistic thinking, essential life skills, and an optimal balance between material and spiritual needs for all. We align with the UN SDG goals, which stipulate the importance of providing equal access to affordable vocational training, eliminating gender and wealth disparities, and achieving universal access to quality higher education.

ROCF believes in achieving social change by providing equal opportunities for communities and supporting governments and other major stakeholders to achieve our shared goals. We implement programmes to complement the needs of stakeholders as well as our assessments of the compelling needs of communities. Our approach is based on the power of aggregation, whereby we bring in leadership and resources from all walks of life to strengthen projects.

The key programmes implemented in 2022 -23 include:

- Brighter Minds – Kanha Shanti Vanam
- Coding without Computers – Next Skills 360, Prameelabhai Mane BBMP High School, Bangalore
- School Outreach Programs – Zilla Parishad High School, Telangana
- Teachers Training - Sikkim

Brighter Minds

Brighter Minds is a methodology designed to grow the brain's ability to optimize performance through differential recruitment of neural networks. Based on the science of Neuroplasticity, Brighter Minds (BM) is a training methodology designed to catalyze cognitive growth for children between the ages of 5 and 15 for a lifetime of learning. Using our proprietary interactive tools and techniques, each of our training programs aims at whole brain activation where the right brain is stimulated through exercise, sound waves, and relaxation to achieve left-right equilibrium. The result is an intellectually, socially, and emotionally brighter mind.



Nurturing Young Minds: Children engaged in the transformative journey of Brighter Minds

Activities

The Brighter minds program had 7 sessions consisting of the following –

- Circle Time - Positive affirmations, Imagination and storytelling
- Brain Exercise
- Dance
- Breathing exercise
- Eyeball Rotation
- Alpha Music
- Blindfold activities

No. of workshops – 2

No. of participants - 55

Participant profile – THLC School children between 11 – 15 years

Venue - Kanha Shanti Vanam

The experiences of the participants were recorded by them through journal writing.

Coding without Computers

Overview

A pro game (coding without computers) pilot project program was initiated by Next Skills 360 co-founder Sowjanya Suraj. The coding initiative aimed to introduce coding and computational thinking curriculum to students in government schools. Next Skills 360 served as the curriculum provider, responsible for delivering the coding curriculum, while Ripples of Change Foundation (ROCF) acted as the project partner, facilitating the implementation process.

Pilot school

The Prameelabai Mane BBMP high school was chosen for this pilot project on the ideation of the ROCF team. ROCF obtained their permission, and consent and issued a TOC for the project. The school appointed Miss Lakshmi, a computer instructor, to receive the training and later impart the training to 65 Eighth graders who are studying in both English and Kannada medium.

Intervention

We received a total of 62 coding kits and we delivered them to the Prameelabai Mane BBMP High School. A total of 6 hours of training was conducted for Miss Lakshmi and Divya by Mr. Rohan through online sessions in July and August 2022. The program application is installed on the mobile before working on the coding kit. The baseline assessment was also conducted among the students. The school is expected to devote a total of 20 hours, including 15 hours for teaching students how to code without the use of computers and 5 hours for running baseline, endline, and hackathons for the students.

School Outreach Programs

ROCF conducted various Compassion in Action for students of Government school students of Zilla Parishad High School in Nandigama Chegur Village, Telangana. Compassionate Training cultivates basic human value as a skill for the purpose of increasing individual, social and environmental flourishing. By covering a range of skills from self-compassion to compassion for others and engagement with complex systems, this module focuses on and builds toward compassion in action: the ability to live one's life in accordance with one's values with a recognition of common humanity, our basic orientation to kindness, and reciprocity.



Fostering Compassionate Hearts: ROCF's Compassion in Action program at Zilla Parishad High School, Nandigama Chegur Village, Telangana.

Topic	School	Standard	Beneficiaries
Compassion In Action	Zilla Parishad High School in Nandigama Chegur village	7th, 8th and 9th class English medium students	73 students (girls and boys)

Teachers Training Program – Sikkim



Resource person from Ripples of Change Foundation sharing insights on the importance of more meaningful and compassionate education for vocational teachers

Background

The need for holistic education has become increasingly evident in today's fast-paced world, where both students and educators grapple with heightened stress and psychological challenges. The geographical isolation of Sikkim often leads to limited access to mental health resources and a lack of awareness regarding the importance of compassion in education. This workshop emerged as a timely intervention to address these gaps and equip teachers with the necessary skills to navigate these challenges effectively.

By exploring compassion's components and qualities, educators were equipped to create inclusive and supportive classrooms, enhancing student-teacher relationships. Insights into mental health and psycho-social first aid empowered teachers to identify and address students' psychological challenges, promoting overall well-being. Emphasizing collaboration between teachers, parents, and families added a comprehensive dimension. Ultimately, this workshop is set to foster empathetic and resilient learning environments, nurturing holistic growth and emotional well-being for students and educators alike.

Induction cum In-Service Teacher Training Programme on Developing Vocational Teaching Skills for the Vocational Faculties.

Teachers' training on vocational skills concludes



SE Report

GANGTOK, February 1: The five-day induction cum in-service teachers' training on developing vocational teaching skills for vocational teachers concluded here at Sir Tashi Namgyal senior secondary School today.

The training was organized by SIBIN Group in collaboration with the Samagra Shiksha, Education Department, informs a press release.

A total of 378 teachers from 198 government

secondary and senior secondary schools attended the training.

The valedictory programme was attended by SCERT director Dr. Rabin Chettri, as the chief guest accompanied by Milan Subba, State Project Director (SPD), Samagra Shiksha, Education department, Kabita Moktan, joint director, Samagra Shiksha, Education department and other officers.

During the programme the vocational teachers were felicitated, the release mentions.

From the 28th of January 2023 to the 1st of February 2023, a five-day Teacher Training Program (Induction and In-Service Teachers' Training) on Developing Vocational Teaching Skills for vocational teachers was held. SIBIN Group, in collaboration with the Samagra Shiksha, Education Department, Government of Sikkim, Gangtok, organised a five-day training program for teachers under the Vocational Education Programme in accordance with the National Skill Qualification Framework (NSQF).

Mr. Milan, Subba State Project Director, Samagra Shiksha, Education Department, Govt. of Sikkim, officially opened the first day of the program.

Mr. R. Telang Sir, ACS, Education Department, Govt. of Sikkim, opened the second day of the program. Officials from the Government of Sikkim's Samagra Shiksha Education Department were also present at the event.

Capturing the Moment: A press note encapsulating the highlights of the event, a testament to shared knowledge and empowerment.

SCERT, Heartfulness Education Trust, Ripples of Change Foundation, and trade professionals from various universities and industries in the state served as resource persons throughout the five-day training and presented to the trainees on the goal of vocational education as well as teaching methodology. The trainees benefited from the training, and more emphasis was placed on skill-based activities to be included in the schools. As more students choose vocational courses each year, In-service Teachers Training prepares Vocational Trainers to take on more responsibilities in preparing and shaping a meaningful career for all vocational students.



Eager participants at the Induction cum In-Service Teacher Training Programme

SCERT, Heartfulness Education Trust, Ripples of Change Foundation, and trade professionals from various universities and industries in the state served as resource persons throughout the five-day training and presented to the trainees on the goal of vocational education as well as teaching methodology. The trainees benefited from the training, and more emphasis was placed on skill-based activities to be included in the schools. As more students choose vocational courses each year, In-service Teachers Training prepares Vocational Trainers to take on more responsibilities in preparing and shaping a meaningful career for all vocational students.

Project Period - 1 month

Participants - The training was attended by 378 Vocational Trainers from 5 different trades IT, Tourism, Retail, Food Production & MSFC at the Sir Tashi Namgyal Senior Secondary School in Gangtok

The resource persons from Ripples of Change Foundation presented on the following topics:

Compassion in Action

- Components and Qualities of Compassion
- Positive impacts of Compassion
- Practicing Compassion
- Compassion in Education and Classroom
- Compassion Activities for Teachers and Students

Mental Health Awareness

- Understanding mental health and illness
- Role of teachers in student's psychological growth
- Management of mental health issues
- Psycho Social First Aid
- Role of parents and family

LIFE SKILLS



ROCF strives to impart life skills to individuals to build capacity, make decisions and take actions that positively impact their lives and the lives of those around them. ROCF's life skills programmes provide an opportunity to develop leadership abilities, provide vocational training, and integrate elements of empowerment for youth.

Our life skills module aims to inculcate both personal and professional skills in the areas of understanding self and others, interpersonal skills, high performance teams, leadership potential, communication & presentation skills, problem solving, decision making, creativity and innovation, stress management, time management and conflict management, and inculcation of human values. It requires active participation of students and faculty as Facilitator, Mentor and Trainer. Activities such as oral presentations, impromptu speaking, quiz, debates, case studies, creative thinking, team building exercises, field visits, projects, psychometric analysis, etc. are incorporated into the courses to demonstrate mastery in the relevant areas.



Projects under Life Skills

- Youth Ambassadors – Miracle Foundation
- Leadership Coaching – Miracle Foundation

Youth Ambassadors

The project takes on the dual challenge of addressing two critical aspects. Firstly, it focuses on prevention by actively engaging with vulnerable children who might be on the brink of separation from their families. The objective is to ensure that these children maintain essential connections to their families, thus safeguarding access to crucial family support systems. Secondly, the project undertakes the task of facilitating a transition for children who currently reside in residential institutions. By orchestrating this transition, the project strives to relocate these children into the embrace of loving families, aiming to provide them with a nurturing and supportive environment that fosters their holistic development.

Objective

The coaching program aims to improve the communication and media skills of Youth Ambassadors in their areas of need.

Project area – Tamil Nadu and Karnataka

Project cost – INR 82,304

Funding agency - Miracle Foundation

Program Description

ROCF collaborated with MF to coach their Youth Ambassadors identified for 2022- 2023 under its life skills initiatives.

The scope of work for the Youth Ambassadors is to develop their skills and self-confidence in public speaking, personal storytelling, being on camera, language proficiency, media presentation/message delivery, written communication, media literacy, help identify meaningful and innovative opportunities for Youth Ambassadors to participate in media in-person and digital forums, youth collectives and seminars, support Youth Ambassadors' expression of thoughts and perspectives, and empower them to proactively act as change leaders for children collectives in their localities and other areas.

The Youth Ambassadors at the end of the will come with their own video/script, concrete outcome on FBAC and the child right they have chosen, and be part of the Miracle's Annual Governing Board meeting. The coaching program is currently being facilitated in Tamil and Kannada languages.



Educating Tomorrow's Leaders: ROCF and Miracle Foundation join forces to empower Youth Ambassadors with vital life skills, fostering confident public speakers and change leaders

Trainings and workshops

Between October 2022 and February 2023, the Youth Ambassadors programme covered the following topics:

1. SWOT Analysis
2. Developing a Project Title and Problem Statement
3. Presentation on interview types, methods, characteristics, challenges, and resume development techniques.
4. Panel Discussion and Mock interview session.
5. Plan for Career Guidance
6. Discussion of Research findings
7. Academic debates among Masters
8. Project presentation and questionnaire completion
9. Contributions to Research project
10. Piloting and drafting Research projects.
11. Components of an effective project report.
12. Self-learning topics and discussions listed below:
 - a. Leadership
 - b. Time management
 - c. Anger management
 - d. Creative thinking
 - e. Writing

The programme was funded by the Miracle Foundation and carried out by the Ripples of Change Foundation. Maria Sagunthala, Ms Shivaranjani, and Mr Justin benefited from the Youth ambassador programme conducted by Mr Vijay.

Leadership Coaching

Following the success of the Youth Ambassador programme, Miracle Foundation approached ROCF about developing a leadership coaching programme for its 11 mid-level managers. The contract was for four months, divided into two phases, with bi-weekly coaching sessions.



Equipping managers and potential leaders with the skills to navigate change, lead with compassion, and drive positive impact in their organizations and communities

Objective

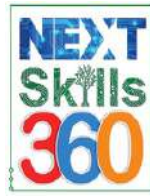
This intervention aims to empower managers/potential leaders to make conscious decisions while balancing their own needs and vision, the needs of their organization, needs of those they lead, and the vulnerable communities they serve. Leading during times of change, working with uncertainty and ambiguity, succession planning, delegating responsibility, managing conflict/having difficult conversations, empathy at work, deep listening skills, influencing without authority, leading with compassion, diversity and inclusion, management and work ethics are all topics covered in coaching.

Date and Time - April 2022 to July 2022

Beneficiaries - 11 mid-level managers

Project Cost - INR 57000

OUR PARTNERS



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