



# COMMUNITY FOUNDATION FOR CHILDREN AND AGEING

## 'A COMMITMENT WITH DEDICATION AND PURPOSE'.

# ANNUAL REPORT 2024-2025



प्रबन्ध अध्ययन विभाग, भारतीय प्रौद्योगिकी संस्थान दिल्ली  
DEPARTMENT OF MANAGEMENT STUDIES, INDIAN INSTITUTE OF TECHNOLOGY DELHI

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ensuring privacy while enabling quick access to authorized personnel.  
• Easier for law enforcement/doctors to assist citizens effectively especially in vulnerable situations by accessing medical and contact details quickly.

SOUTH DISTRICT  
DELHI POLICE  
COMMUNITY FOUNDATION FOR  
CHILDREN AND AGEING

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# APPRECIATION

Community Foundation for Children and Aging (CFCA) offers a sponsorship program to families around the world who are living in poverty. The program provides continuous support to specific families over several years, enabling them to work towards a better future. CFCA's program in India supports thousands of children, elderly people, and their families.



The program is guided by the values of integrity, accountability, dignity, and respectful relationships, which help the organization to prioritize the expressed needs of sponsored families. The "Hope for a Family" program describes CFCA's goals for serving sponsored families.

The mothers of sponsored children are important advocates, and the program provides them with encouragement and support as they raise the next generation of leaders. By giving women space to grow and express themselves, the program also increases their ability to help their children. CFCA's work in India relies on cooperation from the Indian government, businesses, and banks. The program has many valuable partners, and CFCA expresses its appreciation to them.

Moving forward, CFCA plans to continue its work in India and serve more families as they gain more sponsors. The organization is grateful for the support of its staff and the sponsored families who strive to improve their lives and those of their children in India.

A handwritten signature in cursive script that reads "Daniel Pearson".

Daniel Pearson  
Chief International Program Officer  
UNBOUND—Kansas

## FROM THE DESK OF MANAGING TRUSTEE

This annual report highlights the accomplishments of CFCA in India during the FY 2023-2024. The report is the result of the hard work and dedication of the CFCA team members throughout the year. Despite facing challenges, the team's efforts allowed CFCA Delhi to reach close to 3000 underprivileged children and families.



The report extends gratitude to the team members,

sponsored children, their families, and aging individuals for their participation and support in CFCA's programs.

CFCA also thanks government institutions for their support in health, food processing and preservation training, and other income generation activities. Additionally, this report expresses appreciation to banking partners for their role in ensuring the timely transfer of funds to beneficiaries.

The report offers thanks to UNBOUND-KANSAS and sponsors for their generous support in helping CFCA Delhi make sustainable changes in the lives of underprivileged children and families through education and income generation activities.

The report also expresses confidence that CFCA will continue to reach out to more children and families in need and enhance their capabilities through capacity building, education, and financial support, improving their quality of life and maintaining their dignity in society.

A handwritten signature in black ink, appearing to read 'VKD ass', with a long horizontal line extending to the right.

Vinod Kumar Dass

Managing Trustee and Project Coordinator

## ABOUT CFCA

On December 30<sup>th</sup>, 2004, the Community Foundation for Children and Aging (CFCA) was officially registered as a legal entity under the Indian Trust Act of 1882, with its head office located in New Delhi, India.

Currently, CFCA is operating in various parts of Uttar Pradesh and Delhi and is providing benefits to around 3000 underprivileged children and families through its sponsorship program. These benefits are directly transferred to each child's independent bank account with the assistance and coordination of CFCA's field offices. The marginalized families, especially children, receive common benefits through this program.

- Education (School/Tuition fees, Books/Stationery, Uniform/Clothing)
- Nutrition/medical checkup
- Skill-building & entrepreneurship development program
- Sports, recreation & educational trips.

CFCA is implementing its programs in diverse locations such as metropolitan cities, semi-urban areas, slums, and resettlement colonies of Delhi/NCR, and parts of Uttar Pradesh like Prayagraj and Naini. The levels of poverty and socio-economic backgrounds of families in these areas vary. The programs aim to improve child and family welfare and bring sustainable development to the lives of marginalized people.

## Our Vision (Dignity, Opportunity, Hope)

CFCA's vision is to play a role in establishing a kingdom of love, peace, and justice by fostering relationships based on mutual respect and enabling people to achieve a life of dignity and brotherhood. CFCA stands by and supports the poor and marginalized communities. The organization provides individual attention and direct benefits to children, youth, elderly individuals, and their families so that they can live with dignity, fulfill their potential, and participate fully

## Our Values

### ★ **Dignity of the Person**

CFCA places great emphasis on upholding the dignity of each person in all aspects of its structure and activities. The organization recognizes that a person's participation in society, access to adequate food and housing, opportunities for education, and development of skills are all critical components of ensuring their dignity. CFCA aims to provide these essential elements to individuals and families in need, thereby promoting and upholding their dignity.

### ★ **Integrity and Accountability**

CFCA takes its responsibility of managing the resources entrusted to the organization very seriously. The organization is committed to utilizing its resources responsibly and ethically and adheres to sound business practices. This ensures that CFCA is able to effectively fulfill its mission of serving underprivileged individuals and families with dignity and respect while also maintaining accountability to its donors and stakeholders.

### ★ **Respectful Relationships**

CFCA believes that building a relationship of mutual respect between the sponsor and the sponsored person is crucial to achieving its mission. Such a bond is formed between families that come from different cultures and societies, highlighting the values of this humanitarian organization.

# Hope for a Family

The “**Hope for a Family**” sponsorship program by CFCA (now Unbound) is built on values of dignity, empowerment, and long-term sustainability. It partners with sponsored children and their families to help them achieve personal goals, improve living conditions, and build stronger, self-reliant communities through mutual support and collective growth.

- ★ **Mutual Accountability and Support:** CFCA encourages families to form supportive community groups, where they share experiences, ideas, and offer mutual help. This creates a strong support network, promoting social bonds and collective growth. By holding each other accountable, families feel responsible for their progress, fostering cooperation, encouragement, and shared success within the CFCA community.
- ★ **Decentralized Decision-Making:** Sponsored families take the lead in deciding which benefits suit their needs, helping them make informed choices about their futures. This participatory approach builds confidence, ensures more relevant support, and empowers families to take ownership of their development while CFCA offers guidance to align choices with long-term personal and community well-being.
- ★ **Economic Self-Sufficiency:** A key focus is helping families achieve financial independence. Through vocational training, micro-enterprise support, and livelihood programs, CFCA enables families to build sustainable incomes. This reduces dependence on aid, allowing families to manage basic needs confidently and establish secure, dignified lives with the capacity to plan and invest in their futures.
- ★ **Sustainability:** The program aims to create self-sustaining families and communities capable of managing development with reduced reliance on external help. Through skills-building, education, and leadership opportunities, CFCA supports long-term empowerment, encouraging families to take full ownership of their progress, fostering resilient communities that continue thriving beyond the program’s direct involvement.

- ★ **Empowerment:** Empowering marginalized families is central to CFCA’s mission. The program promotes dignity, builds confidence, and provides access to education, health services, and livelihood options. By strengthening self-belief and resilience, families gain the tools to overcome poverty and discrimination, becoming active contributors to their communities and champions of their own success.
- ★ **Capacity Building:** CFCA invests in families’ skills and abilities through education, vocational training, and personal development. Capacity building helps families break cycles of poverty by equipping them with practical knowledge and opportunities to achieve economic stability. This strengthens their ability to independently provide for themselves and encourages active participation in community development.
- ★ **Goal Orientation:** Families are encouraged to set personal goals aligned with their values. CFCA staff work closely with families to create realistic plans focused on education, employment, health, and personal growth. This structured, goal-based approach keeps families motivated and accountable, helping them track progress and make meaningful, sustainable improvements in their lives.
- ★ **World View:** The program connects families to a broader world of care and solidarity. Sponsored families experience the power of community across borders, realizing they are part of a global movement. This perspective fosters dignity, global citizenship, and motivation to contribute positively in their local communities, promoting change that extends beyond individual households.
- ★ **Culture of Learning:** CFCA fosters a learning environment where families regularly engage in workshops, reflections, and community dialogues. Families actively participate in identifying their goals and monitoring progress, ensuring the long-term relevance and effectiveness of the program.

CFCA’s “**Hope for a Family**” program promotes dignity, empowerment, and sustainable change. By nurturing mutual support, personal responsibility, and community participation, it helps families move from poverty to self-reliance. The program’s holistic approach ensures sponsored families not only improve their lives but also become positive forces in their wider communities.

# Highlights of Key Program Activities

## Impact Assessment Studies: Poverty Stoplight Survey

Poverty impacts every family in unique ways. To acknowledge and address this complexity, the Poverty Stoplight was designed as both a metric and a methodology that enables families to evaluate their conditions and create personalized strategies to overcome their specific deprivations. Rather than defining poverty in broad or generalized terms, the Poverty Stoplight breaks it down into six

key dimensions:

- Income & Employment
- Health & Environment
- Housing & Infrastructure
- Education & Culture
- Organization & Participation
- Interiority & Motivation



Each of these dimensions is further divided into 48 specific indicators. Every indicator is illustrated through three color-coded images—Red (extreme poverty), Yellow (poverty), and Green (non-poverty)—alongside simple explanations. Families conduct a self-evaluation by selecting the image that best represents their current reality for each indicator.

One of the greatest strengths of this Survey is that it motivates action by measuring what matters. It empowers families to become active participants in their development. By targeting specific indicators, they can focus on *realistic and achievable changes*, enabling them to gradually shift from red to yellow to green. Moreover, the tool promotes better alignment of existing resources and encourages collaboration among families, communities, and partner organizations.

## Going Beyond the Survey: Participatory Tools for Deeper Insights

To ensure a comprehensive and participatory approach, we are integrating **context-specific tools** such as

- **Problem Tree Analysis:** Used to identify root causes and effects of specific deprivations highlighted in the Poverty Stoplight results. This tool helps families unpack complex problems and recognize interlinkages between various social and economic challenges.
- **Stakeholder Analysis:** Applied to map out key actors—within the family, community, and external systems—who influence or can contribute to resolving issues. This ensures better coordination and utilization of local resources and services.
- **Theory of Change (ToC):** Used to develop a long-term vision and strategic roadmap for families. By defining desired outcomes, key preconditions, and change pathways, ToC supports targeted intervention planning.
- **Focus Group Discussions (FGDs):** Conducted with sponsored families, youth, and mothers to gather collective insights, identify shared challenges, and encourage peer learning. FGDs also offer space for community members to reflect, express concerns, and co-create solutions.



## From Assessment to Action

Workshops and training are being organized regularly to build capacities around financial literacy, health awareness, skill development, child protection, and more. Through this approach, families are not just recipients of aid—they are becoming **agents of their development**.

The Poverty Stoplight model, supported by participatory tools, allows families and CFCA staff to:

- **Visualize poverty** in an understandable, empowering way
- **Prioritize interventions** based on actual family-level data
- **Track progress** over time through periodic reviews
- **Promote ownership** and agency among families

Through this integrated model, **CFCA Delhi is fostering a culture of self-reliance, collective action, and informed decision-making.** Families are now equipped not only with the knowledge of where they stand but also with the tools and community support needed to move forward, step-by-step, from red to yellow to green.



# Program Evaluation: Ensuring Accountability and Impact

At CFCA Delhi, we believe that **continuous learning and accountability** are key to creating lasting change in the lives of the families we serve. As part of our commitment to transparency and impact-driven programming, we regularly conduct **program evaluations** to assess both how our programs are being implemented and the extent to which they are achieving their intended outcomes.

Program evaluation allows us to reflect on two core questions:

- *Are our programs being implemented as planned?*
- *Are they effectively addressing the needs and priorities of the community?*

## **Purpose: Guiding Strategic Planning**



Evaluations are embedded into our broader **program planning and decision-making processes**. They help us refine our goals, sharpen our focus, and tailor interventions that are aligned with the real needs of our sponsored families. Having **clearly defined, measurable objectives** ensures that

every activity contributes meaningfully to our vision of empowering families to move out of poverty.

By using data to assess what is working and where improvements are needed, we are better equipped to deliver programs that are **responsive, relevant, and impactful**.

## **Proof: Demonstrating Results to Stakeholders**

For CFCA Delhi and our partners, evaluation data serves as **evidence of impact**. It tells the story of how resources—whether financial, human, or material—are translating into **real, measurable change** in the lives of individuals and communities.

This data becomes a powerful tool for building trust and accountability with our donors, sponsors, and collaborators, showing that their support is making a tangible difference.

### **Solution: Using Evidence to Drive Change**



Evaluation also helps us identify **what solutions are working best**, allowing us to adapt and scale successful approaches. In a landscape where many challenges compete for attention, evidence-based insights allow CFCA Delhi to stand out as an **effective, community-rooted solution** to poverty and social exclusion.

By clearly demonstrating that we understand the problems—and have practical, tested strategies to address them—we reinforce our role as a **trusted development partner** in the region.

### **Support: Encouraging Engagement and Participation**

Our evaluation findings are not just internal tools—they also help us **raise awareness**, engage new supporters, and strengthen our advocacy efforts. By sharing impact stories and data with our stakeholders, we create opportunities for **greater involvement, collaboration, and support**.

The more we showcase our successes and learnings, the more we inspire **others to join us** in this shared mission of building dignified, self-reliant communities.

In this reporting year, CFCA Delhi has continued to integrate **systematic evaluation practices** into all major initiatives. These evaluations have strengthened our ability to deliver **relevant, inclusive, and sustainable programming** and will continue to guide our path forward in the years to come.

## Correspondence:Connections Through Communication

Effective communication lies at the heart of CFCA's sponsorship program, serving as a vital bridge between sponsors and sponsored friends. By promoting regular interaction, CFCA fosters a deep sense of **connection, trust, and shared commitment**.

One of the key media used is **letter writing**. Sponsored children are encouraged to write to their sponsors, sharing updates about their **studies, achievements, daily life, and personal milestones**. These letters offer sponsors a meaningful glimpse into the lives they are impacting, helping build a personal and lasting bond.

Beyond letters, CFCA also enables **video messages and occasional creative exchanges**, allowing for a more engaging and visual form of communication. These moments of interaction not only enhance understanding but also nurture mutual respect and emotional connection.

Overall, correspondence is more than just communication—it is a **powerful tool for relationship-building**, reinforcing the purpose and emotional value of the sponsorship journey for both sponsors and sponsored friends.

# Child Protection Policy: Safeguarding Every Child's Rights and Dignity.

CFCA is committed to upholding strong **Child Protection Policies** that aim to prevent abuse, ensure access to quality education and healthcare, eliminate child labor and exploitation, provide legal safeguards for affected children, and raise awareness about child rights.

While child abuse occurs across cultures and regions, it is **preventable** with the right safeguards in place. Our core values guide our approach to child protection:

- **Dignity of the Person:** Every child and youth deserves to live in safety and with respect.
- **Respectful Relationships:** All interactions within the program must be supportive, positive, and empowering.
- **Integrity and Accountability:** Any abuse or suspicion of abuse must be addressed **immediately and responsibly**.

By prioritizing child protection, CFCA ensures that children grow in a secure and nurturing environment where their rights are respected and their potential can thrive.

# Home Visits & Surveys: Strengthening Connections and Support

Home visits play a vital role in CFCA's sponsorship program. They enable social workers to understand each family's unique context, build trust-based relationships, and provide personalized support. These visits also help in assessing living conditions, tracking progress, and identifying needs, ensuring that the assistance provided is both relevant and impactful.

**Building Trust and Relationships:** Home visits create an opportunity for social workers to engage with families in a comfortable setting, fostering open communication and mutual trust. Parents and guardians often feel more at ease at home, which strengthens the partnership between families and the program.



**Understanding Family Context:** These visits offer valuable insight into the daily realities and challenges faced by sponsored children and their families. Observing firsthand helps social workers identify specific needs and design tailored support for each child.

**Assessing Impact:** Home visits also serve as a way to monitor the effectiveness of sponsorship support. By observing living conditions, family interactions, and the child's well-being, social workers can evaluate progress and ensure that the assistance provided is both relevant and impactful.

# Parivartan ke Sehyogi: A Community-Driven Change Movement



The "Parivartan ke Sehyogi" program reflects the initiative and determination of sponsored mothers in addressing challenges within their communities. It has evolved into a community-based, community-led model, designed and implemented by the members themselves.

Through this platform, mothers have embraced the opportunity to collaboratively identify issues and create practical, manageable solutions. The program nurtures collective ownership, where members work in a structured, goal-oriented manner, fostering unity and mutual support.

While acknowledging the complex socio-economic disparities present in their surroundings, the mothers recognize that, though a single solution may not exist, small, consistent actions can lead to meaningful change. Together, they continue to grow, empowering themselves and inspiring transformation within the community.



## Activities: Sub-Project- DSJ-M (Masjid Moth), DPP (Pochanpur), & DSJ-H (Hauz rani)

The activities conducted during the year 2024-2025, as per the government guidelines and strategy of the organization, are mentioned below:

### Core/Coordination Members Meetings: A Platform for Collective Leadership

CFCA regularly conducts joint meetings with core and coordination team members from **Pochanpur, Hauzrani, and Masjid Moth**. These gatherings bring together around **30 active mothers**, creating a valuable space for **collaboration, planning, and knowledge sharing**.

The primary objective of these meetings is to **review monthly activities**, assess progress, and discuss any emerging challenges. Mothers share their experiences and insights, helping to **enhance the effectiveness** of ongoing programs and ensure alignment with community needs.



These meetings also serve as a platform for introducing **new initiatives from resource-sharing agencies**. Mothers engage in meaningful dialogue around these ideas, exploring their feasibility and relevance to their respective communities.

By participating actively, the mothers take on a leadership role in **shaping CFCA's strategies and interventions**. Their feedback and collective wisdom are vital in driving **sustainable, community-led change**. This inclusive and participatory model strengthens ownership, encourages innovation, and fosters empowerment at the grassroots level.

# Annual Day Celebration

On December 29, 2024, CFCA Subprojects from Masjid Moth, Hauzrani, and Pochanpur came together for a grand Annual Day celebration held at SL House, Malviya Nagar. This vibrant gathering brought together approximately 300 participants, including sponsored children and their families, making it a truly memorable and spirited occasion.

The Annual Day serves as a meaningful platform to celebrate the collective achievements of sponsored children and their families over the past year. It is a time to recognize their progress, talents, and commitment while fostering a sense of unity and pride within the CFCA community.



The event featured a wide array of cultural and educational performances—ranging from dance and drama to music and thematic presentations—showcasing the diverse talents of the children. These performances not only reflected their creativity but also their confidence and enthusiasm nurtured through CFCA's support.



In addition to cultural displays, the Annual Day also highlighted academic and extracurricular accomplishments. Children were acknowledged for their hard work and growth, inspiring both peers and parents alike. The celebration provided an encouraging space for families to connect, express joy, and witness the positive changes unfolding in their children's lives.



The Annual Day reinforces the deep bond between CFCA project staff and sponsored families while encouraging children to dream

big and move with confidence.

## Annual Review & Planning

The annual review and planning workshop held for the Pochanpur, Masjid Moth, and Hauzrani subprojects proved to be a successful event, with a significant participation of 190 mothers. This gathering provided a valuable opportunity for mothers, youth, and children to come together and collectively discuss their needs and goals for the upcoming financial year.

Mr. Dass, the Project Coordinator of CFCA Delhi, attended the event and played a crucial role in sharing important information about program development, challenges faced, and new initiatives that were in the implementation stage for the next year. His presence and insights helped the participants gain a deeper understanding of the program and its prospects.

The event served as a platform for open and constructive dialogue, where mothers could express their thoughts, concerns, and suggestions. Through this engagement, they actively contributed to the strategic planning of activities aimed at benefiting the children and families involved in the CFCA program.



The support provided by CFCA was greatly appreciated by all the participants. The workshop not only allowed meaningful discussions but also fostered a sense of gratitude and unity among the members. The collaborative environment helped build stronger connections within the community and strengthened their relationship with CFCA.

Overall, the workshop was characterized by productivity and enjoyment. It enabled the participants to strategically plan activities that would have a positive impact on the welfare of the children and families. The plans formulated during the workshop were consolidated and will be shared in the Annual plan preparation for the next year, ensuring a well-rounded and inclusive approach to program development and implementation.

## Youth Meetings/Seminar

In a proactive move aimed at empowering and motivating young participants, youth forums have been initiated across the sub-projects in Delhi. These forums serve as dynamic platforms for fostering interaction, understanding, and collective action among the youth of CFCA. The meetings were designed to inspire participants, encouraging them to engage actively with one another and explore avenues for personal and collective growth.

Key discussions during the meetings revolved around the pivotal role of youth in driving positive changes within the program and the broader community. Participants deliberated on strategies to leverage their energy and enthusiasm to enhance program activities and initiatives. Emphasis was placed on nurturing leadership skills among youth, enabling them to take ownership of their respective youth groups and initiatives.

In addition to leadership development, the forums also addressed financial empowerment. Participants were introduced to the concept of savings and offered the opportunity to establish a communal fund for educational purposes. This initiative aims to facilitate access to affordable education by enabling participants to borrow and borrow from the fund at minimal interest rates.

The enthusiastic response from youth participants underscored their keen interest in the forums' objectives. Their active involvement and commitment to driving positive change bode well for the success and sustainability of the Youth Forums in fostering a culture of empowerment, collaboration, and community engagement among CFCA-Delhi's youth.

# Training mothers in best accounting practices

A recent accounts training session was conducted for mothers, with a focus on educating mother leaders about the necessity of maintaining meticulous records of expenses from their child accounts for government compliance.

The accountant emphasized the importance of this practice and guided checking bill vouchers related to child education and health expenditures. Detailed discussions were held on discerning between authentic and fake bills, eliciting significant interest from the mothers in enhancing their bill verification skills. Concerns were raised regarding difficulties in obtaining coaching-related bills, prompting the accountant to offer practical solutions to improve bill checking processes.



Furthermore, mothers were advised on categorizing expenses to simplify record-keeping and were encouraged to prepare summaries of expenses for efficient management. Overall, the session aimed to empower mothers with essential financial literacy skills and equip them with the tools needed to ensure compliance and effective expense management.

# Health Awareness Camp

An awareness workshop on women's health and reproductive health personal hygiene was conducted under the DPP subproject, led by Dr. Rashmi Garg. The workshop saw the enthusiastic participation of around 150-170 mothers. Dr. Garg focused on educating the attendees about crucial health and sanitation issues, specifically related to women.



The session began with an introduction to common women's health issues, followed by detailed discussions on reproductive health, including menstrual health, contraception, and pregnancy. Emphasis was placed on the importance of personal hygiene practices to prevent infections, with practical tips on menstrual hygiene management and proper handwashing techniques.



An interactive Q&A session allowed participants to address their concerns and clear misconceptions. The feedback from participants was overwhelmingly positive, with many expressing a commitment to improving their health practices based on the insights gained. This workshop not only increased awareness but also empowered mothers with the

knowledge to maintain better health and hygiene, highlighting the need for ongoing educational initiatives.

# Independence Day Celebration

Independence Day was celebrated with great enthusiasm across three subprojects: Pochanpur (DPP), DSJ-H (Hauzrani), and DSJ-M (Masjid Moth), bringing together community members in a spirit of unity and patriotism.

In Pochanpur, around 120 children and mothers came together to commemorate the sacrifices of India's freedom fighters. The event served as an educational opportunity, where participants learned about the country's rich history and the struggles that paved the way for independence. Activities were designed to instill a sense of pride and respect for the nation's heritage among the younger generation.



At **DSJ-H (Hauzrani)& DSJ-M (Masjid Moth)**, the day was celebrated with great enthusiasm through a dynamic blend of **poster-making** and a **cultural program**. The event saw active participation from several children who showcased their creativity and patriotic zeal. Through **vibrant posters, melodious patriotic songs, and energetic dance performances**, the children beautifully expressed their love for the nation. The **poster-making competition** encouraged artistic expression, while the **cultural performances** reflected the spirit of unity and pride.



The cultural program provided a platform for the youth to express their patriotism artistically, creating an atmosphere filled with joy, pride, and cultural appreciation. Overall, the Independence Day celebrations across all three locations were successful in engaging community members, promoting cultural values, and honoring the spirit of freedom.

# Republic Day Celebration

Republic Day was celebrated with immense enthusiasm and wholehearted participation in the villages of Pochanpur, Hauzrani, and Masjid Moth. The event brought together approximately 250 community members, turning the day into a vibrant and memorable expression of national pride, unity, and collective spirit. The air was filled with patriotic fervor as children, youth, and adults gathered to honor the values enshrined in the Indian

Constitution and to celebrate the strength and diversity of the nation.



The day's events were meticulously planned and executed by the Core and Coordination Committees of the CFCA (Community Family and Child Association). Their careful coordination ensured that the celebrations were inclusive, engaging, and representative of the communities' shared commitment to fostering national unity. What made the

occasion truly special was the active involvement of people across all age groups, highlighting the inclusive nature of the celebration and the sense of ownership felt by the community.

Overall, the Republic Day celebration in Pochanpur, Hauzrani, and Masjid Moth was not just a ceremonial observance, but a meaningful community experience that reinforced national pride and social cohesion. The joyful atmosphere, combined with thoughtful reflections on the values that unite us as Indians, left a lasting impact on all who attended. The celebration served as a powerful reminder of the strength that lies in community solidarity and the collective commitment to the ideals of democracy, equality, and justice.

# International Yoga Day Celebration

International Yoga Day was celebrated with enthusiasm across all CFCA subprojects, bringing together children and mothers in parks and open community spaces for a rejuvenating experience.

The events were designed to highlight the importance of yoga in maintaining physical and mental well-being. Participants engaged in a variety of yoga postures, breathing exercises, and relaxation techniques, focusing on improving flexibility, concentration, and overall health. The sessions promoted mindfulness and stress relief, encouraging individuals to incorporate simple yoga practices into their daily routines.



In addition to the physical practice, the participants were introduced to the rich history and philosophy of yoga, learning about its origins in ancient India and its relevance in modern life. Social Workers and instructors explained how yoga is not just a form of exercise but a way to achieve inner balance and holistic well-being.



The celebration also fostered a sense of community connection, as families came together in a positive and healthy environment. By promoting wellness and self-care, the event instilled awareness about the lifelong benefits of yoga, leaving participants motivated to lead healthier, more mindful lives.

# Children’s Day Celebration “A Joyful Union of All CFCA Delhi Sub-Projects”

In the spirit of unity, joy, and child empowerment, CFCA-Delhi brought together children from all its sub-projects to celebrate Children’s Day with great enthusiasm and vibrant participation. Held as a joint initiative, the event witnessed an impressive gathering of over 250–300 participants, including children, youth leaders, and coordinators.

The day-long celebration was filled with diverse and engaging activities designed to bring out the creative, intellectual, and expressive talents of the children. Cultural performances by children from different sub-projects lit up the stage with music, dance, and theatrical expressions, showcasing their confidence and artistic abilities.



A special session on letter writing guidelines was also conducted to help children write thoughtful and meaningful letters to their sponsors. This session reinforced the importance of communication and gratitude in building long-lasting bonds.

To promote fun and learning, the event included a series of indoor games, drawing competitions, and quizzes. Children enthusiastically participated in each activity, cheering for one another, exchanging ideas, and forging new friendships. The quiz round, in particular, sparked a lot of excitement, encouraging teamwork and general awareness.

The Children’s Day Celebration not only offered a joyful experience but also aligned with the ongoing youth empowerment efforts of CFCA. By bringing together participants from across Delhi, the event strengthened the sense of community, belonging, and shared purpose among the children.

The day ended on a high note—with smiling faces, creative expression, and renewed motivation to continue engaging actively in CFCA programs.



## Staff Training/Youth Scholar Workshop

Staff Training Workshops are a key component of CFCA's capacity-building efforts, designed to ensure that staff members remain well-informed, skilled, and aligned with organizational goals.

These workshops serve as important platforms to discuss critical updates, including revisions in Unbound policy manuals and changes in FCRA (Foreign Contribution Regulation Act) policies. Staff members are provided with clear guidelines on compliance requirements, enabling them to carry out their responsibilities with confidence and in accordance with regulatory standards.



Recognizing the vital contribution of Youth Scholars within the organization, a dedicated half-day session was also conducted specifically for them. This session focused on helping Youth Scholars gain a clear understanding of their roles and responsibilities, particularly in areas like letter writing, translation processes, and effective communication. The training aimed to strengthen their knowledge base and sharpen their skills, supporting both their personal development and their positive contribution to CFCA's mission.

Overall, the staff training and Youth Scholar workshops provided a productive and collaborative environment where participants could share experiences, clarify doubts, and engage in open discussions. These sessions not only addressed policy updates and compliance protocols but also fostered teamwork and professional growth.

By investing in regular training sessions, CFCA ensures its team remains knowledgeable, motivated, and well-equipped to fulfill their roles effectively, ultimately reinforcing its mission to empower sponsored children and strengthen community development efforts.

## Resource Sharing Agency Visit

At CFCA, donors are the cornerstone of every program and activity, providing essential support to uplift children, families, and communities. One of the most impactful ways to deepen donor engagement is through organized donor visits. These visits offer a unique opportunity to build stronger connections by allowing donors to personally witness the outcomes of their contributions. When donors visit a project, it reflects their active involvement and trust in the organization's mission. Facilitating open and meaningful interactions between donors and beneficiaries helps highlight both the positive changes brought about by the support and the ongoing challenges faced in the field.

In addition to donor visits, Unbound, as a resource-sharing agency, regularly conducts monitoring and learning visits to ensure programs remain effective and impactful. A notable example was the visit starting February 28, when Ms. Malou, Regional Director from the Philippines, and Mr. Rey, Regional



Accounts Head at Unbound, visited Delhi subprojects. During their stay, they interacted with sponsored families, observed best practices, and gained valuable insights into community progress. Community mothers and sponsored children welcomed them warmly, openly sharing their journeys of empowerment and the positive transformation they experienced with CFCA's support.

Such visits go beyond observation; they serve as a bridge between supporters and communities, offering a platform for mutual learning and appreciation. They reinforce transparency, accountability, and a shared commitment to building stronger, more self-reliant communities, ultimately enhancing the sustainability and impact of CFCA's work.

# Birthday Celebration

Throughout the year, our subprojects have joyfully upheld the tradition of quarterly birthday celebrations for children from lower-middle-class backgrounds. This heartfelt initiative, organized by dedicated core members under the guidance of social workers, reflects our unwavering commitment to fostering joy, inclusion, and a sense of togetherness within the community.

Each celebration is thoughtfully planned, with careful attention to every detail, from colorful decorations to delicious cakes, refreshments, and the selection of a thoughtful, uniform gift for every child. This approach emphasizes our values of equality and dignity, ensuring that every child feels valued and special.



The events are vibrant and joyful gatherings, filled with laughter, music, dancing, and singing. Beyond the festivities, these moments provide children with opportunities to develop social skills, build self-confidence, and form meaningful friendships in a supportive environment.



More than just birthday parties, these celebrations act as powerful tools for community bonding, bringing together families and children to nurture stronger relationships and a deep sense of belonging. They are an integral part of our mission to empower and uplift marginalized communities, showcasing our commitment

to holistic development, inclusivity, and community well-being.

## Government Interface: Sustainable Livelihoods



knowledge and exposure in both digital and financial domains.

A recent highlight was a 3-day workshop conducted at the Indian Institute of Technology (IIT) under the National Urban Livelihoods Mission (NULM), titled “Empowering Women Entrepreneurs Through Digital and Financial Literacy.” Mothers from CFCA participated actively in this intensive workshop, gaining valuable

The training modules were designed under five key areas: Vocational Skills Development, Food Processing & Preservation, Entrepreneurship & Business Skills, Agriculture & Allied Activities, and Home-Based Livelihood Options. Beyond technical skills, women were trained in financial literacy, bookkeeping, marketing strategies, and the use of digital payment systems to enable them to confidently manage and grow their microenterprises. This holistic approach ensures not only product creation but also business sustainability.

These training sessions have already begun to show encouraging outcomes. Several women have initiated home-based businesses and started earning supplemental income, while others have expressed confidence in launching new ventures using the skills acquired.

Through these structured IGP trainings, CFCA continues to foster an ecosystem of empowerment—enabling women to become active economic contributors in their households and communities while building a dignified and self-reliant future.



# Health Camp

Quarterly health camps are a cornerstone of our commitment to promoting the health and well-being of children across all subprojects throughout the year. These camps go beyond routine checkups—they offer comprehensive health screenings conducted by qualified medical professionals, ensuring that every child receives personalized attention and care.

Each health camp involves a thorough examination, covering key health indicators such as height, weight, vital signs, eye health, lymph nodes, nails, and tongue. No aspect of a child's health is overlooked, and all findings are carefully documented in individual health cards, creating a systematic record of each child's medical history for future reference and follow-up.



Beyond health assessments, these camps serve as interactive platforms for community health awareness, engaging parents and caregivers in meaningful discussions about preventive healthcare, hygiene, and nutrition. When minor health issues are identified, children receive immediate treatment and medications; in cases requiring further attention, timely referrals to hospitals are made to ensure proper medical intervention.

In addition to clinical care, health camps often include fun, child-friendly activities that ease anxiety and create a welcoming environment. Educational materials and demonstrations help children understand the importance of healthy habits from a young age.

With a focus on proactive follow-up and continuous care, we are building a supportive health network that addresses both immediate and long-term health needs. These quarterly camps are a vital part of our mission, fostering a healthier, more resilient community where every child is empowered to grow, learn, and thrive in good health.

# Child Protection Policy Workshop/ Trainings (CPP)

The Child Protection Policy workshop, conducted with mothers, marked a significant step forward in our commitment to safeguarding the safety, rights, and well-being of children within our community and organization. This important session provided a comprehensive overview of the guidelines, procedures, and protocols designed to prevent and respond effectively to child abuse, neglect, and exploitation.

The workshop focused on creating a safe and nurturing environment by addressing key topics such as recognizing early signs of abuse, establishing clear reporting mechanisms, and promoting open, trust-based communication with children. Participants also gained a better understanding of legal obligations, best practices, and practical strategies to implement effective child protection measures in their homes and communities.



To enhance learning and engagement, the session utilized a multi-modal approach, incorporating visual presentations, audio materials, and interactive discussions to simplify complex concepts and encourage active participation.

By equipping mothers with critical knowledge and tools, the workshop empowered them to become advocates for child safety, reinforcing the protection of children's rights and contributing to a supportive, protective community environment. This workshop stands as a cornerstone of our ongoing efforts to ensure that every child grows up safe, valued, and protected.

## Mother and youth's Exposure Trip



As part of CFCA's capacity-building efforts, a two-day exposure visit was organized for sponsored mothers and youth to the Society for Integrated Development of Himalayas (SIDH) in Mussoorie. The visit aimed to introduce participants to sustainable development models and skill-building practices.

The group engaged in interactive sessions with SIDH's leadership, gaining insights into livelihood generation programs, vocational training, organic farming, and cultural preservation initiatives. The visit also included a guided tour of SIDH facilities and direct interactions with program beneficiaries. This hands-on experience inspired participants with practical ideas for community development, promoting self-reliance and sustainable practices within their communities.

## Children's Educational/Exposure Trip

As part of our summer camp program, a special water park excursion was organized, offering children a day of refreshing fun and excitement. The visit provided a perfect opportunity for children to unwind, stay active, and socialize in a vibrant outdoor setting.



The outing not only served as a break from daily routine but also helped improve confidence and social skills as children engaged with peers in a joyful, relaxed environment. Overall, the water park visit was a memorable highlight of the summer camp, leaving children with happy memories, a sense of togetherness, and a positive, uplifting experience.

# Festival Celebration

In India's vibrant tapestry of festivals, we not only embrace diversity but also actively engage children in the celebration of cultural richness. During festivals like Holi, Eid, Diwali, Teej, etc, children from various backgrounds, including lower-income families, eagerly participate in the festivities, adding their unique energy and creativity to the mix. One of the highlights of these celebrations is the active involvement of children in preparing posters that showcase the essence of each festival, depicting vibrant colors, symbols, and traditions associated with Holi, the warmth of family gatherings during Eid, and the radiance of lights during Diwali. By actively involving children and mothers in festival preparations and celebrations, we not only nurture their cultural awareness and creativity but also instill in them a sense of pride in their heritage and a deep appreciation for the diversity that enriches our collective identity. Together, as a community, we celebrate not just the festivals but also the boundless potential of our children to shape a future filled with understanding, compassion, and unity.

**Holi Celebration:** The Holi festivities in our community are a beautiful display of unity in diversity, bringing together mothers and children from various cultural and religious backgrounds. In the days leading up to the event, mothers enthusiastically collaborate to transform the community space with bright decorations, vibrant colors, and a joyful atmosphere.



On the day of Holi, the community center comes alive with laughter and energy as families gather to celebrate. Mothers and children joyously apply colors to one another, setting aside social, cultural, and religious differences to embrace the spirit of togetherness. Through shared celebration, participants experience a deeper sense of belonging, mutual respect, and collective happiness.

**Eid Celebration:** In the spirit of harmony and gratitude, mothers come together to beautifully decorate the community center in preparation for Eid. The vibrant decorations and festive arrangements reflect the joy and significance of this special occasion. Families gather to offer heartfelt prayers, followed by the sharing of traditional meals and sweets, fostering a deep sense of unity and thankfulness.



Children enthusiastically contribute to the celebration by creating colorful decorations and participating in activities like sweet exchanges and greeting card making. These joyful moments help nurture friendships, promote cultural understanding, and strengthen community bonds. Eid becomes more than a festival—it becomes a celebration of compassion, kindness, and shared happiness, reinforcing a spirit of brotherhood that bridges cultural and religious differences.

**Diwali Celebration:** As the festival of Diwali draws near, mothers enthusiastically join hands to decorate the community center with vibrant rangolis, colorful lights, and festive ornaments, creating a warm and welcoming atmosphere. The celebration begins with traditional prayers offered to Lord Ganesha and Goddess Lakshmi, seeking their blessings for wisdom, prosperity, and happiness in the community.



Families gather in a spirit of togetherness, lighting oil lamps and candles that illuminate the surroundings, symbolizing the triumph of light over darkness and the victory of good over evil. The event becomes a beautiful blend of cultural traditions and community bonding, where both mothers and children actively participate.

## New Income Generation Program (IGP) Initiatives:

This year marked the introduction of new Income Generation Program (IGP) activities across the subprojects, aimed at enhancing livelihood opportunities for mothers and community members. A common initiative involves **dal (pulses) making**, where mothers participate in cleaning, processing, and packaging pulses, fostering skill development while generating a source of income.



In addition to dal making, other livelihood activities such as **dal packing**, **stationery preparation**, and **spice (masala) making** have also been introduced. These diverse activities enable mothers to explore multiple avenues of income generation, equipping them with valuable practical skills and encouraging self-reliance. The program not only promotes economic empowerment but also strengthens community engagement and confidence among women.



## Awareness Program on Fundamental Rights

A Fundamental Rights Workshop was organized by CFCA staff under the PSL indicator priority, with around \_\_\_ community members, including youth and mothers, actively participating. The primary goal of the session was to raise awareness about the fundamental rights guaranteed by the Indian Constitution, which are essential in safeguarding personal freedoms and protecting individuals from exploitation. The workshop covered key rights such as the right to equality, the right to freedom, the right against exploitation, the right to freedom of religion, cultural and educational rights, and the right to constitutional remedies. Each of these rights was explained in detail, highlighting their significance in ensuring justice, equality, and dignity for every citizen. Participants engaged in discussions and shared experiences, making the session interactive and relatable. The workshop proved to be highly informative, helping participants understand their entitlements and encouraging them to be more aware and proactive in claiming their rights. Overall, it was a meaningful initiative that empowered youth and mothers with knowledge crucial for protecting themselves and their communities.

## Awareness Program on Garbage Disposal

An Awareness Program on Garbage Disposal was organized to educate community members about the importance of proper waste management and maintaining a clean environment. The session focused on encouraging responsible garbage disposal habits among children, mothers, and youth, highlighting the negative impact of improper waste disposal on health and the environment. Participants were introduced to simple and practical methods of waste segregation, including separating biodegradable and non-biodegradable waste, and understanding the concept of reduce, reuse, and recycle. The program also emphasized the harmful effects of plastic pollution and encouraged the use of eco-friendly alternatives in daily life. Participants gained a better understanding of how individual efforts in proper garbage disposal can lead to a healthier, safer, and more sustainable living environment for all.

# Vocational workshop

A Vocational Training Workshop was organized across all subprojects, focusing on practical skill development in areas such as beautician work, henna application, and stitching. The primary objective of this workshop was to equip mothers and youth with valuable livelihood skills that can lead to self-reliance and income generation. Participants were introduced to fundamental and advanced techniques in each field, including hair styling, skincare, and makeup in the beautician segment; creative and traditional henna designs in



the henna session; and both basic and decorative stitching skills in the tailoring module.

Experienced trainers provided hands-on demonstrations and guided the participants through practice sessions, allowing them to build confidence and improve their proficiency. This training not only empowered participants with practical knowledge but also motivated them to explore entrepreneurial opportunities within their communities.

# Correspondence workshop

A correspondence training workshop was conducted across all subprojects to enhance communication between sponsored children and their sponsors. The primary objective of the training was to help children understand the importance of regular, meaningful correspondence as part of their sponsorship journey. The sessions focused on five key types of letters—Welcome, Regular, Reply, Farewell, and Acknowledgement—explaining the purpose, timing, and appropriate tone for each. Children were guided on effective letter-writing practices, including the importance of neat handwriting, personal storytelling, and expressing gratitude.



The workshops also included guidance on video messaging, emphasizing short, simple, and heartfelt messages to build stronger emotional connections with sponsors. Instructions on taking proper annual photographs were provided, ensuring a clear, natural, and respectful presentation. Interactive discussions and Q&A sessions helped children clarify doubts and gain confidence in expressing themselves. Overall, the correspondence workshops empowered children across all subprojects to communicate more confidently and respectfully, fostering positive and lasting relationships with their sponsors.

# Activities: Sub-Project PRJ (Prayagraj) & PRN (Naini)

## Poverty Stoplight (PSL) Workshops and Community Engagement

Throughout the year, various workshops and meetings were organized under the Poverty Stoplight (PSL) initiative to promote community participation in poverty alleviation efforts. Focus group members, mothers, youth, and CFCA staff came together to discuss the challenges faced by families and their communities. Using the Problem-Solving Tree method, mothers openly shared their struggles and identified practical steps and activities that could help them overcome these challenges. They discussed ways to utilize local resources and involved stakeholders to improve their family's living conditions.

During the coordination committee meetings, participants learned about the five foundational pillars of the CFCA program, with special emphasis on the importance of PSL follow-up activities. These discussions helped community members understand how the PSL approach supports them in identifying the root causes of poverty and encourages them to find solutions through collaborative efforts. They realized that by regularly assessing their situations, they could gradually improve their quality of life.



Youth forums and core committee workshops also played a key role in strengthening the PSL activities. Youth participants discussed their career development challenges, future

goals, and the significance of their involvement in community activities. They gained knowledge about video messaging, PSL surveys, and the importance of being proactive in their personal growth and community development. Youth scholars expressed gratitude for the opportunity to engage in meaningful discussions and gain clarity on how to improve their lives through self-assessment and proper guidance.



Workshops on activity evaluation and impact assessment allowed focus group members and community representatives to reflect on the outcomes of various initiatives. They highlighted the importance of involving community members in planning and execution to ensure the success of activities. These sessions created awareness about how continuous monitoring and feedback through PSL surveys contribute to reducing poverty indicators and achieving sustainable development.

Overall, the PSL workshops empowered mothers, youth, and community members to take ownership of their progress. They provided a platform for open discussion, practical planning, and collective action, ensuring that every individual and family had the tools and motivation to move towards a more dignified and prosperous life.

# Youth Forum Meeting

The Youth Forum Meeting was successfully conducted with the active participation of 289 youth members. Youth play a crucial role in the CFCA program, consistently taking initiative for their personal educational growth and the betterment of their families.

During the meeting, youth members shared updates about their academic progress and engaged in discussions about various career-oriented courses. Senior students provided valuable guidance to their younger peers, addressing their questions and offering practical advice based on their own experiences.

Additionally, Mr. Dass addressed the gathering, emphasizing youth empowerment and introducing various career development programs. The session was highly motivating, encouraging the youth to stay focused on their goals and to continue striving for both personal success and the upliftment of their families



# World Environment Day Celebration

World Environment Day was celebrated with great enthusiasm, with 62 children and community members participating in the activities. The primary objective of the program was to raise awareness among community members about the importance of keeping the environment clean and reducing pollution. The focus was on encouraging everyone to plant more trees, purify the air, and contribute to a greener, healthier planet.

Children actively participated in drawing competitions and plantation activities, showcasing their creativity and understanding of environmental issues. CFCA staff also encouraged the sponsored children to take responsibility for maintaining a clean environment, linking the event to the Personal Skill Learning (PSL) activities.

Many children and their mothers extended the celebration to their homes by planting saplings with their family members. The participants expressed their heartfelt gratitude to CFCA for providing timely motivation and fostering a sense of responsibility towards nature and the community.



## Coordination Committee Meeting

The Coordination Committee Meetings were held across two locations—PRJ and PRN—with a total of 121 participants. These meetings served as an important platform to review program activities and strengthen community involvement.

Mr. Dass conducted the sessions, focusing on the five key pillars of the CFCA program. Special emphasis was given to the Personal Skill Learning (PSL) follow-up activities, highlighting their role in empowering individuals and families. The discussions underscored the importance of continuous engagement and skill development as effective means to illuminate lives and eliminate poverty.

The meeting helped reinforce the program's objectives and motivated the committee members to work collectively towards sustainable community development.



# Birthday Celebration

Every quarter, we hold a special celebration to honor the birthdays of our sponsored children—many of whom rarely get the opportunity to celebrate their birthdays in a joyful and memorable way. This quarter’s celebration was made special with the enthusiastic involvement of mothers and the dedicated efforts of CFCA staff.

The event began with a warm welcome for the mothers and children. Our Project Coordinator, Mr. V.K. Dass, graced the celebration and shared valuable insights about **impact assessment studies, video messaging, and Personal Skill Learning (PSL)** activities. His words encouraged both children and families to stay motivated in their personal growth journeys.



The children were thrilled to celebrate their birthdays alongside their peers. The event featured lively cultural performances by both children and mothers, creating a festive atmosphere. A highlight of the celebration was the joyful cake-cutting ceremony, where everyone joined in singing birthday songs and sharing good wishes.

Each child received a thoughtful gift along with a refreshment box filled with delicious treats like pastries, chocolates, and wafers. The celebration brought smiles, laughter, and lasting memories to the children, reminding them that they are cherished and supported by the CFCA community.

# International Yoga Day Celebration

International Yoga Day was celebrated with enthusiasm and positive energy on the morning of 21st June. A total of 117 participants, including sponsored children and their mothers, gathered to participate in this special wellness event.

The session began with participants assembling in neat rows to practice various yoga postures. Under the guidance of trained mothers, children and mothers practiced **Pranayama**, **Tadasana**, **Vajrasana**, and other basic yoga asanas. The trained mothers also shared knowledge about **physical education** and explained the multiple



**health benefits of yoga**, emphasizing how regular practice can help improve concentration, reduce stress, and promote overall well-being.

Special attention was given to the importance of **daily yoga practice** for children, especially to help maintain a **fresh mind** and **calm focus** during their studies. In light of rising stress and anxiety among children, mothers also introduced the concept of



**meditation**, explaining how it can support emotional balance and mental peace. The event was not only an opportunity to engage in physical activity but also a valuable learning experience, encouraging families to adopt healthier lifestyles through the regular practice of yoga.

## Youth Summer Camp on Art of Living

CFCA organized a special Youth Summer Camp on the Art of Living at the peaceful Yogpeeth in Haridwar, with the enthusiastic participation of 34 youth and 8 mothers. The camp aimed to promote healthy living through yoga, meditation, and cultural exposure in a serene and spiritual environment. Participants were warmly welcomed by Yogpeeth instructors and engaged in daily yoga sessions, learning asanas like Pranayama, Tadasana, and Vajrasana. They also received guidance on breathing techniques, mindfulness, and body posture, helping them understand the physical and mental benefits of regular practice.

Alongside yoga, the camp introduced the philosophy of simple living and high thinking, encouraging youth to manage stress, enhance focus, and adopt a more disciplined lifestyle. The group also explored Haridwar's spiritual sites, including the holy Ganga River and its tranquil Ghats, deepening their connection to cultural and spiritual heritage. The peaceful surroundings and shared experiences fostered reflection, bonding, and inner calm.

Overall, the camp was a refreshing and meaningful experience that inspired healthy habits, self-awareness, and a positive outlook. Participants returned with renewed motivation to lead more mindful, balanced lives and expressed deep gratitude to CFCA



# Child Protection Policy (CPP) Training – Promoting Safety and Well-Being

At CFCA, the safety, dignity, and well-being of children and communities remain central to our mission. In line with this commitment, a Child Protection Policy (CPP) Training was conducted in Prayagraj, engaging 180 sponsored children and youth. The training aimed to raise awareness about child rights, promote safe practices, and empower participants to recognize and report unsafe behavior.

The session highlighted the importance of child protection in ensuring a healthy upbringing and focused on identifying various forms of abuse—physical, emotional, and verbal. It also provided safety guidelines for participating in community events and social activities responsibly.



Children were taught simple yet effective safety measures, such as ensuring the presence of at least two responsible adults during activities, staying in visible areas, and speaking up if they feel unsafe. They were encouraged to report any concerns to CFCA staff or youth scholars without fear.

The training was highly impactful, leaving children more confident and informed about protecting themselves and others. Many expressed gratitude for CFCA's ongoing support and shared how they now feel safer and more empowered. This initiative reflects CFCA's continued dedication to building safe, nurturing environments where every child feels respected, protected, and heard.

# Independence Day Celebration – Honoring Freedom and Unity

On 15th August, the Community Foundation for Children and Aging (CFCA) celebrated Independence Day with great enthusiasm at the Katra Centre. The vibrant event brought together 152 participants, including sponsored children and their mothers, in a joyful celebration of patriotism, unity, and cultural pride.



The program began with the ceremonial hoisting of the Indian National Flag, followed by a heartfelt rendition of the national anthem. The atmosphere was filled with pride and a deep sense of national unity. A series of engaging cultural performances followed, where children and mothers showcased their talents through patriotic songs, inspiring poems, energetic dances, and thought-provoking skits. Each performance highlighted themes of freedom, sacrifice, and India's rich cultural diversity, leaving a lasting impression on the audience.

The event was not only a tribute to India's independence but also a powerful reminder of CFCA's mission to foster self-reliance, dignity, and empowerment in the community. It left everyone inspired and united in their commitment to building a better future together.

# Workshop on Livelihood Initiative – Empowering Mothers Through Income Generation

The Workshop on Livelihood Initiative, organized by CFCA, aimed to inspire and empower mothers to achieve self-reliance through Income Generating Programs (IGP). The session saw active participation from 270 attendees, including mothers of sponsored children and community leaders.



A key highlight of the workshop was the sharing of personal success stories by mothers already involved in IGPs. They spoke candidly about the challenges they faced and how they overcame them by building small businesses and secure sustainable incomes. Their journeys served as powerful motivation for others, demonstrating that with determination and support, financial independence is within reach.

Core and Coordination Committee - mothers also led discussions on expanding current livelihood programs and exploring new opportunities. They emphasized the transformative impact of IGPs on family life, especially in supporting children's education and overall well-being.

Mr. V.K. Dass, the project coordinator, offered insightful and practical advice on launching and sustaining small businesses. His words encouraged the participants to take initiative and believe in their potential.

The workshop created a supportive and motivating environment, strengthening CFCA's mission to promote empowerment, economic independence, and community growth through collective effort and shared learning.

# Sanitary Pad Making Training – Empowering Women with Skills for Health and Livelihood

To promote women’s empowerment, menstrual hygiene awareness, and livelihood development, CFCA facilitated the participation of 12 mothers (7 from PRJ and 5 from PRN) in a government-certified training program on sanitary pad making. This training was organized in collaboration with the Bank of Baroda and Rural Self Employment Training Institute (RSETI) under the National Urban Livelihood Mission (NULM).

Over the course of six days, the mothers learned practical skills in sanitary pad production, equipping them with technical knowledge, production techniques, and basic entrepreneurship skills. The training also emphasized the importance of menstrual hygiene management and aimed to break taboos around menstrual health in their communities. Through this initiative, the mothers not only gained hands-on experience but also became aware of the market potential and income opportunities associated with this important health product.



At the conclusion of the training, all participating mothers received an official government training certificate from RSETI, acknowledging their successful completion of the program. This certification will enhance their credibility, open up avenues for self-employment, and help them access support for small business ventures.

CFCA is proud to support these mothers on their journey towards self-reliance and community upliftment. This training has empowered them to improve their family income, promote health awareness, and serve as role models for other women in their communities. We are committed to continuing our support as these mothers explore entrepreneurial opportunities and contribute positively to community development.

# Teacher's Day Celebration

On 5th September 2024, CFCA joyfully celebrated Teacher's Day at the Katra Community Centre, with the participation of 93 sponsored children. The event was filled with happiness, creativity, and meaningful reflections on the importance of teachers in every child's life.

The celebration began with a drawing competition, where children expressed their creativity through beautiful paintings and sketches. The theme encouraged them to reflect on their favorite teachers and the role education plays in shaping their futures. The children enthusiastically took part, and their artwork showcased their love and respect for their teachers.



Following the competition, the CFCA staff engaged the children in an interactive session, sharing the significance of Teacher's Day and paying tribute to the dedication and hard work of teachers. The staff also took this opportunity to educate the children about letter writing and video messaging, explaining how these tools can help them express gratitude and stay connected with their sponsors.

Several children participated in a sharing session, where they spoke about their favorite teachers, narrating inspiring stories and interesting facts about how their teachers have positively influenced their lives. This event not only honored the contributions of teachers but also motivated children to value education, express themselves creatively, and continue building respectful relationships with their sponsors.

# Women's Skills Development Workshop and Deepawali Celebration

On 25th October 2024, CFCA, in collaboration with the National Urban Livelihood Mission (NULM), hosted a grand Women's Skills Development Workshop alongside Deepawali celebrations. The event drew an impressive gathering of 1663 participants, including mothers and sponsored children from PRJ and PRN locations. The day began with a traditional worship ceremony dedicated to Lord Ganesh and Goddess Laxmi, invoking blessings for prosperity and well-being. This spiritual start set a joyful and festive tone for the event, echoing the spirit of Deepawali.

Participants enjoyed vibrant cultural performances, as mothers and children showcased their talents through songs, dances, skits, and poetry, celebrating community traditions and unity. A highlight of the program was the sharing of inspiring success stories by mothers engaged in Income Generating Programs (IGP), who spoke about their journey toward financial independence and self-reliance.



Project Coordinator Mr. V.K. Dass delivered an empowering address on women's financial independence and the value of education and skills development. NULM officials also provided valuable insights into government schemes supporting women's livelihoods. Combining celebration with empowerment, the event left mothers feeling motivated and informed. It concluded with refreshments and gifts, making it a joyful and impactful Deepawali celebration for all involved.

# Children's Day Celebration – A Joyful Day of Fun, Learning, and Motivation

On 13th November 2024, CFCA joyfully celebrated Children's Day at the PRJ community center, with enthusiastic participation from 642 sponsored children. The event was filled with fun, creativity, and inspiration, making it a truly memorable day for all.



The program began with a tribute to Pandit Jawaharlal Nehru, with a lamp-lighting ceremony in front of his portrait. Children gathered in cheerful groups, setting a festive tone for the day.

A creative exhibition showcased children's artwork, paintings, and crafts, giving them a platform to display their talents and boost self-confidence. The day featured a variety of fun activities and competitions, including a lively fancy dress contest where younger children dazzled in colorful costumes.

A special highlight was a live video message from Project Coordinator Mr. V.K. Dass, who extended his heartfelt wishes and encouraged children to stay dedicated to their education and growth. A magician also captivated the audience with entertaining tricks and uplifting messages.

Group games like musical chairs and tug of war fostered joy and teamwork. The celebration concluded with prize distribution, gifts, and refreshments, leaving the children smiling and inspired. It was a day of joy, creativity, and lasting memories.

# Annual Function and Sponsored Children's Birthday Celebration

The Annual Function and Sponsored Children's Birthday Celebration was held on 18th and 19th December 2024, bringing together 1,350 participants from PRJ



and 390 from PRN. The event was filled with joy, celebration, and a deep sense of community. The day began with a warm welcome by CFCA staff, as mothers and children were organized into queues, setting a positive and festive tone. Reflections on the year's achievements followed, highlighting progress in education, livelihoods, and community development. Mothers were also encouraged to share their experiences and ideas, fostering collective ownership and engagement. A vibrant cultural program was the heart of the celebration, with sponsored children performing dances, patriotic songs, and skits that showcased their talents and love for their culture and country. Youth scholars supported the smooth coordination of the event, managing attendance and logistics.

Mr. V.K. Dass, the project coordinator, inspired the gathering with a heartfelt speech on growth and empowerment. The day concluded with a joyful birthday celebration for all sponsored children, complete with gifts, refreshments, and a group cake cutting. The event left participants feeling proud, grateful, and hopeful for the year ahead.

## Eye camp

On 18th January at PRN and 25th January at PRJ, CFCA successfully organized eye check-up camps in collaboration with Seetapur Eye Hospital and Dr. Akanksha Dass. A total of 510 individuals—375 from PRJ and 135 from PRN—benefited from this vital health initiative. With the support of CFCA staff and youth scholars, the camps were conducted smoothly and efficiently.



The camps followed a well-structured process, starting with basic vision screenings and progressing to detailed examinations using advanced equipment such as the slit lamp. Dr. Akanksha Dass conducted comprehensive assessments to check internal eye health, including the retina and optic nerve, enabling early detection of conditions like cataracts, glaucoma, or hypertension-related eye issues.

Participants received personalized care based on their diagnoses, including prescriptions for spectacles, medications, counseling on eye care, or referrals for surgeries when necessary. Further diagnostic tests such as tonometry and tear duct assessments were also performed.

This initiative not only addressed immediate eye care needs but also raised awareness about preventive eye health. The dedicated efforts of the medical team and youth scholars ensured quality care was delivered free of cost, reinforcing CFCA's commitment to community health and well-being.

## Republic day celebration

The Republic Day celebration was joyfully organized on 26th January 2025 at the PRJ center with the enthusiastic participation of 145 mothers and children. The program commenced with the flag hoisting ceremony, respectfully conducted by the mothers, followed by the collective recitation of the national anthem by all staff, children, and mothers, creating an atmosphere filled with patriotism. Sponsored children showcased their talents through various cultural and patriotic performances. Some children dressed up as freedom fighters, presenting inspiring poems and patriotic songs that reminded everyone of the sacrifices made for the nation.



Mothers also actively participated by narrating the inspiring stories of famous freedom fighters and sharing their own personal stories of struggle and perseverance. The event became even more meaningful with a motivational speech delivered by the CFCA staff, encouraging everyone to remain committed to the values of freedom, unity, and self-reliance. The speech inspired both mothers and children to

work towards a better and brighter future. The program concluded on a joyful note with the distribution of sweets to all attendees, making the day memorable and strengthening the bond of unity within the community.

# Women's Day Celebration – Honoring Strength, Empowerment, and Togetherness

Women's Day was celebrated in the CFCA community with great joy and togetherness. All the mothers came together and celebrated this special day happily. One of the children from a sponsored family made a cake for the mothers, and all the mothers and staff cut the cake together, making the moment very special. During the program, the mothers shared their personal experiences and spoke about the importance of women empowerment.

They highlighted the daily challenges and struggles faced by women in society and expressed pride in how they have progressed through the Income Generation Program (IGP). Many mothers shared the work they are doing under this program to support their families and how it has helped improve their self-confidence and independence. CFCA staff



encouraged and motivated the mothers by appreciating their hard work and dedication. To add more joy to the celebration, cultural activities and fun games were organized, bringing smiles and laughter to everyone. The program concluded with refreshments, where everyone enjoyed spending quality time together. This celebration made all the mothers feel special, recognized, and valued for their strength, resilience, and contributions to their families and the community.

# Youth Forum Excursion Trip and Workshop

On March 20 to 22, 2025, CFCA organized a youth excursion and workshop, offering a unique and enriching experience for 48 youth participants. The three-day program combined personal development, community awareness, and career planning, creating a space for meaningful learning and reflection.

The workshop sessions focused on themes such as the importance of education, personal growth, and future planning. Youth participants shared their life experiences, academic journeys, and aspirations, fostering peer support and motivation. Mr. V.K. Dass, the facilitator, guided the sessions by introducing key CFCA initiatives like video messaging to



connect with sponsors, writing meaningful letters, and using the Poverty Stoplight (PSL) tool to assess and plan improvements in quality of life. The concept of the “5 Ws” (Who, What, When, Where, Why) was also discussed to strengthen communication and clarity in expression.

The excursion included a visit to Khurpatal, where youth observed the lives of mountain communities. They gained insight into how people in remote areas manage with limited resources, learning about resilience and adaptability in challenging environments. The trip was a powerful mix of learning, bonding, and exposure. It left the youth inspired to take positive steps in their personal lives and contribute meaningfully to their communities.

# Stories of Transformation/ Success Stories

## Sonia Mandal: Kicking Through Challenges, Rising with Confidence

In 2015, Sonia got sponsored by the CFCA/Unbound while studying in Class 2. Her mother was a homemaker, and her father, a working mason, often struggled to meet the family's needs. She lives in a modest home with four sisters and one brother. The story of Sonia is about hard work and realizing one's own potential. Sonia proves that if given a chance, one can reach height.

Today, Sonia with the help of sponsorship, got the chance to attend a reputable School, where she not only excels academically but also dominates in martial arts, particularly Taekwondo and Tang Soo Do. What she started as a hobby turned into a passion.

With over 40 medals and certificates from state and national-level championships, Sonia's Awards speak about her potential:

- First Position at the *41st & 42nd National Taekwondo Championships*
- Medalist in the Delhi Olympic Games, CBSE Games, and Punjab Taekwondo Cups
- Certified with Green Stripe, Yellow Belt, and Red Stripe promotions
- Recognized as a Referee (Rafree) in inter-club competitions
- NCC Cadet with 'A' certificate, showing her skill and discipline.



Beyond sports, Sonia had explored every opportunity given to her. From Rangoli making, poster competitions, painting, and relay races to the 5 km "Run for Universal Brotherhood" marathon, she is an outstanding child who swears not to stop.

While talking with staff, she remembers her first-ever birthday cake cutting during a CFCA celebration, "That was the first time I felt truly special," she says.

Her journey is an example of how a person can and will change their destination. With limited finances and many siblings, investing in training, books, travel, and uniforms would

have been impossible without CFCA/Unbound's support. "They helped with everything from books to competition fees," her mother shares.

What makes Sonia's story unique is not just her list of achievements, but the way she handled her academics, sports, community involvement, and family responsibilities. Today, she continues to train, study, and grow, inspiring those around her with quiet strength and relentless focus.

Sonia dreams of representing India internationally and using her experience to mentor other girls like her. Her story is the show that when a child is seen, supported, and given a chance, they don't just succeed, they shine.

## How One Mother Sewed a New Future for Her Family.

Prayagraj, the 36th most populous city in India, is a place where narrow lanes weave through deeply rooted conservative traditions and limited opportunities for women. In one such neighborhood, Nazreen lived a life defined by routine and restrictions. As a mother in a low-income Muslim household, her role was clear: raise children, manage the home, and stay silent. Stepping out to earn was not just discouraged, it was unthinkable.

But in 2011, that belief began to shift when her daughter, Umra, was enrolled as a sponsored child through **CFCA/Unbound**. The program provided crucial financial support for Umra's school fees and supplies, but it did more than that; it introduced Nazreen to the **mothers' group**, a platform where women like her met regularly to share, learn, and grow.



The group encouraged her to enroll in the tailoring course at the CFCA/Unbound community center, where she learned to sew professionally. She began small by offering sari hemming and mending services, using the shared sewing machine at the center.

But growth wasn't easy. When she managed to save enough for a second-hand sewing machine, it broke down within weeks. Frustrated but determined, she considered giving up.

“That’s when the other mothers stepped in,” she says. “They said, *‘We’ll support you, take a small loan from our group fund and try again.’* That gave me the strength to start fresh.”

With the loan, Nazreen bought a new machine and began taking larger orders like blouses, salwar suits, and even school uniforms. Her modest earnings brought financial relief and new respect within the family.

Inspired by her mother’s persistence, Umra also joined CFCA’s **youth forums and summer workshops**, where she discovered a talent for Heena (Mehndi) art. What began as a creative outlet turned into a part-time income stream. She now takes commissions during festivals and weddings, helping fund her education.

Today, Nazreen’s sewing machine hums daily, a sound that has become the heartbeat of a changed household. She is an active member of her mother’s group, mentoring newer women who are just starting their journeys. Her children study in peace. Her voice, once quiet, now speaks with clarity and pride.

## Breaking Barriers—A Mother's Triumph

Usha was in the 3rd class when she got her sponsored friend, which was a moment that not only impacted her future but also sparked a transformation in her mother, Mamta's life. What unfolded was not just the story of a child being supported, but of a mother rising against all odds.

Mamta, originally from Uttarakhand, had moved to a small village in the DPP region after her marriage. Living in a traditional joint family, she faced deep-rooted restrictions and constant challenges. With three children to care for, even securing basic education for them felt like an uphill battle. But when CFCA/Unbound sponsorship came into their lives, it brought a new light into their home.



Within a year, Mamta, who once was soft-spoken and unsure of her voice, was leading her group as a **mother's leader**. With CFCA/Unbound's support, she learned how to **speak confidently in meetings, go to the bank alone, and support other mothers** who, like her, had always been told to stay behind the scenes.

As her confidence grew, so did her role in the community. She became an active part of the **coordination and core committees**, helping shape decisions, representing her community, and building networks of support among women. She wasn't just participating, she was leading them.

Through the **Income Generating Program (IGP)**, she picked up practical skills that changed the way she saw herself. She learned how to make electric bulbs and prepare achar (pickles) for sale. These small yet powerful skills gave her a sense of **financial independence** and **self-belief**. No longer dependent or invisible, she started contributing meaningfully to her household.

More than the technical skills, what CFCA/Unbound truly gave her was **exposure and experience**. She became better at explaining ideas, planning group activities, and encouraging other women to find their voice. She helped build women's committees, organised community functions, and was even involved in planning and celebrating events like **Annual Day** and **Mahila Diwas**, where she laughed and played games like musical chairs- something she never imagined doing in her adult life.

For years, the orthodox mindset around her had made her believe she wasn't capable. But CFCA/Unbound opened her eyes to her **potential**. It gave her **a platform, a community, and a purpose** beyond the walls of her home.

Today, Usha has voluntarily retired from the program because of her growth. Her family has become **self-sufficient**, and Usha can now **pursue her dreams** confidently. But the real success lies in her mother's journey—from a silent, suppressed woman to a bold community leader. Her story is a reminder that when a child is sponsored, a whole family begins to rise.

# A Journey of Strength: Rekha's Story of Growth with CFCA/Unbound

Rekha's story is one of quiet strength, resilience, and transformation. Today, she stands as a respected leader in her community, but her path was never easy. She moved to DPP after marriage and was introduced to CFCA/Unbound by her sister-in-law. That simple moment, though small at the time, would become a turning point in her life.

*"I used to work in the fields and make cow dung cakes for hours,"* Rekha shares. *"We couldn't even afford a gas connection, so I'd spend my days collecting firewood."*

Though interested in CFCA/Unbound's community activities, her participation was initially discouraged by her mother-in-law. But quietly and consistently, her husband encouraged her to attend meetings and calls, sometimes in secret.

Then came the day that changed everything.

*"My husband met with a serious accident. We had no savings, no support system, I was completely shattered. Main toot gayi thi,"* she says.

In that moment of deep crisis, CFCA/Unbound became more than just an organization; it became her support system. They not only helped financially, but also gave her the strength to rebuild her life.

*"They didn't just give me help, they gave me courage, identity, and purpose."*

With renewed confidence, Rekha began working at a local school. And, with support from CFCA's Income Generation Program (IGP), she started a dal-making unit, which she named **Ronak FPU**, after her daughter.



CFCA/Unbound continued to walk alongside her. Through the **Agents of Change (AOC)** initiative, Rekha stepped into leadership roles, managing purchase and fine committees, helping set up a library, installing a computer system, and even advocating for a tin shed in the local school to improve learning conditions.

*“Through each experience, I grew. From someone with no voice, I became a 5 Pillar leader. I learned to speak, to decide, to lead.”*

She still remembers the day she gave her first speech during CFCA’s Annual Day.

*“That moment made me realize how far I had come. I wasn’t just Rekha anymore, I was someone people looked up to.”*

Today, her daughter, Ronak, is a bright, confident student in her second year of BA. She loves sports, excels in her studies, and dreams of becoming a police officer.

*“Ronak may soon retire from sponsorship,” Rekha says with pride, “but I will never retire from CFCA. This isn’t just an organization, it’s my family.”*

## A Taste of Hope: Anita and Arjun’s Journey from Struggle to Strength

*“There were nights when I would go to bed hungry just so my children could eat,” Anita recalls, her eyes filled with both pain and pride.*

Left alone to raise three children, abandoned by her husband, Anita had no money, no steady work, and no support system. With two sons and a daughter to care for, survival itself felt like a daily battle. But in 2013, just when the weight of despair had nearly broken her, a quiet knock of hope arrived.



That hope was CFCA/Unbound.

When her son, Arjun, was selected as a sponsored child, everything began to shift. The sponsorship didn't just mean financial help; it meant someone believed in them. It meant school bags, uniforms, books, and the comfort of knowing that her child could now dream freely.

*"Arjun was always a bright child, curious, eager to learn," Anita shares. "But I couldn't give him the tools he needed. CFCA changed that."*

With CFCA's support, Arjun received a quality education, joined remedial classes, visited the community library, and attended exposure events that expanded his world. Slowly, the boy once trapped by poverty began to rise with confidence, but CFCA didn't stop at just supporting the child.

*"They saw me too," Anita says softly. "I was working as a maid, barely managing. But they believed I could do more."*

Despite long hours and limited time, Anita began learning to make momos, steamed dumplings loved by her neighbors. Encouraged by CFCA and supported by a loan through her Sponsored Mothers Group (SMG), she started a small stall-based business.

What began as a humble street-side stall soon grew into a steady source of income. Anita prepares the momos at home in the early hours of the morning, and her sons proudly carry them to the stall and sell them.

With CFCA's support in skill development, financial training, and mentorship, Anita transformed her struggle into self-reliance and purpose.

*"For the first time, I wasn't just earning, I was building something of my own."*

Today, Anita is no longer just surviving; she's thriving. Her momo business supports her family. Her children are healthy, studying, and hopeful. And Arjun, once held back by circumstance, now inspires those around him with his determination and spirit.

*"Without CFCA, I could never have imagined giving my children an education," Anita says with emotion. "They gave me hope when I had none. They didn't just support Arjun, they believed in me too."*

Their journey, from hunger to hope, from despair to dignity, is not just a story of success. It's a story of strength, second chances, and what becomes possible when someone chooses to believe in you.

## Sneha's Journey: Holding On Through Hope and Help

Sneha was just six months old when her father left. Her mother had no choice but to return to her maternal home, where Sneha's grandmother, *Nani*, lived. Since then, they have lived in a small, single-room house, leaning on one another through each day.

Today, Sneha is pursuing her graduation in Zoology (Honors). Back then, for her, even finishing school felt out of reach. Sneha's journey is more about strength and survival, supported by people who believed in her future.



When Sneha got sponsored through CFCA/Unbound in 2013, those were the hardest days; they had no income, and her mother couldn't get out of bed, unable to work or take care of things. With no income at home, her grandfather's small pension was the only source of support.

Sneha's grandmother became her pillar. Despite her age, *Nani* attended monthly CFCA/Unbound meetings, took part in discussions, and made sure Sneha's basic needs were met, like buying books and stationery for her education. But it was never enough.

"Without CFCA," Sneha says, "I would never have been able to continue my studies."

She used to walk long distances to school because they couldn't afford transport. CFCA/Unbound helps with transportation costs, allowing her to attend school regularly and safely. She still fondly remembers the first time she ever cut a birthday cake, in Class 7, during a celebration organized by CFCA.

“Cutting cake for the first time in CFCA/Unbound celebration made me feel seen and loved,” she recalls with a smile.

From school supplies to birthday celebrations, these extracurricular activities and support from CFCA/Unbound became a constant part of her life. Health camps organized by the foundation helped Sneha stay healthy and reminded her of the importance of regular checkups.

But the support didn't stop with her. When asked, Sneha, how CFCA/Unbound helped her? She replied.

“If I had to name the two most important ways CFCA/Unbound helped us,” Sneha says, “it would be my education and my mother's medical care. They stood by us when we had no one else.”

## Vinita's Journey of Confidence, Courage, and Community

Vinita was in third grade when everything started to change. Her father's job became unstable, and the family's financial security vanished almost overnight. Life grew tense. To ease the burden, Vinita had to leave her private English-medium school and transfer to a government-run Hindi-medium one. The shift was overwhelming. The lessons felt unfamiliar, reading became difficult, and the confident child she once was began to withdraw into uncertainty.

“I remember feeling like I couldn't do anything right. Kids were laughing. I stopped believing I could ever be good at studies again.”

But she believes that there shall be a new sunrise.

The ray of hope arose when she was sponsored by CFCA/Unbound. What started as a sponsorship program, she took part in remedial classes. In those classrooms, Vinita met teachers who didn't just teach but also listened. Slowly, the fog in her life began to lift. Her pace picked up, and her confidence was coming back. By the time she reached tenth grade, she wasn't just catching up, but also top of her class.



This is just the beginning; she still has more to do.

At CFCA/Unbound, she found far more than just sponsorship and academic help. Through various initiatives like Art workshops, letter writing, cultural gatherings, and celebrations, she found her space to explore who she was and felt visible, valued.

“I didn't just become better at studies. I learned to speak up, to express myself, to be open. CFCA helped me figure out who I am.”

Her mother, too, began to evolve in parallel. Through CFCA/Unbound's Sponsored Mothers' Group, she gained confidence in managing money and making decisions for the family. No longer just a passive supporter, she became a strong presence.

With CFCA/Unbound's sponsorship, Vinita continued to follow her love for learning. She earned her degree in Economics from Lady Shri Ram College, went on to complete her master's from the Delhi School of Economics, and today, she currently working as an Assistant Professor at Guru Gobind Singh Indraprastha University.

Still, she often looked back to reflect.

“When I think about where I started, from a scared, unsure child to someone teaching a room full of students, I know CFCA/Unbound made that journey possible. They helped me to restore my self-worth and to believe that I can make a difference.”

Vinita's story is a powerful reminder of what can happen when a child is seen, supported, and believed in. It is the testimony that when opportunity meets with determination, possibilities multiply, and lives are transformed.

# The Sanskar FPU Story of Skill, Strength, and Self-Reliance

From ancient times to now, we have found that mothers can change society with their willpower and unity. And when it is related to the upliftment of their family/children, their power doubles. The Unbound-CFCA Delhi project has a remarkable history of transforming the lives of mothers in the PRJ sub-project through its food processing unit named “Sanskar Food Processing”.



This initiative began in 2009 when mothers in the project listened to a government training course for food & fruit preservation. At that time, mothers faced so many challenges, like they did not have permission to go outside for a long time; there were so many boundaries to step forward for self-dependence. At that time, through the motivation of CFCA-Unbound, mothers stood together like a bundle of wood and became each other's strength. CFCA-Unbound staff help them to reach the government staff of the horticulture department. Thirty mothers with high school degrees joined the 90-day training program, learning to make pickles, jams, jellies, squash, and many more.

8 Mothers out of 30 mothers who had undergone 90 days of government training on food & fruit preservation took up a new initiative for their own identity and family upliftment. All 8 mothers collected Rs. 500 each to buy raw materials and started making pickles at the CFCA community center. Gradually, they promoted their work through group meetings and trained some other women in food preservation. Exhibitions of pickles, jams, jellies, etc., were also organized by women at many prestigious places. This work progressed with the willpower, faith, and unity of the women, and they brought it to the status of a food processing unit. CFCA - Unbound also played a huge role in their upliftment.



To take this incredible work further, the women applied to the government. License from FSSAI, and after an inspection by the food department, the women were given a government license. License for 5 years in 2017. In 2023, it was again renewed for 5 years by the Uttar Pradesh government. The mothers took a loan from their Self-Help Groups and expanded their production. With CFCA/Unbound support, they acquired machinery and

increased production to over 1800 boxes twice a year. Today, they operate their unit independently, purchasing materials and managing finances. In the 2025 Maha Kumbh fair, mothers got two stalls to show the people who came from various parts of the country, as well as the world. We feel glad to share that during the time of Maha Kumbh, they sold approximately. 8 quintals of pickles.

The Sanskar Food Processing Unit has become a model for other mothers in the project. It provides:

- Employment and income opportunities
- Skill development and training
- Empowerment and confidence building
- Mothers become helping hands for their families
- More mothers are getting training year by year

Seeing the hard work of the mothers, the children of the mothers working in the food processing center, and the children living in the neighborhood were also seen striving for their progress. Many children from these needy



families are bringing glory to their families and CFCA-Unbound by fulfilling their responsibilities in government and non-government institutions/offices, such as loco pilots in railways, government teachers, lecturers, advocates, stenographers in courts, working in multinational companies, hospitals, etc. Even today, the children of women working here are moving towards higher education and respect the hard work of their mothers.

With the help of CFCA-Unbound, women created a path of progress for themselves as well as other women. By following this, women got the opportunity to help their family along with their development. It provided them with real-world business experience, a chance to showcase their talents, and an opportunity to earn and contribute to their families.

## Sushma's Path to Dignity and Opportunity

Sushma Jaiswal, a determined mother of four girls, embarked on a challenging journey out of poverty, fueled by her unwavering commitment to secure a better future for her family. In 2016, Sushma and her family became part of the CFCA family, where hope and transformation awaited.

At that time, her husband's small shop, renting out sound systems for local events, was their sole source of income. With the weight of societal expectations pressing down on her, Sushma faced constant criticism for not having a son to carry on the family legacy. But she refused to succumb to these pressures, choosing instead to invest in her daughters' education.

CFCA opened doors to knowledge and opportunities for Sushma. Engaging in Self-Help Groups (SMG), she acquired skills for livelihood generation. Recognizing her talent for cooking and the need for affordable, home-cooked meals for students in Allahabad, Sushma launched a tiffin service. Starting small, she expanded with determination, securing loans through her SMG to meet rising demands.



Her dedication to providing fresh, hygienic food earned her a stellar reputation, and her husband joined her in delivering these meals to students. With their joint efforts, they cater to 30 students today and also take orders for local functions. Sushma even improved her husband's business by investing in new sound systems. As a result, all their daughters are thriving. The eldest is happily married, the second is preparing for a bank job, the third is pursuing a medical laboratory technology diploma, and the youngest, a sponsored child of CFCA, continues her education.

Sushma Jaiswal's stands as a beacon of hope, thankful to CFCA/Unbound for providing the platform that transformed her life and empowered her to inspire others in her community.



# PHOTO GALLERY



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Give them love, give them care,  
They have a lot to say and share.....



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