



The Naz Foundation India Trust

Annual Report

2015-2016

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# About Naz India

The Naz Foundation (India) Trust, commonly known as Naz India, is a New Delhi based NGO combating sexual health issues since 1984.

Naz India focuses on reaching marginalized populations infected or affected by HIV, thereby improving health, reducing stigma, and empowering families. We strive to bring awareness of HIV prevalence to communities by highlighting issues related to sexuality and sexual health, and by emphasizing treatment and prevention.

Naz India takes pride in being a pioneer in the field of HIV/AIDS in India by providing care and support for individuals infected and affected by HIV/AIDS when there was a lack of awareness.

# Care Home

## Background :

In 2009, National AIDS Controlled Organisation designated Naz India as Community Care Centre for Children. Naz has since maintained a care home for HIV-infected children by providing educational, nutritional, medical, recreational, and psychosocial support.

The children are primarily from Delhi, Maharashtra, Manipur, Uttar Pradesh, and Bihar, and were referred from childcare institutions, hospitals, and other NGOs. The care home currently sustains 25 children aged between 9 and 20 years.

# Health

The clinic is functional on Tuesdays, Wednesdays and Thursdays where the Naz Care Home doctor takes care of the medical needs of the children. The regular monthly follow-ups are done at ART Centre, AIIMS. The routine tests like CD4 and CBC (blood test) are done here. The children get their ARV medicines from here without any interruption.

The psychological needs of the kids are attended by the caseworker at the care home regularly. Additional support in psychosocial needs have been obtained from Institutions like NIPPCID, Psychiatric department of AIIMS and VIMHANS. Children are attending regular physiotherapy sessions at VARDAN; children who were dependent on either care givers or wheelchairs are now able to walk without any support!

# Education

All the Children at the Naz Care Home go to different schools in Delhi, except the two children who require special care; they study at the Care Home with the help of the staff, tutors, volunteers and other kids. Four children are going to appear for the X grade examination and two for the XI grade this year.

They are not only good at the academics but they excel at their extracurricular activities also. They make us proud when they get selected as the class monitor and house leaders, or they win a medal in a drawing competition! We are happy to inform that the children have passed with flying colours in their respective exams. This has been made possible due to the continuous support from our donors, sponsors and volunteers which provides for their daily needs, be it additional tuitions or medical care.

# Exposure Visits

Exposure visits and participation in various events give the children an opportunity to grow in all aspects of life, children along with the care givers went for an adventure camp at "Camp Wild" in Faridabad, Haryana which included activities like rock climbing, trekking, team building games and bonfire! They also participated in Bal Sangam organised by the National School of Drama (NSD). Besides going to films occasionally, children participate in sports events like 'Pinkathon', a marathon that aims to spread awareness about breast cancer. They attended sessions on English speaking and group discussions at the Centre of American Embassy in Delhi. Their trip to Aeroplanet solved the mystery of flying for them!

# Volunteers and Trainings

Children at care home along with care givers are given trainings on the topics of self defence, cooking, art and crafts, life skills, health and hygiene by internal and external resource person. Ms. Radha Bharadwaj from AIDS Bereavement and Resiliency Program in Ontario, Canada, conducted a training on Emotional Management for Naz India staff. The Naz Care Home is extremely thankful to its dedicated volunteers who regularly engage with the children on cultural, educational and recreation activities. We truly appreciate the enthusiasm and generosity of the volunteers whose dedication make our efforts to provide them a better future more effective.



# Updates

We are glad to report that two of our children are now employed and capable of looking after themselves. Four of our children have been restored to their extended families during the reporting period. One of the girl children has been shifted to Desire Care Home in Gurugram where her elder sister is employed. The Care Home team continues its support to these children by being in touch with them to make sure that the children adhere to ARV medicines and positive living.

We, with profound grief place on record the sad demise of one of our children, 13 year old Chetan, due to septicaemia fungal infection in the month of August 2015.



# Home Based Care

## Background :

Naz's Home-Based Care Program has provided support for families with one or more persons living with HIV/AIDS since 2001. To ensure that families and caregivers are able to respond to HIV complications, Naz reaches families through medical and psychosocial support, legal assistance, capacity-building sessions, and small loans or business opportunities to advance their employment endeavors.

Naz India has impacted hundreds of children by providing over 1200 families opportunities and assistance.

# Skill Building

Three skill building sessions are conducted during the reporting period by the HBC team and outside resource team to ensure that clients and their family members are able to address the challenges that emerge due to the HIV status of family member/s. These sessions are focused, primarily, on topics like positive living, HIV care and treatment, myths and misconceptions on HIV, stigma and discrimination due to HIV, nutrition, health and hygiene. Resource persons from outside are also brought in to conduct these sessions. Besides being informative and useful, these sessions also create a platform wherein interaction among families facing a similar situation is possible. Further, separate sessions are conducted for the children. We had a health check up camp during which the clients had Eye check up and gynaecology check up for women clients.

# Hospital outreach and Support

HBC Team currently conducting outreach at the ART centers in 5 hospitals namely Kalawati Hospital, Baba Sahib Ambedkar Hospila, Deendayal Upadhaya Hospital, Ram Manahor Loiya Hospital and Guru Teg Bahadur Hospital.

The team carried out 201 Hospital visit during the reporting period and conducted 814 counseling at the ART Centres. The number of children attended by the team is 1241.

Ration Support: This year HBC program reached out to 351 clients. They have been provided with Wheat flour, rice, sugar, pulses, cooking oil and Horlicks on monthly basis. Some clients also received milk, oats, and egg as per their condition.

During this year 110 children received eggs, milk and Horlicks. 41 children received School fees, Tuition fees, stationary, school bags, uniform and shoes and some medicines for the opportunistic infections this year.

25  
with both  
parents

34  
single  
parent

42 children  
between the  
ages of  
0 to 5

162 Families

19  
orphans

38 children  
between the  
ages of  
6 to 10

108 Clients

22 children  
between the  
ages of  
11 to 18

16 Families  
with 2 clients

15 go to  
school

22 go to  
school

35 go to  
school



# Goal

## Background :

The Naz India Goal Programme works with schools and communities to implement the Goal modules. The Goal programme is a school and community based sport (netball) and life skills programme that is conducted through the 'peer education' approach.

Adolescent girls and young women, former participants facilitate sessions, that enable girls to discuss issues on sexual reproductive health, economic empowerment and social topics in a safe environment providing them with opportunities to take up leadership roles.



Three other modalities are used in situations where the 10 months programme can't be implemented: the three month Goals essentials programme, Goal camps and Goal events.

Girls in the Naz India Goal Programme are encouraged to take up leadership roles. Young girls can grow from peer leaders to volunteer community sports coaches and become employed as junior/senior coaches. The mentorship programme helps girls to craft their pathway and develop employability skills that can lead them to a future in which they can be financial independent young women.

The Naz India Goal Programme organises community netball events, school competitions and events such as the One Nation Netball and the Netball Cup, giving girls the opportunity to continue playing and to change the communities perception of girls playing sports and making their own decisions. The programme works with parents and stakeholders in the community to inform them about the rights of girls and young women and to mobilize their support for the Naz India Goal Programme objectives.

659 girls  
enrolled in  
Chennai and  
Combatoire

30 sites  
launched,  
55 sites  
explored

57  
Community  
Sports  
Coaches

13 coaches

10,161  
girls  
participated  
in 2015

7635 girls  
have  
registered  
in Q1

2447  
girls in  
Goal  
Essentials

7714 girls  
in the  
Goal  
Programme

7099 in the  
ten month  
Goal  
Q1

274 PL\*  
in  
38 PL\*  
sessions

\*PL = Peer Leaders

# New in the Goal Programme

The Goal Programme has started interviewing girls about their participation in the programme. The girls will be monitored for the next five years through video interviews so that a qualitative longer term assessment can be made about the impact of the Goal Programme on the lives of its beneficiaries.

“My periods started a few years back. It was only in the Goal Programme that I realized that I didn't know much at all about menstruation and that what I knew was rather influenced by taboos. During the Goal session I learned that all the restrictions that were imposed upon me were in fact myths. I have made it a point to share what I know not only with my siblings but also with my neighbour and her daughter.”

- Tamanna Pandey, peer leader

# Mentorship program for CSCs\*

Therefore there has been a growing recognition within the Goal Programme that the capacity of the CSCs needs to be built. Besides trainings in facilitation, netball and life skills, a new mentorship programme has been designed to empower the CSCs on their way to become young professionals. An 18 month CSC life cycle programme has been developed to guide and mentor the coaches and to help them acquire employability skills through a workplace readiness programme. Since early 2016, girls are participating in weekly English sessions. With assistance from Naz India and Goal staff, girls have opened bank accounts and applied for bank accounts. A staff member who will head the mentorship programme has been employed.

\*CSCs - Community Sports Coaches

# New Modalities

In 2015 new Goal modalities were introduced since not all girls have the opportunity to participate in the standard 10 month Goal Programme.

- 1) The Goal Camp is a 5 to 6 days training with a minimum of 2 hours sessions per day. The main component is netball while about 25% of the time is focussed on life skills.
- 2) Goal Events are 2 - 3 days life skills training with a lot of fun activities.
- 3) Goal Essentials is a 3 month life skills programme carried out in schools that don't have playing grounds and thus no opportunities to include netball. 2447 girls participated in one of the new modalities.

# Qualitative Evaluation

For the first time in the Goal Programme's history consultants have conducted an external evaluation on the impact of the Goal Programme.

The researchers talked to participants, peer leaders, Community Sport Coaches, parents and teachers.

'Qualitative Evaluation of the Goal Programme',  
Ranjeni Murthy and Pallavi Gupta:

- Community Sport Coaches have improved control and agency over their bodies, they are better able to plan and manage their time, they are more confident in relating with other CSCs and to male leaders in their local areas.
- Access to sports improved the mobility, enhanced confidence, increased friendships and decision making, relationship with parents, awareness of one's body, and knowledge on how to be safe.

## Engaging Community

Goal increasingly recognises that in order to empower girls it also needs to work with the community. Traditionally mothers have been visiting the sites to support their daughters but, in 2015, fathers have become the support system too. The sport events were great opportunities for fathers and brothers to engage in sport activities with their daughters/sisters.

NAZ staff members and CSCs took the opportunity to talk to the male family members about the benefits for girls participating in the Goal Programme.

# Dasra Philanthropy Week, 2016

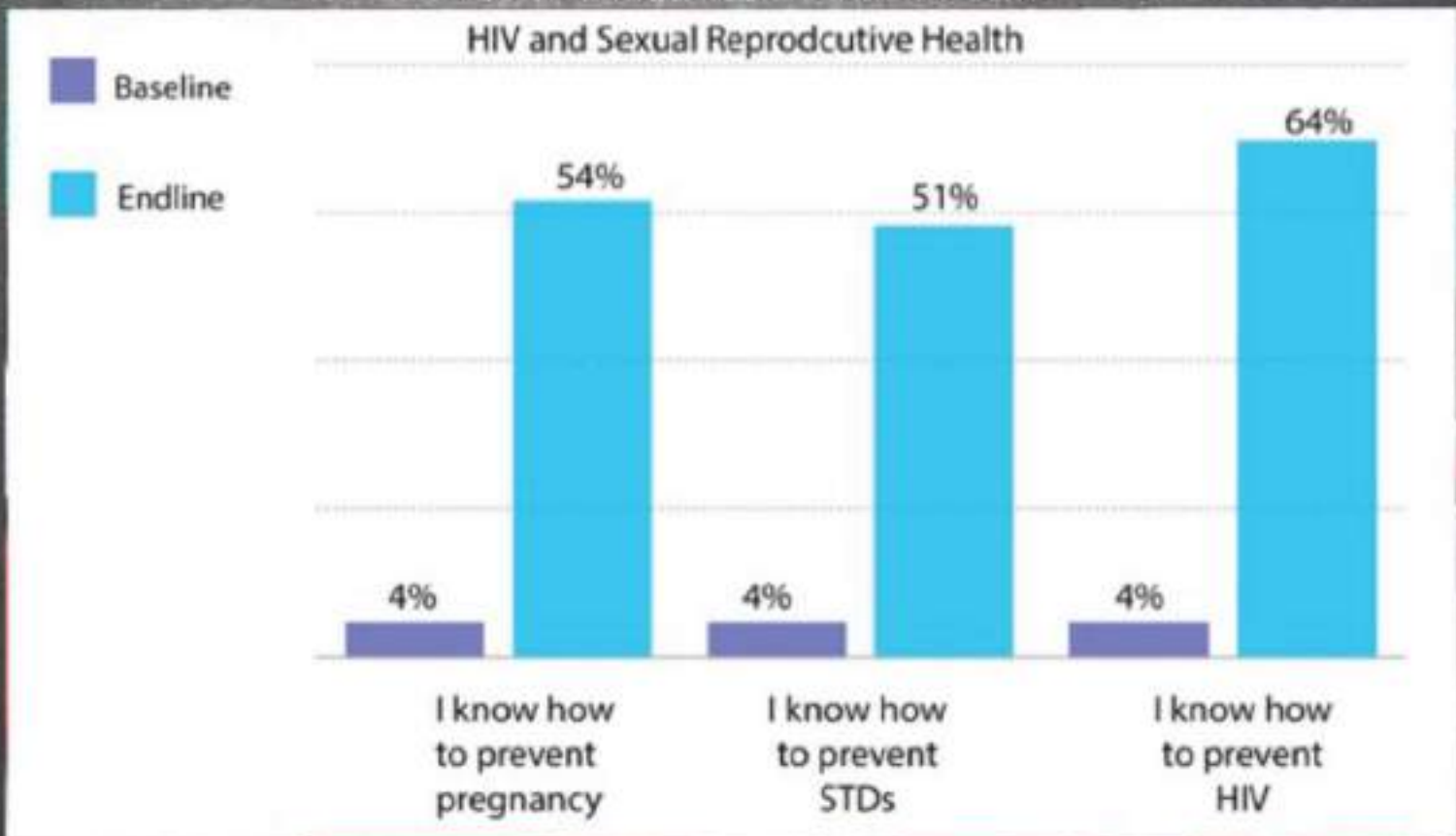
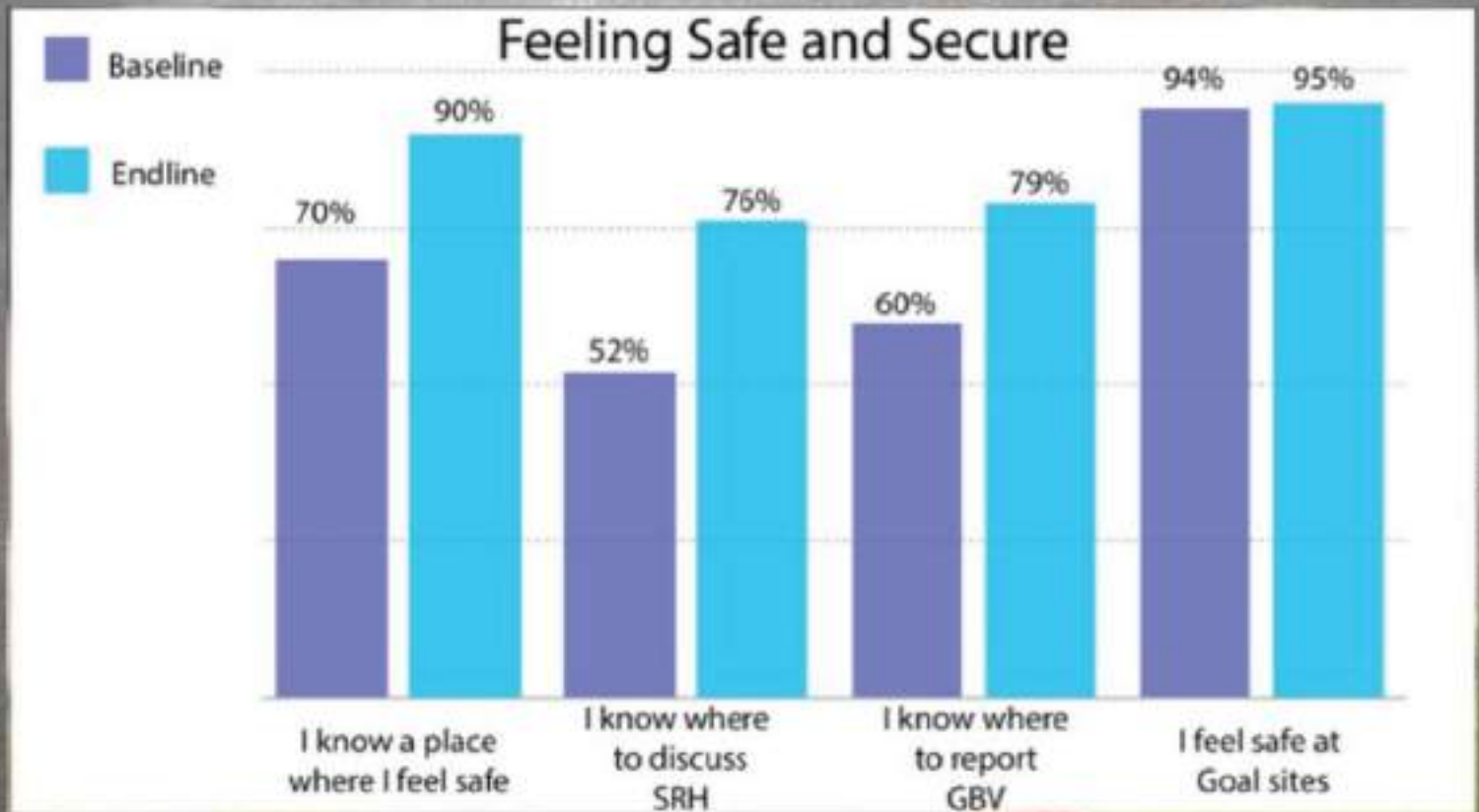
The Goal Programme is a frequent facilitator and presenter during national and international conferences. This year it was Sheetal Shetty's opportunity to engage with an audience of professionals during the Dasra Philanthropy Week 2016. She shared her personal story about how the Goal Programme changed her from a scared teenage girl to the confident junior coach that she is now.

For more girls' stories watch the Naz India Goal YouTube Channel :

<https://www.youtube.com/channel/UCba7Ah6Avt8fy33H-NiRsQw>



# Highlights of 2015



The Goal programme systematically measures changes in girls' knowledge, attitudes and behaviour. The 2015 evaluation shows that girls increase their scores on life skills, knowledge about health and sexual reproductive health, attitudes on sexual reproductive rights and gender and attitudes and behaviour on economic empowerment. Girls are able to identify more safe spaces in their communities. They become more confident, active and competent in sport activities.

For the first time in history, Goal has hit the 10,000 participant mark. 10,161 participated in the Goal programme in 2015. This has been a 50% increment of which 33% was achieved in Mumbai and 67% in Delhi with Chennai also increasing its number of beneficiaries per year. In 2016, Goal aims to reach out to 14,500 girls.

Ramesh Chand, father of Rajni, one of the Goal girls : 'My daughter's thought process has changed a lot. She is independent and confident. I have faith in her that whatever she wishes to do she can do without any hesitation.'

## Rio and Robbie in India

BT Sport ambassadors Rio Ferdinand (Manchester United, English football international) and Robbie Savage (Derby County, Welsh national team player with 39) visited the Goal Programme in Delhi. Rio and Robbie talked to girls, parents and Goal Programme staff and of course they played a game of netball!

Rio Ferdinand: 'Initiatives like this are the catalysts for the change of culture for the older generations. For girls, being part of Naz's Goal Programme makes a big difference. It is an unbelievable thing for them to be part of this learning experience with life skills and with responsible people around them. Initiatives like this need to happen!'

# Way Forward

Formalize the CSC mentorship programme and roll it out to Chennai and Mumbai Picture. BT Sport's charitable initiative that uses the power of sport to create a better future for young people. In this capacity it supports the Goal Programme since 2015.

- We aims to reach out to 15.000 girls in Delhi, Chennai and Mumbai through the various Goal modalities.
- We will work on strengthening systems and processes in order to roll the programme out to more girls and to build the organisation as a sustainable sport for development organisation.
- The Goal Programme is directly implemented by Naz India and indirectly through Thozamai in Chennai. In 2016, two new organisations will be selected as new partners to implement the Goal curriculum in Tamil Nadu.



# Men who have sex with men (MSM)

Capacity building team trained the staff members of Diagno Lab in Manesar and Artemis Hospital in Dwarka on Pre and Post HIV test counselling.

HIV awareness trainings were conducted in various schools and institutions in Delhi to spread awareness on basics of HIV, prevention of HIV and mitigating stigma and discrimination.



86

LGBTQ/MSM  
related  
counselling



# Training of Child Care Institutions

## **Background :**

The Naz Foundation (India) Trust and Adoptionscentrum collaborated on the project adopting the rights based approach for Children Living with HIV and AIDS (CLHA) continuing the work of the previous year in 2015-16. The focus was on building the capacity of institutions through the Peer Educator's Training in the states of Bihar and Odisha.

## Activities in Bihar

During the reporting period Naz completed the 3rd training for the Child Care institutions (CCI) of Bihar in which capacity building was done for 8 institutions by training 28 Peer Educators. The program also commenced the training for the second batch for the CCIs in the northern Districts of Bihar. This batch has 29 Peer educators from 6 institutions spread over 5 districts. These new institutions were selected after the needs assessment visit by the Naz Team conducted in the month of August 2015. In the final training the Peer Educators were further trained on topics like life skills, sex and sexuality, HIV and AIDS, Child Rights, health and hygiene, environment etc.



## Activities in Bihar

The experiences of working in Bihar helped us to understand the current conditions of child care institutions and the status of HIV/AIDS (of CLHAs in particular) in the state. The training resulted in improving the conditions of the orphaned and vulnerable children as the institutions also have a better understanding of the rights based approach. This was possible due to the active participation of the staff members in the Peer Educators training. The feedback received from the Peer Leaders shows that the sessions they conduct at their institutions are well taken by the other peer groups and the staff.

Most of the Institutions have better child participation. Three of the Peer Educators mentioned that they have adopted alternative disciplinary methods and the word 'punishment' is no more relevant to them.

## Activities in Odisha

Naz team conducted a needs assessment visit at over 15 Child care Institutions spread over 6 districts of Coastal and North Western Odisha. Findings of the needs assessment visit reveal that most of the CCIs still run on a charity mode, many of them function with inadequate staff strength. This affects the quality of the care the children get in a CCI. There are no means of getting the existing staff trained on relevant issues like child rights, child protection, life skills etc. All of them expressed their desire to have the Peer Education program for their children and staff. Two trainings for the second batch in Odisha have been completed during the reporting period. 33 Peer educators and staff from 7 Child Care Institutions from 4 Districts of Odisha underwent the training.

## Activities in Odisha

During the needs Assessment visit Naz team also visited 3 of the CCIs in Odisha who have completed the training in the first batch to assess the impact of the training. It was satisfying to note that all these three institutions namely, Utkal Balika Ashram, Behrampur, Shradha Sanjeevani Gopalpur (Care Home for CLHAs) and Palli Unniayan Seva Samidhi Bhubaneswer, are continuing the sessions at their respective institutions, schools and communities with high enthusiasm. Palli Unniayan has now 2 HIV positive children living in the home. The non positive children have no stigma related to HIV and have been trained to take care of HIV infected children.

The Technical Support visits to the institutions was conducted in order to find the gaps and to give further support to the Peer educators and CCIs.

3rd training and certification of 1st batch of Peer Educators in Bodhgaya

20 Peer Educators and 8 staff members

1st training of 2nd batch of Peer Educators in Bihar

22 Peer Educators and 7 staff members

Technical Support Visit to Bihar and Odisha

Impact Assessment Visits

6 Child Care Institutions

1st training of 2nd batch of Peer Educators in Gopalpur sea in Odisha

25 Peer Educators and 8 staff members

2nd training of 2nd batch of Peer Educators in Gopalpur sea in Odisha

25 Peer Educators and 8 staff members

The self-esteem of the trained Peer Educators (PE) has really increased dramatically. PEs of both the batches have gained a lot of confidence, their knowledge levels have improved, and they have developed strong facilitation skills. PEs are now following the learning to improve their own lives by taking more interest in studies and becoming role-models for other children in the CCI. The final training, exposure to Delhi particularly to Naz Care Home has made them more committed and motivated. All the Peer Educators now have a better understanding of issues of stigma and discrimination around HIV and AIDS.

The training has empowered the PEs and their sessions help the fellow adolescents and children adapt better health practices, they have become aware of their rights and protect themselves from abuse. PEs are now capable of spreading awareness, and help lessen the stigma attached to positive people. This helps to a decrease in discrimination and help ensure mainstreaming of positive children.

During the reporting period the program has reached out and built capacity of 90 PEds from 14 Child Care Institutions in the states of Odisha and Bihar.

The biggest achievement is that almost all the care homes are now willing to accommodate HIV positive Children to their homes.

Palli Unniyayan Seva Samiti, Bhubaneswar has now accommodated 1 more positive child and now they have two positive children living there without any stigma or discrimination. The children from Utkal Balika Ashram often visit the Shradha Sanjeevani Home for HIV positive children and spend time with them. This gives a morale boost to the positive children of Shradha Sanjeevani.

# Learnings

- The staff turnover at the CCIs continues to be a challenge, they need to build the capacity of the staff to take care of the HIV positive children.
- Trainings have helped to develop linkages with the various child care institutions. Some of the government run institutions have rules that don't allow children to attend trainings outside of the institutions.
- The CWCs and other stake holders need support to have a greater impact to a rights based approach.
- There are no adequate resources to build the capacity of the CCIs in both the states; networking with stakeholders recommended.







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