

THE NAZ FOUNDATION (INDIA) TRUST

ANNUAL IMPACT REPORT
FY 2023-24 (April 2023 – March 2024)

About The Naz Foundation (India) Trust

The Naz Foundation (India) Trust is an NGO founded in 1994 by social sector leader Anjali Gopalan. Ms. Gopalan started Naz with a focus on supporting individuals from socially and economically excluded communities to improve their health, wellbeing, opportunities and quality of life. Naz India works to empower marginalized young women, the LGBTQIA+ community, and people living with HIV and AIDS.

Naz Care Home

Naz Care Home is a registered Child Care Institution (CCI) run by The Naz Foundation (India) Trust exclusively for orphan Children Living with HIV (CLH). The focus of the home is to provide a loving and nurturing environment for children living with HIV who have been abandoned by their family, offering a holistic approach to their health and well-being in a safe, caring and stimulating environment.

During the reporting period, 14 children and young adults were given care and protection at Naz Care Home. Naz also takes care of 10 young adults who were previously in Naz Care Home and are now living independently, providing continued support through follow-up of their physical and mental health, ART medicine adherence, other material needs, and career guidance.

Education and Career

12 children are enrolled in regular schools. One is completing her 12th class through Open School, and another is in her 2nd year of graduation. Additional support with private tuition is arranged to help the children with their academics. Children performed well in their annual exams and were promoted to the next classes.

The girl pursuing her Bachelor's Honours Degree in Hindi at a regular Delhi University college has continued to do very well, as has the girl undergoing training in commercial art and Corel Draw. The girl completing her course in Veterinary Care at the Delhi Professional Management Institute (DPMI) resumed her internship with Maxvet. Two children with special needs continue to attend classes at AADI (Action for Ability Development and Inclusion).

The past year has focused on mainstreaming the older children under Naz's care. Five individuals took initial steps toward securing employment while also pursuing further education in fields such as graphic design, accountancy, and veterinary care. They will continue to reside at the care facility until they are ready to live independently. One young man who turned 18 opted to take up a job and start living independently, with continued support from Naz through this transition.

Health

Alongside quality education, Naz is equally committed to providing quality health care. A physician visits the home regularly, treating simple infections and providing referrals as needed. The children are registered at the Anti-Retroviral Clinic at the All India Institute of Medical Sciences (AIIMS) and follow up regularly for tests and check-ups. All children are on Anti-Retroviral Therapy, with caregivers ensuring strict medication adherence and a highly nutritious diet.

Regular counselling at the Care Home level supports the children's mental health, with Dr. Kushal Jain and his team from the Centre for Behavioural Science assisting when external support is required. Effective implementation of the

child protection policy supported children's safety and wellbeing, and children received a refresher orientation on the policy.

Children's Participation

The children are well aware of the Naz Child Protection Policy and actively participate in the Children's Committee meetings and the Care Home Management Committee meetings. Two children took part in an awareness initiative on gender equality facilitated by the Young People's Initiative (YPI), with a focus on equal opportunities for girls to participate in public spaces.

Five children participated in the Naz YPI economic empowerment programme 'Aath Kadam.' Two took part in a series of individual career goal-setting sessions to help them choose a career path, while three younger children in class 10 participated in a generic goal-setting session focused on their future education streams. Those in professional training — Graphic Designing, Veterinary Care, and others — have stayed in touch with the Aath Kadam team for internships and guidance. Six children have started learning English through Enguru, a live English self-learning app, with support from the Aath Kadam team.

Active participation in forums such as the Children's Committee and the Care Home Management Committee gives the children a genuine role in decision-making at the Care Home.

Care Team

The children are provided services round the clock by a skilled and committed team consisting of a Coordinator, a Social Worker, three caregivers, and a physician. Naz's commitment to its children is for life-long care.

Celebrations

Birthdays and festivals are celebrated, and the children also mark days of national importance such as Independence Day, Republic Day, and Vir Bal Divas, alongside input sessions on topics such as child safety, personal wellbeing and 'Good Touch – Bad Touch.' The children also enjoy outings to amusement parks and film screenings.

Aath Kadam — Economic Empowerment and Employability

Aath Kadam is Naz's economic empowerment programme for adolescent girls and young women. It supports participants in defining future goals and taking practical steps towards greater financial independence through education, employability and entrepreneurship pathways, including training, mentoring, counselling and work experience.

During FY 2023-24, the programme continued its regular employability intervention for young women, with a focus on helping participants access employment opportunities. Naz connected participants with training partners and also conducted in-house training in practical skills relevant to employment, including hospitality, customer service and retail. The programme also provided career guidance and support to help participants identify suitable opportunities and progress towards employment.

The programme's FY 2023-24 output figures are currently being consolidated. A detailed quantitative summary will be added once the programme records have been fully compiled and verified.

About the LGBTQIA+ Centre

- The Centre features a library and community space where LGBTQIA+ folks can gather, engage in conversations, and enjoy reading, fostering connection and learning in a welcoming environment.
- The New Delhi LGBTQIA+ Centre offers 40+ services specifically designed to meet the health needs of the queer community.

Naz's LGBTQIA+ programming — support groups, legal assistance, the Naz Dost Helpline, and off-centre engagements — has been running for years. The Centre, which opened in December 2023, brought these services under one roof and added two new in-house services: Clinic Services and 1:1 therapy.

How the Centre's Work Is Organised

- Mental Health Support:
- Naz Dost Helpline: 1:1 Tele-counselling, Naz Dost Trainings
- Qare — Mental Health: 1:1 Professional Therapy, Listening Circle, Therapist Meet-up, Awareness Workshops
- Monthly Support Groups: Ace/Aro Group, Transmilan, Sangini, Queerkhana, Be the Change, Grown-N-Queer, A-Space, Ekta
- Health Information, Sensitization & Engagements (Off-Centre): Training Sessions, Talk Sessions, Legal Information Sessions, Sensitization Sessions, Panel Discussions, DE&I Sessions, Embassy Meet-ups, DE&I Consulting Services
- Clinic Services:
- Medical Consultations, Medicines, HIV Testing, STI Testing, HIV Counselling, PEP & PrEP

Qare — Mental Health Services

Qare is a mental health initiative dedicated to supporting LGBTQIA+ people, structured around three main areas: the Naz Dost Helpline (Telecounselling), Therapy Services, and Events. Therapy Services are further divided into In-House Counselling and Partner Therapists, providing customised mental health support. The events segment includes Monthly Events — Qare Connect (QACP Meetup) and Kins of Queer (Listening Circle) — along with other activities such as Naz Dost Training, Preview Therapy, Art Therapy (Sip and Paint), a Mental Health Workshop on Working with Trauma, and the InclusiCon LGBTQIA+ Academic Symposium.

Naz Dost Helpline

Naz Dost is a peer-to-peer counselling and support initiative launched by The Naz Foundation (India) Trust to provide support to those who seek it. It offers emotional support and guidance on legal matters, mental health, and sexual health concerns, and also attends calls confirming information about therapy sessions, support groups, and other Centre and Foundation-related queries. Over the year, the helpline handled approximately 1,811 peer counselling contacts, split fairly evenly between telecounselling and face-to-face support, with a healthy mix of new and follow-up callers.

Therapy Services

The Qare Initiative provides tailored therapy for the queer community in a supportive environment. Queer-informed therapists address LGBTQIA+ challenges through the Partner Therapist Counselling Allocation program, working alongside experienced professionals, with pro bono and sliding-scale options to ensure accessibility. Since launching with the Centre in December 2023, In-House Therapy has served 66 clients, offering 220 sessions, of which 147 were availed.

Qare Events

- Qare Connect — a meeting for therapists specialising in Queer Affirmative Counselling Practice (QACP), bringing together mental health professionals from across Delhi NCR for collaborative discussions on queer mental health.
- Kins of Queer — a Listening Circle designed as a space for participants to explore and share personal emotions and experiences, allowing for a deep and meaningful exchange of perspectives.
- Naz Dost Training — a thorough session for Naz Dosts centred on sexual and mental health, providing volunteers with vital knowledge and skills for community service, covering sex positivity, HIV/STIs, and fundamental counselling techniques.

- Preview Therapy — offered individuals direct insight into the therapy process, easing concerns and fostering a supportive space for discussing challenges, while allowing the Qare team to collect feedback for ongoing improvement.

Clinic Services

Naz Clinic, a pioneering initiative by the Centre, stands as a beacon of inclusive and compassionate healthcare for the LGBTQIA+ community. Founded on principles of empathy, respect, and dignity, Naz Clinic is dedicated to addressing the unique healthcare needs of sexual and gender minorities by offering safe, non-judgmental, and affirming care. Its mission is to bridge the gap in healthcare access for LGBTQIA+ individuals by providing comprehensive services that support their physical, mental, sexual and emotional well-being.

Since opening with the Centre in December 2023, the Clinic has provided 384 consultations — 252 in-person and the remainder through remote consultations, email queries, and general medical queries — alongside 38 HIV tests, 137 HIV counselling sessions totalling over 84 hours, and 81 PEP and PrEP prescriptions, reflecting the clinic's proactive approach to HIV prevention.

Support Groups & Centre-wide Engagement

The Centre hosts nine monthly support groups and meet-and-greets, each designed to serve a different part of the LGBTQIA+ community. These groups give queer individuals safe, confidential spaces to connect, receive peer support, discuss experiences and access wellbeing support — including specialised groups for people living with HIV, trans and non-binary individuals, aromantic and asexual individuals, women attracted to women, trans-masculine folks, and members over 28. A listening circle, moderated by a psychologist, ensures a supportive environment for queer individuals to discuss personal challenges and explore their emotions.

The Groups

- Be the Change — exclusively for members of the LGBTQIA+ community living with HIV. 1st Saturday of every month.
- Transmilan — for all transgender, non-binary, kinnar and koti individuals. 2nd Saturday of every month.
- A-Space — exclusively for asexual and aromantic individuals. 2nd Sunday of every month.
- Sangini — for women attracted to women and for trans-masculine folks. 3rd Saturday of every month. (Launched June 2023.)
- Ekta — for MSM (men who've sex with men) and TG (transgender) sex workers. 4th Tuesday of every month.
- Grown-N-Queer — for all queer individuals aged 28+. 4th Sunday of every month.
- Queerkhana — open to all queer individuals. Last Saturday of every month.

Across the year, these support groups, in-centre events, and the safe home together reached 4,701 beneficiaries — 1,750 through support groups, 2,923 through in-centre events, and 22 through the shelter.

Notable In-Centre Events

IDAHOBIT — collaboration with the Tweet Foundation, featuring a visit from the High Commissioner of Malta

- IDAHOBIT — International Day Against Homophobia, Biphobia, and Transphobia: collaboration with the Tweet Foundation featuring a visit from the High Commissioner of Malta. 17th May.
- Career par Charcha — a one-day event featuring Gartner employees providing career counselling to community members, offering personalised guidance on career paths and interview skills. 14th June.
- Dholak Peti — a celebratory event for the trans sex-worker community with a special tribute to Bollywood icons (like Gangubai). 21st June.
- Qapable — hosted by iDLx Learning Labs, provided training for 30 queer individuals in practical skills such as resume building, LinkedIn networking, and interview preparation. 22nd June.

- Bakingo: Icing Workshop — a cake decorating workshop held at the Centre in collaboration with Bakingo, where community members learned from professionals in a fun, creative environment. 22nd June.
- Cruising Queer Belongingness — a festival in partnership with The YP Foundation, celebrating queer experiences of belonging through films, art, and meaningful conversations. 29th–30th June.

The Centre has also welcomed notable visitors over the year, including diplomatic guests, community icons, and international allies, reflecting its growing role as a space for health, wellbeing, learning and community engagement in Delhi.

Off-Centre Events

At Off-Centre, Naz offers comprehensive training programs for schools, colleges, corporates and the Delhi Police, focusing on diversity, equity and inclusion, with emphasis on gender, sexuality, health awareness and sensitization. The training with Delhi Police features interactive modules that build understanding and respectful communication through personal stories, case studies and discussion. The HIV & AIDS training breaks down key concepts, clarifies transmission methods, and debunks myths. For schools, the Train the Trainer initiative supports participants to build knowledge and skills that can contribute to more informed and inclusive environments.

Across the year, off-centre engagement reached approximately 59 events and 3,047 attendees.

Programme Breakdown

Programme	Sessions	Attendees
DE&I Training with Schools, Colleges and Corporates	16	939
Gender & Sexuality Training with Delhi Police	1	15
HIV & AIDS Training	9	205
Train the Trainers	7	660

Other Notable Events

Event	Participants
Qalentine's	58
Violet Chachki's Visit	35
Celebrating LGBTQIA+ History Month (UK) & Zero Discrimination Day, British High Commissioner's visit	42
Movie Screening (Pine Cones)	180

Legal Aid Services

Legal Aid at the Centre addresses the specific legal needs of queer individuals, offering legal information, research and support to those navigating the legal system. Over the year, the department documented 72 court hearings across four primary courts — Saket Court, Faridabad Court, Karkardooma Court, and the Juvenile Justice Court — and handled approximately 166 cases. The most common legal issues were Grindr extortion and cyberbullying, underscoring the

unique challenges faced by the community. Alongside casework, roughly 40 legal information and awareness sessions were organised to support understanding of available legal processes and services. Through the collaborative efforts of staff, law students, volunteers, and interns, the clinic continues to support individuals in accessing appropriate legal information and assistance.

Case Type Breakdown

- Police Complaint — 19%
- Grindr Extortion — 19%
- Cyber Bullying — 19%
- Police Harassment — 9%
- Crisis Within Family — 7%
- Legal Consultation — 7%
- Domestic Violence Complaint and Intimate Partner Violence — remaining share
- Workplace Crisis — 2%

Court-specific Insights

- Karkardooma Court handled the largest share of hearings, with steady involvement each month.
- Faridabad Court was especially active in February and March.
- Saket Court was consistently engaged across the year, including a notable rise in April, May, and June.
- The Juvenile Justice Court handled a smaller, more specialised caseload.

DLSA Legal Awareness Events

The New Delhi LGBTQIA+ Centre, in collaboration with the District Legal Services Authority (DLSA), has been conducting legal information and awareness camps for women, transgender people, and the MSM sex worker community. These events provide an opportunity for participants to receive information about legal processes and available support directly from legal professionals and judges. During each session, legal experts offer insightful guidance on navigating the justice system, while also listening to the community's concerns and offering personalised suggestions for resolving legal challenges.

Across the year, roughly 40 legal information and awareness sessions were held at various venues, including police stations, public grievance cells, and community halls — among them sessions at Rajinder Nagar Police Academy, Badarpur Police Station, Sarita Vihar Public Grievance Cell, Central DLSA, Faridabad Sector 37 Police Station, Amar Colony Police Station, South DLSA, the Municipal Corporation, the MLA Office of Dakshinpuri, Dakshinpuri Community Hall, Kalindi Kunj Police Station, Devli Mahila Thana, Neb Sarai Police Station, Naveen Nagar Police Station, Sarita Vihar Police Station, and Dr. Ambedkar Nagar Police Station. These sessions were designed not only to educate but also to foster a sense of confidence and support among some of the most marginalized groups, helping participants better understand available processes and address legal concerns with greater confidence.

Year at a Glance

Vertical	FY 2023-24
Support groups & in-centre engagement	4,701 beneficiaries
Off-centre events	59 events / 3,047 attendees
Legal aid — court hearings	72 hearings
Legal aid — documented cases	166 cases

Vertical	FY 2023-24
DLSA legal information and awareness sessions	40 events
Naz Dost Helpline contacts	1,811 contacts
In-house therapy	66 clients / 220 sessions offered
Clinic services	384 consultations / 38 HIV tests / 137 counselling sessions / 81 PEP-PrEP
Instagram followers	3,430 → 10,000
Naz Care Home — children & young adults supported	14 in residential care / 10 living independently with continued support
Aath Kadam — Economic empowerment & employability	FY 2023-24 intervention continued; quantitative outputs being consolidated

As we move forward, Naz remains committed to strengthening access to comprehensive and responsive health and wellbeing services for the communities we work with. The year has reinforced the importance of accessible healthcare, mental health support, HIV and STI prevention, counselling, peer support, and pathways that contribute to greater wellbeing and stability. In the coming year, Naz will continue to build on these interventions, strengthen partnerships, improve access to appropriate services, and respond to the evolving health and wellbeing needs of the communities we serve.

