



Endeavour to excel

Annual Report 2015-16



Ekta Shakti Foundation

To make the world better





Vision

A world of hope, kindness and positive action where every person has the opportunity to live a healthy and productive life.

Mission

To catalyse ongoing positive transformation in the lives of people, especially disadvantaged children, youth and women through equitable opportunity and inclusive development efforts.



Focus

We put children, especially girls and women at the center of our efforts. They are often the most disadvantaged and positive change in their lives can be transformational for the entire family and the next generation.

Core Values

Our core values embedded in everything we do -

REACH

R - Respect

E - Efficiency

A - Accountability

C - Commitment

H - Honesty





Shri Anil Aggarwal
Chairperson, Ekta Shakti Foundation

Message from the Chair

Since its inception in 2003 by ten like-minded people, **Ekta Shakti Foundation's** journey has been very humbling. Reaching out to approximately seven lakh children per day, our determination to deliver service par excellence grew, ensuring our kitchens an exemplary facility in the country.

Committed services helped Ekta Shakti Foundation position itself as one of the promising non-profit organisations successfully implementing the Mid Day Meal Nutrition Programme, Special Education and project for Women Empowerment impacting more than eight lakh lives including all stakeholders.

We continue to strive to achieve the best, from equipment, facilities, training, capacity building to having state of art setups. Quality never got compromised as we expanded our reach within the operational states of Delhi and Bihar.

While the focus remained to the larger goals, many initiatives on day to day operations were implemented improving optimal utility of resources and to avoid wastage of food.

Our kitchens are huge units catering to more than seven lakh children per day. Packaging and transportation of food is ensured by the organisation. The containers when returned had unconsumed food due to many factors like absenteeism, less consumption as per allocation or any other, which amounted to large volume considering the quantity of supply. For avoiding wastage of food, the teams identified animal sheds in the vicinity and supplied the spare food for no cost thus ensuring use of all consumable food items and discouraging any wastage.

The units faced electricity concerns - thus to combat shortage and untimed power cuts, the organisation installed solar units on the terrace of its kitchens. This initiative helped to encourage locals to adopt this method of back up electricity for their households use. Both our initiatives were received well by the communities and yielded benefits for the staff who got inspired in optimising resources. The organisation apart from such initiatives also conducted many other activities, outside its core work to nurture a culture of service for humanity.

A visible shift in attitude and sensitivity was noticed in areas of our intervention.

The organisation not only contributed in the shift in behaviors but was a change agent for many women and youth who aspired for a dignified

“ Our current engagement, across the 14 kitchens exceeds more than 1000 staff, 700 cook and support staff. ”

living. Our current engagement across the 14 kitchens exceeds more than 1400 staff, 700 cook and support staff. We continue to contribute through projects, programs and initiatives, generating more than 1000 engagements for women and youth across its theme of work. These engagements provide equal opportunities for all and render required training and capacity building where needed, opening doors of opportunities to housewives and youth who aspire to contribute to their family income.

I hope with constant support from the government, authorities, schools, administration and staff involved, we will be able to continue this good work and further our goal and mission.





Nutrition

The Mid Day Meal Nutrition project runs across the states of Delhi and Bihar. The project covers approximately seven lakh children per day. Through this project, as directed under the Government scheme, the organisation ensures to provide hot cooked meals or ready to eat food based on sound nutritional principles. It not only protects children from classroom hunger but also increases school enrolment and attendance. It addresses the issue of malnutrition, which in turn helps in making children healthy and contributes towards the socio-economic development of the country.

The Mid Day Meal menu is decided in consultation with nutritionists from the National Institute of Nutrition and the officials of the state government. The cooked meal is laboratory tested for its quality and nutritional content by appropriate authorities. Furthermore, the understanding evolved with the Integrated Child Development Services program of Delhi Government has enabled the organisation to extend its expertise in producing fortified Bakery Products for consumption by the children. The nutritiously rich biscuits have to be distributed to school children as a nutritional supplement to keep them healthy and active.

The project has established 14 kitchens and has been efficiently complementing the Mid Day Meal Scheme of the Government of India by catering to around 1.47 lakh children from 300 schools in Delhi, falling under the aegis of South Delhi Municipal Corporation. Similarly in Bihar, it expanded from 45 thousand to approximately seven lakh children covering five districts and 2458 schools.

This target was achieved by equal participation and support from the authorities and staff. Women Self Help Groups were engaged and youth were trained for engagements, thus generating employment and equal opportunities in the region.



The Impact of the Mid-Day Meal Scheme

1. The nutritional status of children in schools from the age group of 5-14 improved and stabilised.
2. Children from disadvantaged sections became regular to school with drastic reduction in school drop-out ratio.
3. Approximately 500 youth/and women got actively engaged
4. Safe school environment preserved from potential fire hazards due to decentralised kitchens away from the schools.
5. Children became social and actively participated in drives and events related to education and habit based interventions.

The outcomes of the nutrition programme are rewarding and the shift was apparent due to the increase in the quality of our service with state of art kitchens.

These highly sophisticated centralised semi automated kitchens are capacitated to cater to thousands through one preparation.

Raw material is procured from Food Corporation of India, and other local sources. These are cleaned by the kitchen staff and kept in godowns. The functioning of the kitchen starts from 4 AM in the morning. The prescribed standard menu is followed to prepare the food. Kitchens are equipped with specialised machines for preparing the food which includes steam boiler, steam jacketed kettles, automatic poori making machines with capacity of 10,000 pooris per hour, dough kneading machine and semi automatic washing plant. All the processes are ensured and strict measures are taken to maintain hygiene, cleanliness and quality of the cooked food. All the utensils used in preparing and storing the food including the stainless steel tiffin's are properly washed and sterilised. The food thus cooked is packed in prescribed stainless steel utensils and sealed.

It takes about more than 30 items to make these kitchens worth state of art units. The kitchen is incomplete without undermentioned essentials -



Flour Kneading Machine

About 100 kilograms of flour can be kneaded in this machine. There is however a need to add water as per consistency which is monitored by the attendant.



Poori Maker and Bhatti

The dough is spread on the metal sheet with the compressor, like a cloth. This sheet then passes under a cutter, which cuts them in circles. The circles are picked manually for deep-frying. The remaining dough is collected for the second round of compression and cutting. The machine is capacitated to make 10,000 pooris in one hour.



Potato Peeler

The machine is capacitated to wash and peel more than 100 kilograms of potatoes. This is a high-end machine with a peeler fixed inside which starts working in circular motions along with the motion of the container.



Steam Boilers

This is a centralised set up which generates steam and pumps it into pipes, which is connected to multiple kettles. This unit functions under a fixed temperature and pressure. The supply of steam is also maintained to ensure effective cooking of food which can be controlled with knobs attached to kettles.



Steam Jacketed Kettles

These are special containers shaped like big sphere jugs with a nozzle on one edge to pour out the food. The sphere shaped metal container is jacketed with another layer of metal, which is spaced so that the steam could pass through and cook the food without burning. One kettle can cook upto 100 kg of rice and more than 120 litres of cereal (dal) and approximately 110 kg of vegetables in one go.



Suji Roaster

This semi sphere shaped container can hold upto 12 -140 kgs of Suji. This is maneuvered by an attendant and the suji is roasted in low ghee or oil.

The kitchens are semi automatic since jobs like cutting, packaging, pouring, mixing masalas and utensils washing of utensils (selective) are still part of manual jobs. While storage is done in the adjacent godowns, monitoring daily supplies and needs is a key task done by the supervisor, which is tested along with food from time to time to ensure quality of ingredients used.





Shri Bishen Patel

Former Education Minister, Bihar

I visited one of the units and I really liked their work; very neat, clean and hygienic. Later World Bank representatives also visited them and gave a letter of appreciation for their good work. We invited them to Bihar as an experiment to initiate their work and services of Mid Day Meal. Their work has been very impressive.



Deepak Kumar

Production Incharge, Kitchen 1, Matiala

I joined the organisation in 2009 and since then have been with the unit. I was jobless and in spite of trying at multiple places for an opportunity could not secure one. This is my first and only job. This gives me immense satisfaction as I love children and this work helps me, reach out to them. The work here has become my passion. Talking about the kitchen, this unit called kitchen 1 can cater to approximately 75 thousand children and our kitchen 2, can cater to approximately 1 lakh and 60 thousand children. Here at kitchen 1 unit, I have about 40 employees working, out of which 20 are only cooks. We make sure a new employee runs through all functions so he/she can pick their choice of work as per their skillset and then we train them for the same. We conduct monthly training, grooming, hygiene and personal hygiene sessions for all employees. Every month the required allotment of aprons, caps, gloves, clothes and detergent is made to ensure cleanliness. We follow our laid norms and I make sure each person working here or entering the kitchen follows it.



Yatendra Singh

Head Cook, Kitchen 1, Matiala

I was jobless and was shuffling for work from my native place near village Bajpur in Uttar Pradesh. I started working here since 2008 and continue to work since then. I love cooking as this is the only work I know. Working here gives me lot of happiness and satisfaction. I work as the head cook and under me there are main cooks, allotted with respective cooking expertise, who are assisted by 4 to 5 cooks. As per the menu of the day, jobs are allocated and the team gets to work. I monitor the over all functioning of the unit and make sure of the ingredients and production of food as per the day's requirement.



Rajni

Support staff (sealing) Kitchen 1, Matiala

I am working here since past 4 years. I was a housewife and struggled managing the expenses. I was in need of income and some dignified work. I got the opportunity to work here. I am very happy as this work gives me the desired financial support, suits my timings as I can balance work and home giving me lot of satisfaction to contribute in some way.



Prakash

Housekeeping

I am here since past two years. Due to personal challenges I could not complete my education beyond class VII. I was searching for a suitable work as our financial condition was not very good and I wanted to contribute to my family income. I got training from an agency and was placed here. I felt respected and very happy working here hence did not change my job. My younger brother also got motivated to work and is now under training. My confidence has grown and I feel happy to support my father.



Pushpa

Support Staff Cleaning

I clean utensils and make sure they are neatly wiped and kept. I also sieve grains properly before sent for cooking. It's been 8 years now that I have been working here. When I came here I had little hope as I am not educated and feared that if I am not able to secure a job then I may not be able to survive. But this job has changed my life; I feel respected, can support my family now and also feel happy to contribute my share for the children through my work.



BrahmShakti Special School

BrahmShakti Special School was established for children with autism, pervasive development disorder, developmental disabilities, emotional & behavior challenges and physical disabilities, with a purpose to support the children through special education, therapies, vocational and provocation services. The school creates a dedicated and loving environment and engages trained therapists and teachers to ensure a holistic learning environment. Apart from its regular services the school conducts counseling sessions for parents.

Each child is special and the school caters to their respective needs varying from child to child. Activities like sports, drawing, dancing, music and craft are part of the vocational training programme, which helps explore the child's innate talent and help find their expression in the chosen form.

The school has supported more than 100 children and continues to offer services through its two branches in Delhi.

The Impact Created

1. All children attending the special school are now able to handle their daily needs themselves without support and have become expressive and social.
2. Few children trained on vocational skills such as cutting and tailoring, candle making, flower recycling and arts & crafts work produce products, which are marketed through various means to generate some revenue to help develop sustainable livelihood options for the the children.
3. They are given a platform to showcase their talents on annual cultural and sporting events like special Olympics, where they have won accolades and medals accounting to five golds, two silvers and five bronze.
4. All children with special needs have also been insured for a sum of Rs.1,00,000/- each through the Nirmaya scheme.

The schools consciously works towards empowering the kids with many skills like basic motor skills, social skills, walking, speech, bathing, brushing and such daily based tasks which they used to be dependent for, earlier. With various activities the kids find creative engagement and an opportunity to explore themselves with new potential.

The counsellors also work with parents by giving them time to time counseling on many aspects like handling the children at home, words to be used or not to be used, sensitiveness and other related concerns. This not only empowers the parents but also gives them confidence in their kids.

These initiatives have helped the families find a new life. Children with some specific Attention Deficit Hyperactivity Disorder (ADHD) got admission in regular schools thus streamlining about 10% of the total school strength.

Children have not only found their identity in sports, dance, music but have learned life skills tapping their true potential.



Vikas Tripathi

Speech and Audiologist at BrahmShakti Special School, Dwarka.

I have been with the school for over four years now. The challenge to teach children is very high, as they do not even recognise their parents. Our first step is to help them build recognition and some sign of communication. Their biological age and mental age are not same, hence as therapists we go by their mental age but always advise parents to come to us at an early biological age as it is much easier to train with early intervention.

I work on vocalisation, vocabulary, receptive skills, expressive skills and facial movements of the child. This therapy helps them improve articulator function, they learn to use teeth, tongue, palette and lip movements. This in turn helps them in improving eating patterns postures, eye contact, recognition, audio and visual synchronisation. Language training helps them articulate and expand their basic skills, improves concept-based communication, improves their pragmatic development and stammering. I personally feel overjoyed when I see the child speak out “mom” and recognise their parents.



Raman Kumar

Student at BrahmShakti Special School

Raman suffers from Apert Syndrome. This is not a very common condition and hence needs close care and support. Raman came to BrahmShakti Special School in the year 2012 and was in an extremely unmanageable state. He continues to be with the school and during this journey has shown remarkable changes. He has overcome his fear of crowd, his sensory concerns are taken care off and now he can follow commands, respond to conversation and

has control on his behavior.

He is a very talented boy and found his new passion in playing tabla at the school. Raman has participated in many competitions and has won many prize for his performances. Raman loves to attend school and is undergoing all therapies as recommended to strengthen further growth and development.

Jayana

Student at BrahmShakti Special School

Jayana was born with cerebral Palsy. She is a very sweet girl, very talkative and naughty. She joined the School at the age of eight in the year 2015. She had poor motor skills, attention disorder and faced challenges in academics and in socialising. She underwent regular physiotherapy, speech and special education training one on one basis. She has shown remarkable improvement post her sessions and now is able to do fine beading, scribble and write a little. She can eat herself and follow simple commands from her teachers and parents. She loves to color, dance and recite rhymes.

Anmol

Student at BrahmShakti Special School

Anmol was a special case. She joined the school in the year 2015 at the age of 12 years. Her father ran a small grocery store locally. Her mother abandoned Anmol soon after she was born. Till the age of 12 years she knew no food except for milk. Her father took her to many hospitals but none could understand her problem. It was finally at All India Institute of Medial Sciences, when the doctor suggested to take her to BrahmShakti Special School, which would take care of all her needs of education, therapies specially to develop her food intake habits.

With the intervention of the therapists and counseling support from BrahmShakti Special School, she gradually accepted to eat regular food and her health became normal over a period of time. Due to lack of growth she was a slow learner but picked up in her social and academic performance with support from teachers. She learned to do everything on her own and now is an independent girl. She loves to dance and play new games. With support from the school, Anmol got admission in a mainstream school and now is leading a normal life.



Women Empowerment

Ekta Shatki Foundation empowers women to face the present day challenges by providing them the essential skills, tools and techniques. The purpose is to provide equal opportunities to women and girls and help them live a life of dignity. Radhika Silai & Kadhai Kendra was established with the motive to impart skills through courses in tailoring and stitching. The organisation from time to time also conducts short-term crash courses in mehndi application and parlour courses but tailoring, stitching and embroidery remains the most sought after regular courses. The course is offered on a six month and 12 month basis where the candidate gets to learn all essentials about tailoring and stitching.

Post completion of the course, the organisation ensures there is an employment opportunity available and thus the organisation has collaborated with local boutiques. Apart from offering employment avenues through this course, the organisation also offers engagements to the candidates and members of the Self Help Groups in its Mid Day Meal centralised kitchen operations, thereby helping them in earning decent wages and generating work opportunities.

Over 10 groups in Delhi and 70 groups in Bihar have been engaged in Nutrition Programme initiative of the organisation and are earning a decent income.

These options has worked well with the women in managing responsibilities of their homes and work in a balanced manner.

Besides, Ekta Shakti Foundation has also provided skill enhancement training to 20 other Self Help Groups and helped them in getting loans from banks to start social enterprises and contribute positively and effectively to their family and community.

The center runs with two batches with a capacity of 20 students each. These trainings are free of cost and the only criteria of admission is first come first serve basis. The team ensures most deserved women and girls avail this opportunity.



Dipali

Student of Radhika Silai & Kadhai Kendra

Dipali joined us when she was 17 years of age, she had lost her mother and lived with her brother and his wife. She completed her education till grade IX. Her bhabhi (wife of brother) did not treat her well. It was because of her she was not allowed to study further and was forced to do odd jobs. Dipali got support from the Centre. She undertook the training of tailoring and stitching and now works independently at her home. She is now earning more than 5000 rupees a month and supporting the needs of the family.



Ashini Kumari

Student of Radhika Silai & Kadhai Kendra

Ashini is a very hard working and strong willed girl. She completed her education till grade X and wished to excel further but due to lack of resources had to take a break. She joined the center to learn the skill to support herself to compete her education. She underwent the six month basic course and is currently working part time and also studying through correspondence to pursue her dreams.



Kulaksha

Student of Radhika Silai & Kadhai Kendra

Daughter of Mohammad Faiz, Kulksha was aged 16 when she joined the center and was struggling with her life. She completed her education till grade X but wanted to support her family and educate her siblings. After completing her course with the center she is currently working from home and earning more than 5000 a month and supporting her siblings to pursue their dreams.

Beyond our regular work

The organisation from time to time has taken steps in various initiatives around the year. Here is a glimpse:

Educational Interventions through Libraries

While executing the nutritional interventions in the state of Bihar it was seen that bright students struggled with access to quality books. Identifying this as a great need, the organisation libraries with up to date books suiting the curriculum requirement of 2000 young aspiring students across the region of Vaishali, Gaya and Patna.

Scholarships for Poor Students to pursue Higher Education

In addition to the libraries set up in the operational districts of Bihar, the organisation also instituted a merit scholarship for five deserving young scholars from each district to support them in pursuing Higher Education of their choice. No charge came as an additional burden to the students. Indigent bright students are allowed to avail this unique opportunity, which got approved after scrutiny of economic background, academic performances and marks obtained. Since inception around 1000 students were able to achieve their dream.

Free of Cost Coaching Facility

Free coaching with the help of qualified instructors hired by Ekta Shakti Foundation to benefit poor students was organised. The selection of students was based on a formal entrance test and about 200 students got benefitted and more students got encouraged to avail this facility.

Talent Promotion Contests

State wide talent promotion competitions were held to identify talented school children and nurture them to gain access to important courses. Around 5000 children got awarded for showcasing best talents.

Healthcare for general public through dedicated Dispensaries

“Keshav Arogya Kendra”, a dispensary service was started with a view to cater to the health needs of the catchment community near the base kitchen. This was initiated in June 2005 at Uttam Nagar, Delhi. The project took its wings recently when the services got expanded to all 14 kitchen catchment areas across two states.

Services of qualified Allopathic and Homoeopathic doctors are provided to public through Out Patient Department, to cater to the local health problems of children, women, youth and staff. The treatment offered is free of cost towards basic health care needs and approximately 400-500 people avail this benefit per month.

Health Camps

The blood donation camps are frequently conducted by the organisation from time to time. These camps mobilise volunteers and employees to donate blood under the supervision of qualified para-medical technicians. The blood collected is donated to major institutions like

Indian Red Cross, All India Institute of Medical Sciences or other blood banks of major hospitals.

HIV and AIDS Awareness Camps

Being a socially responsible organisation, we are committed to keep our workforce and the neighborhood communities of its workplace totally aware and free from the effects of HIV and AIDS. Awareness drives to promote knowledge on the disease; measures to prevent promiscuous behaviour, aspects of care and support and the need for eliminating stigma and discrimination. Being a mass awareness programme, it was taken to the community level and the outreach was phenomenal with a reach of over 10000 people approximately, who have been thoroughly sensitized on the safe practices and to refrain from risky behaviors.

Skill and Capacity Enhancement to Prop up Employability Among Women

In the regular sphere of work, men and women play important roles. However, when it comes to social responsibilities, women have major role to play. They do not realise their true potential due to cultural, religious and social barriers. To a great extent economic dependency and limited skill set also restrict women from taking a key position. To bridge this gap, Ekta Shakti Foundation motivates women to join their kitchen operations in a large numbers, by creating opportunities via setting up skill upgradation centers exclusively for women in their vicinity.

Traditional Vocational Training

Apart from interventions in developing skills in kitchen support and stitching; the organisation also imparts training with the help of master trainers on candle making, block printing, food processing and mehndi applications. Around 200 women got trained in batches enabling them to set up their own household business and to earn a decent livelihood and become economically independent.

Future Action Plans

The activities have been more on an empirical mode as a response to the needs. Our think tank with the help of experts and consultants plan to consolidate its experience and move ahead in a definite direction to create more impact on the society, while continuing with its interventions.

Some aspects we envisage are as –

- Participation in Swach Bharat Abhiyan
- Integrated Child Development Services Programme
- Promoting Literacy and Entrepreneurship Skills among women
- Impart needs based Skill Training
- Creating Self Help Groups for women
- Health & Hygiene programs for rural people
- Working Women's hostels

Financial Report



S. K. VARSHNEY & ASSOCIATES Chartered Accountants

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FORM NO. 10B

[See rule 17B]

Audit report under section 12A (b) of the Income-tax Act, 1961, in the case of Charitable or religious trusts or institutions –

We have examined the balance sheet of **EKTA SHAKTI FOUNDATION (Consolidated)**, PAN No. **AAAAE2021L** (name and PAN of the institution) as at **31st MARCH 2016** and the Income and Expenditure account for the year ended on that date which are in agreement with the books of account maintained by the said institution.

We have obtained all the information and explanations which to the best of our knowledge and belief were necessary for the purposes of the audit. In our opinion, proper books of account have been kept by the head office and the branches of the above-named institution visited by us so far as appears from our examination of the books, and proper returns adequate for the purposes of audit have been received from branches not visited by us, subject to the comments given below:

In our opinion and to the best of our information, and according to information given to us, the said accounts give a true and fair view—

- (i) in the case of the balance sheet, of the state of affairs of the above named institution as at **31st March 2016**, and
- (ii) in the case of the Income and Expenditure account, of the Income over Expenditure of its accounting year ending on **31st March 2016**.

The prescribed particulars are annexed hereto.

Place : **NEW DELHI**
Date : **11/07/2016**

FOR **S.K VARSHNEY & ASSOCIATES,**
CHARTERED ACCOUNTANTS,
FRN No. **007037N**



A handwritten signature in blue ink, appearing to read 'S. Varshney', is placed over the printed name of the partner.

(**CA SUNIL KUMAR VARSHNEY**)
PARTNER
M.No. **085980**

EKTA SHAKTI FOUNDATION

Regd. Office:- A-112, 2nd Floor, Vikas Puri, New Delhi -110 018

Consolidated Balance Sheet as on 31st March 2016

LIABILITIES	AMOUNT (Rs.)	ASSETS	AMOUNT (Rs.)	AMOUNT(Rs.)
Reserve & Surplus		Fixed Assets		
Balance B/f From Last Year	34,789,057.98	(As per schedule "E" attached)		27,668,519.10
Excess of Income Over Expenditure	445,587.97	Current Assets		
		Current Assets Loans and Advances		
		Stock in Hand	43,771,602.08	16,888,812.79
		(As verified and valued by the management)		
Secured Loans		Sundry Debtors		
(As per schedule "A" attached)		(As per schedule "F" attached)	55,203,617.00	80,904,136.30
Unsecured Loans		Cash and Bank Balances		
(As per schedule "B" attached)		Cash in Hand	634,058.00	6,688,709.20
Current Liabilities and Provisions		Bank Balance	786,040.41	(4,886,215.72)
Sundry Creditors		(As per schedule "G" attached)		1,802,493.48
(As per schedule "C" attached)		Amount Recoverable in Cash or in Kind		
Expenses Payables		(As per schedule "H" attached)		8,366,001.77
(As per schedule "D" attached)				
		TOTAL	135,629,963.44	135,629,963.44

Auditor's Report

In terms of our separate report of even date attached

**FOR S.K. VARSHNEY & ASSOCIATES,
CHARTERED ACCOUNTANTS,
FIRM REGISTRATION NO.: 007037N,**

(Signature)

(CA SUNIL KUMAR VARSHNEY)

PARTNER

M. NO. 085980

FOR EKTA SHAKTI FOUNDATION

(Signature)

PRESIDENT

(Signature)

GEN. SECRETARY

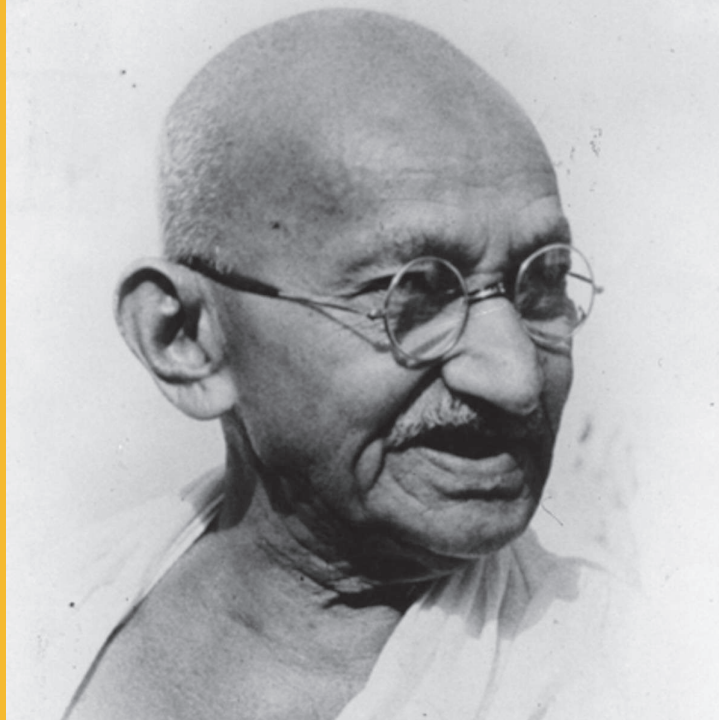
(Signature)

TREASURER



**Place : New Delhi
Date :- 11.07.2016**





Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny.

- Mahatma Gandhi



www.ektashakti.org

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