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ANNUAL REPORT



Director's Note

This is a time like no other in our lives, the COVID-19 pandemic continues to produce uncertainty, stress and trauma in our communities. Despite the challenges we are all facing every day, this is also a time that is bringing out the best in many people. On behalf of everyone at Fourth Wave Foundation, we are incredibly thankful to all of you serving and caring for those in need and supporting our work with children.

We are deeply humbled and honoured by the trust you have put in us and understanding the critical role we play in the lives of the children Fourth Wave Foundation works with.

At the onset of the lockdown in 2020, we were unclear of the nature and extent of the effect the lockdown would have on the vulnerable communities, deprived children and youth we have been catering to. We just knew that this pandemic would impact and disrupt their lives greatly. The fact that the children were now inaccessible due to the shut down of schools, banning of all public activities, recreation and sports activities would've potentially frozen our work. Reaching out and keeping track of their lives and safety amidst the pandemic was the biggest challenge. We had to quickly and surely introduce changes of approach and form new systems and work and walk a never before trodden path and be pandemic-crisis-ready.

Upskilling and motivating the team to work remotely, shift to work from home and staying on top of child related problems was first on the list. Organising online counselling/guidance sessions for stakeholders such as, counsellors, caretakers, teachers, parents and government departments were some of the important immediate measures taken to adjust to the new normal.

Resilience at FWF was perceived as the ability to make do with the limited resources we have, to overcome the challenges which could neither be fully controlled nor completely understood. A new system of procedures, network structure was introduced to improve coordination and networking and we named it the Covid Care Programme. Majority of these were implemented through committed helplines through phone calls and the team prepared call scripts, short videos and readied themselves for this new challenge. We undertook the work of digitising the awareness education contents. Project Nanagu Shaale working with children with disabilities moved completely to using electronic communication for dissemination of care programs, physiotherapy, education and learning. The team quickly almost overnight readied itself for the task of making continuous effort to provide customised teaching-learning material suitable for online education. Project VENDA working on primary prevention education to keep children away from substance abuse and nactorcis had to adopt a remote-hybrid strategy to keep working with children in conflict with the law and within high risk communities.

The entire team at Fourth Wave Foundation continued to establish contact with both children and their parents on all fronts. Many times we found ourselves helping parents bond with their children in a way they had never done before and saw greater involvement of the parents when we really needed it. But there were also some heart breaking moments when we realised that some of the parents did not have the means to feed their children especially their more vulnerable child with disability who needed extra care and medications. As the lockdown had rendered families out of work and wage-less, precious lives of a few children were lost due to lack of nutrition and medications. As soon as there was partial lifting of the lockdown, the team immediately set out to make house visits to provide support, assess situations and distribute food kits

to as many families as we possibly could. We just couldn't bear the thought of losing another life on our watch. This was enabled by the generosity of people and corporations. The team was on their toes as every kind of work/service at FWF had to be re-imagined and re-worked. Many times it was starting from scratch. For all their efforts and sacrifices during this crucial period, we are thankful and believe in the efforts we make to the lives of Children most neglected and deprived.

It is with gratitude to the almighty that we dearly remember all who continue to encourage and enable us. Especially our funders and partners through their unwavering support, we were able to retain all our staff during this tough year and continue to pay salaries. For most of our staff, their entire families depend on what they bring home.

Once again with a very deep sense of gratitude and wonder of how everything worked out despite what seemed like insurmountable challenges, I thank each and everyone of our board, our funders and each of my team for sticking together and going the extra mile and working to touch the lives of children.

Children matter.

- Dayana Vincent
Director
Fourth Wave Foundation

School readiness program

Student readiness program

Nanagu Shaale works to equip a learning room within a mainstream school that serves as a bridge space where Children with Special Needs, are equipped with skills necessary to make them school-ready. The School Readiness Program prepares them to be a part of the mainstream education system.

In the context of the COVID – 19 pandemic, an action plan (alternate) for the School Readiness Program activities was designed. The plan comprised of three aspects on the development of the child is given below to ensure that the child can re-join school.

1. Connectivity – This is to ensure that the child can continue their learning through mobile/WhatsApp to continue their learning process.
2. Child Centric -The whole exercise was designed to make sure the child's learning continues to be updated.
3. School Centric – To reinforce the learning with the children attending the School Readiness Program centres and to enable them to be class-ready when the schools reopen.

Nodi Thili Maadi Kali - Video Series Look and Understand, Learn and Practice

Regular therapies comprising of physiotherapy, speech therapy, Art therapy, etc are very essential for Children with Disabilities. Child-centric videos focusing on these therapies were developed by our in-house art therapist for children enrolled under our School Readiness Program. The video series is designed to assist the child on hygiene, nutrition, active learning, social interaction and physical activity.

1. The video series focused on learning and skill development for the children with inclusion as core objective. A child monitoring chart was also maintained to track the child's progress.
2. The outcome for these videos was designed for the overall development of the child which aids them to function independently while performing their daily activities. This video series covers activities like hold a toothbrush, grasping a mug, taking bath, use the toilet, having food, drinking water independently, etc.
3. The Nanangu Shaale teachers followed up with the parents of the Children with Special needs through phone at least once a week and discuss three main aspects with the caretakers: -
 - Video
 - Explanation of the video.
 - Follow-up and evaluation of the video activity.



Child Covid Care Program

House Visits

During the pandemic, a major impediment for the Children with Disabilities was their regular weekly visit to the School Readiness Program centre. Children had no access to therapies, medical care, and opportunities to meet and interact with other friends. They were primarily confined to their respective homes.

1. In the Child Covid Care Program, there were regular house visits for the 300 children enrolled under the School Readiness Program.
2. House visits helped and reinforced the child and the caretakers to continue their regular routines, therapies, and learning program.
3. The teachers regularly logged in through virtual platform with the doctor for the child's physiotherapy and other therapy sessions.
4. The team also educated the parents and the caretakers on the various calming and coping skills for the children during this Covid pandemic.
5. The opportunity to meet and interact with their teacher face to face during this pandemic was a motivating factor for the children.
6. The house visits also enabled the team to monitor that proper care, safety, and non-abuse: physical, mental, and emotional well-being of the Children with Special Needs was being addressed and taken care of.

Medical Evaluation

The vast majority of Children with Disabilities have chronic and complex health conditions. They also face intellectual and developmental issues. There has been loss of lives as the parents of the children were not able to access appropriate medical care. Hence regular medical care and monitoring are very essential for the survival of these children.

1. Regular medical evaluation under the Child Covid Care Program benefitted around 200 children.
2. Assessments were made during the house visits and the data so collected helped to analyze the condition of these children.
3. A three-month health check-up program was planned for the children where they visited the centers from January 2021 to March 2021 where various specialist doctors assessed the children remotely and prescribed appropriate remedies
4. This evaluation helped in providing simple solutions for the parents to handle the children.
5. Nanagu Shaale was also able to give timely medical care to a child who was admitted to a hospital in Gangavati during this pandemic.





COVID 19 Preventive Measures

Food Nutrition and Hygiene

The vulnerable community of Children with Disabilities whose parents and caretakers are affected by lockdown have lost their jobs as daily wage workers, farm labourers, and migrant workers. They are now faced with the added burden of a child with a disability at home and their health-care needs.

1. There are over 300 Children with Special Needs and 14 teachers on the project who were supported during this pandemic.
2. Around four months provisions of essential commodities were distributed to these families of the Children with Special Needs.
3. The local education and school authorities participated in the distribution of materials to the parents.
4. The important safety measures to be followed under the current conditions were read out to all the parents and the guardians of the children. Nanagu Shaale followed the specified safety protocol measures while distributing these kits. The event was extensively covered by the local newspapers in Gangavathi and Dharwad.

Along with learning of the Children with Special Needs, Nanagu Shaale's prime focus during this year was also on health. A Medical camp was conducted for over 100 children with disabilities at Gangavathi. This camp was a resounding success and very widely appreciated among the officials and the parents at large.

1. This camp was organized jointly with the Indian Medical Association, Gangavathi, Samagraha Shiksha Abhiyan Gangavathi, Hejje Mahila Sangha, Karatagi, Indian Medical Association of Woman Doctors Wing, Gangavathi, Indian Academy of Paediatrics Gangavathi.
2. Medical specialists such as General Physician, Neurologists, Urologists, Orthopaedic, ophthalmologists, ENT, and dentists were part of the medical check-up.
3. A medical kit addressing nutrition and hygiene for the benefit of the Children with disabilities was distributed during the camp

Nanagu Shaale webinar series

“The Education of CWSN in Karnataka and the need for working on a Post COVID-19 Plan”

The issues faced by CWSN for their health, nutrition, hygiene, survival, safety, care, therapy, medication, and educational needs are amplified by acute challenges during the Pandemic. This is compounded by the need to equip parents on identifying the problems of these children and their resulting mental stress, tensions, and confusion.

1. A series of State Level Webinars on “The Education of CWSN in Karnataka and Need for Working on a Post COVID-19 Plan” during the months of June, July, August, and September 2020 was organized by Nanagu Shaale. The seminars were organized jointly with the support and participation of thought leaders from Samagra Shiksha Abhiyan, Karnataka, The Education Department Karnataka, Commissioner for Disability Karnataka, The Director of Persons with Disability and Senior Citizens, Karnataka, United Nation’s International Children’s Emergency Fund Karnataka, National Law School University India, and various teachers, Non-Government Organisations and Disabled Peoples Organisation.
2. Participants were Block Integrated Educational Resource Teachers, teachers, Disabled People’s Organisations, non – Governmental organizations, academicians, and other people interested in Inclusive Education in Karnataka, with participants from various counties and other States in India.
3. Speakers and participants addressed the challenges in education being faced by the CWSN during the current pandemic situation. All of them spoke about the importance of Inclusive Education more so under the current difficult circumstances.



Capacity building

Nanagu Shaale team has ongoing online training and workshop sessions. The main aim of these workshops is to empower the teacher and staff in the diverse methodologies of teaching for the children in the centers. The workshop was conducted by various professionals who specializes in coaching children with disability. The training program also emphasizes on self and personal development of the teachers.

It was further categorized into teaching skills, pedagogical and professional skills.

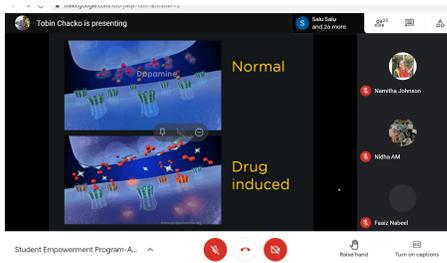
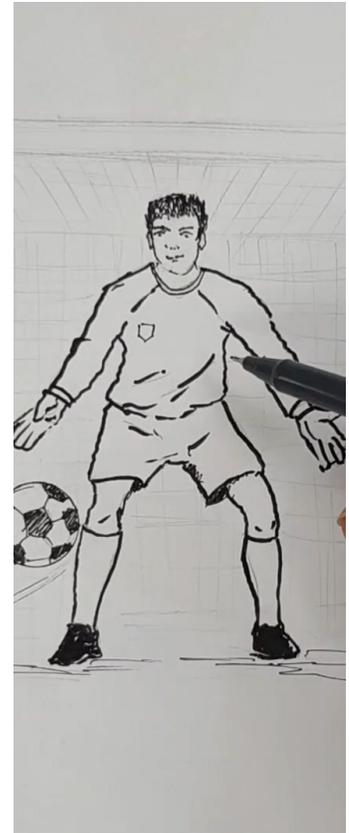
1. Teaching Skills: Techniques, approaches that help the teachers to plan that includes effective classroom management, use of the teacher learning materials, and effective use of communication skills.
2. Pedagogical: Enabling them to practice the skills in the classroom. They are ongoing needs and requirements that make the team more efficient in delivering the sessions for the CWSN.
3. Professional skills: To help them grow in the profession like soft skills, counseling, research, interpersonal skills, and computer skills.

Student empowerment program

Project VENDA focuses on age appropriate preventive education and awareness generation of substance abuse among teens and young adults (11yrs to 24 yrs), specifically termed Student Empowerment Program (SEP). The program focuses effectively on managing the issue of substance abuse among children and teenagers by helping them say “NO” to drugs and empower the students to make informed and responsible lifestyle choices. Due to the pandemic was conducted online, through virtual platforms and a series of 9 online videos called “Ariyanam Arinjirikkanam”, both for children and their parents. College SEP was done through the same virtual platforms from September, 2020 to March, 2021 including 17 colleges and 1062 students. During the VENDA Cup, the team undertook SEP sessions for 300 children who participated in VENDA CUP. The team took physical sessions for a group of 54 children from Lockhart Tea Estate, Munnar.

Counselling, Rehabilitation & Care

Fourth Wave Foundation- Project VENDA empowers, rehabilitates, and strengthen, teens and young adults to live purposefully and positively by helping them resist, overcome and successfully steer clear from dangers like substance abuse, sexual abuse, alcohol, social network abuse, pornography, and technology addiction. This was enabled by providing emotional support and mentoring through casework. Though the pandemic affected the regular case work method, the 14 member case work team adopted a special programme to assist children: the Child Covid Care Program (CCCP) to reach the children at their homes and provided psychosocial support. A total of 191 children were contacted through CCCP. 3 New Cases and 1 follow up were reported as part of CCP Program and 25 initial assessments were done in the Lockhart Estate, Munnar.



- 1) ശ്വാസകോശ സംബന്ധമായ അസുഖങ്ങൾ ഉള്ള ക്ലോക്ക്സിന്റെ സമ്മതത്തോടു കൂടിയേ ഇത് ചെയ്യാൻ പാടുള്ളൂ.
- 2) അധികം ശബ്ദം ഇല്ലാത്ത സ്ഥലത്ത് ഇരിക്കുന്നതാണ് നല്ലത്.
- 3) നട്ടെല്ലു നിവർത്തി ഇരിക്കുക.
- 4) കണ്ണുകൾ അടച്ചോ, തുറന്നോ വെക്കാം.
- 5) അധികം strain ചെയ്യാതെ relax ആയി ചെയ്യുക

Alternative Pursuits

Venda Cup 2020 The VENDA cup tournament provides a platform for all interested teens and young adults from every walk of life to play and get an exposure to the professional sport arena. Another important objective of football at Project VENDA is to empower girls with a sense of self worth and provide them with skill sets to play sport to build good attitudes that attune them for better opportunities. The tournament took place from 10th February 2021 to 14th February 2021 at Parkway, Kochi. It was a Five day league football match. 41 football teams (a total of 385 players) under the age of 20 participated in this tournament. There were 32 boys teams and 9 girls teams.

Decathlon Academy provides football training to twenty children (10 boys and 10 girls) in three days a week on three football grounds (St Mary's chellanam ground , Riverside Arena turf, Universal sports panayappilly turf) from 6.30 to 8:30 A.M.

Virtual football training is an online platform for kids (Under 17) to come together and to keep everyone active and healthy during this pandemic. The team created football training videos like football skills, basic rules and ethics, warmup and warm down sessions. A group of 80 children participated.

Summer Camp is a community intervention program which is a part of project VENDA alternative pursuits. The activities planned are based on improving the skills of the children. Every week , a video was uploaded on youtube and shared it with the kids through whatsapp. Around 440 children participated through whatsapp. There were 1997 viewers for the same on youtube.





The S.A.F.E Forum (Substance Abuse Free Environment)

The S.A.F.E. Forum is an annual multi-stakeholder forum hosted by Project VENDA in the month of June in commemoration of International Day Against Drug Abuse and Illicit Trafficking. The S.A.F.E. forum took place online from 29th June to 1st July on the role of youth in creating Substance Abuse Free Environment. Around 170 participants were there for the forum and the youtube views were around 500.

‘VALARANAM KERALAM, VELLANAM LAHARIYE’, a virtual consortium; is webinar series organised by Fourth Wave Foundation – Project VENDA as part of the SAFE FORUM, in association with the Narcotics Control Bureau - South Zone as part of the S.A.F.E FORUM 2020 (Substance Abuse Free Environment). A total of 854 participants joined through zoom and 1.8k viewers watched the sessions through youtube. The chapters were Health, Education, Media and Community

Mother School

Project VENDA in partnership with Women Without Borders (WwB) is coordinating The Mother School at India. 20 teachers and 5 note takers are being trained by experts to run the mother school which will equip 100 mothers every year to play a crucial role in creating a substance abuse free environment.



Kit Distribution:

Project VENDA identified families who were in need of support during the Covid 19 Lockdown and provided essentials supplies kit for 150 families from the Chellanam region.

TV distribution: On 1st July 2020, TVs were given to 23 students to enable online learning during the pandemic.



Board Members



ASHWIN MAHESH

Member of the ABIDe Task Force and co-author of Plan Bengaluru 2020.

The pandemic has heightened people's awareness that we are all inter-dependent, and must cooperate for the public good. Community-engaged interventions like Nanagu Shaale, Venda, and others by FWF are excellent mechanisms by which to foster the feeling of oneness that is needed. The increasing acceptance of such initiatives is encouraging, and motivates all of us to do more of the same.



RAJA SHANMUGAM

Co-Founder, ex-President and Chief People Officer at Happiest Minds

"Flooding, COVID, severe drought... just some of the challenges that our target group of children in Kerala and Karnataka faced last year, over and above their already daunting obstacles. The Fourth Wave team went beyond our normal charter and dealt with human tragedies as they unfolded, supporting the children and their families. The SSLC success for the mainstreamed CWSN through Nanagu Shaale is a great morale booster. Humbled. Grateful."



C. BALAGOPAL

Independent Director, Board of The Federal Bank Ltd, & founder of Penpol Ltd

"Despite the lockdown restrictions in Kerala, FWF has gone ahead with energy and purpose to implement the VENDA program in schools in 6 chosen districts. This is a massive exercise involving hundreds of schools and thousands of students. The launch by HE the Governor of Kerala was conducted well, and was a good beginning for this important project. There is much work ahead for all members of the FWF and VENDA team, but I'm sure that with the able leadership and capable team at FWF, this project will be implemented well."



SWARUP B R

Co-founder, Stark Communications Pvt. Ltd

The dedication with which Fourth Wave Foundation continues to breathe life into the concept of inclusion is truly inspiring - whether it be to empower Children with Disability in Karnataka or to empower children in Kerala say a firm "NO" to drugs. In a world where we are all struggling to protect the basic rights of children, the Fourth Wave Foundation is slowly but surely catalysing social change by thinking and acting with the sole purpose of ensuring that every child feels valued, accepted and safe.



FOURTH WAVE FOUNDATION

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