



RASTA

(Helping People To Help Themselves)

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Words from CEO

The step taken back 4 years is started showing result today. Women empowerment is the agenda which have taken long back and now we are seeing the positive change in the condition of women. This courage and strength to work extensively is coming from the people we are serving. The every step of Rasta becomes worth while when we see our community happy and healthy. Rasta firmly believes that it is for the society, of the society and by the society.

The condition of women in this 21st century can not be stated as good or stable. Every day in newspaper we hear the heartbreaking incidents with women. The eye opening case of Nirbhaya had shaken the sprit of every human being. The incident shows that the women are not safe anywhere. The only way to safe them is to make them empower so that they can fight for themselves. Though they are the most deprived and under privileged section in the society their upliftment is need of the hour.

We are working on several projects to cover a wide range of community coming from different background, religion, caste and culture. But the main objective of Rasta is women education and empowerment. **Rasta** provides them the Rasta to move ahead and rule the world. One famous quote has been said in this regard” ***A woman is the full circle. Within her is the power to create, nurture and transform***”. By **Diane Mariechild**.

The problem of women discrimination is deep rooted in the society therefore attempt should be taken from the grass root level. The unpaid household work is considered as their moral duty and it does not attract any reward or appreciation for them. But the thing is other way round without the support of women our community can not flourish. Keeping this thing in mind we have started our educational programs from pre schools to higher level for girls’ student. We have also organized vocational training programs and various health camps. The main Motive of Rasta is to make women educated, self reliant and empowered.

In the end I will not forget to pay my gratitude and wishes to my team who are constantly supporting me in my every effort. Without their active support “Rasta” will not become the Rasta for the large section of the society. They always stand with me in every difficult or challenging project. In the end I would say:

Women are leaders everywhere you look, from a CEO to a house wife that holds together a home. Our country was built by women who stand alone.

K C Pant

Secretary & CEO



Rasta Footprints

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RASTA is a voluntary, not for profit organization working with the socially and economically backward in any part of India and currently working with them in East Delhi and Ghaziabad of Uttar Pradesh.

Our Origin

RASTA was formed in 1994 by a few socially conscious individuals, who were disturbed by the sight of children of school-going age wandering in streets and begging at traffic junctions.

Our Vision

A society wherein the people nurture and uphold human dignity, gender equity, economic independence, with social solidarity and communal ceremony.

Our Mission

Work with the socially and economically disadvantaged and empower them by facilitating to be educated , skilled and enable them to secure their rights and become self-reliant.

Our Legal Status

- ❖ Registered as a Charitable Society under the Societies Registration Act XXI Of 1860, with Registration No. S/26397 of 1994;
- ❖ Registered under Sections 12A and 80G of Income Tax Act;
- ❖ Registered under FC(R)A with Regn No.231660648;
- ❖ PAN: AAATR3559H; TAN: DELRI 6254A.

Our Primary Stakeholders

Children, especially girls

Women

Physically & Mentally Challenged

Minority Group

Disadvantaged communities

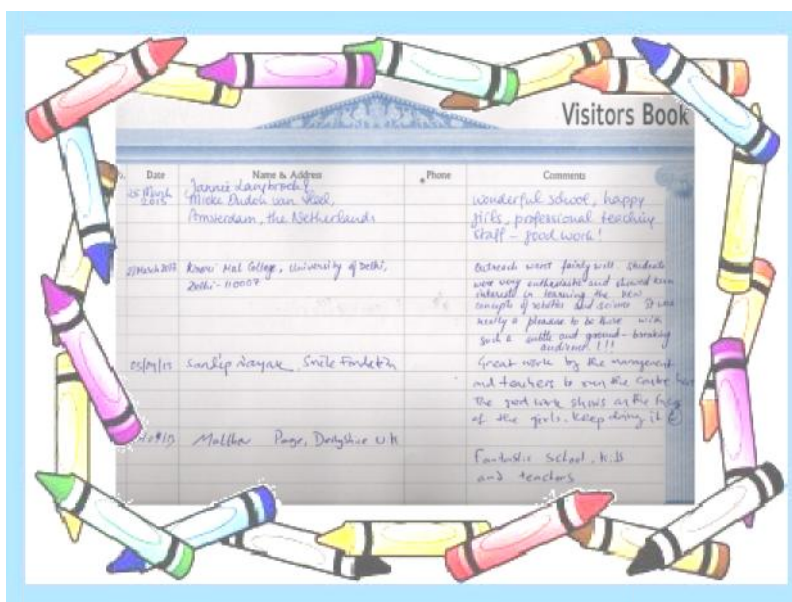
EDUCATIONAL PROGRAMME

Rasta is running a series of educational programme with an aim to make each person self reliant, independent and most importantly to make an educated society. At present there are many educational programmes at all levels and to make it successful we are in a partnership with many esteemed organizations.

Educational Activities

Non Formal education has been provided to the total students 19 in which 11 are girls and 8 are boys. In our Pre – School total number of students enrolled are 120. In elementary education total student is around 311. In secondary education total 40 students we have. Rasta is also providing Remedial classes to the 140 students in which 95 are girls and 45 are boys. **National Institute of Open Schooling and Open Basic Education programs provides certificate to our students.**

Rasta is also running Scholarship programme in a partnership with Vidya Grant Foundation for the students of class 8th. It is an opportunity for the students coming from the under privileged section to rise themselves. The motive of the program is to make able the students continue their secondary education if in any case their parents are not willing to do or can not support their education further specially in case of girls student. Scholarship Amount is of Rs. 10000/-, 5000 each for 9th and 10th class. Top Ten performers will get One Laptop and best one performer will get one Lakh Rupee and laptop. Total numbers of students enrolled in this scheme are 2122 out of which 77 students qualified for the scholarship. Its being a pleasure to announce that one of our student has been listed in top ten student and awarded with the laptop.



SO

Events and Activities at a glance

Annual Examinations were conducted during 11th of March 22nd of March 2013. OBE exams were conducted simultaneously.

On Girl child day we organized a Drawing competition for classes' up to III. For Pre to Class I topic was Mother or Sister. For II and III topic was any famous woman personality. For classes IV to VI Essay competition was organized. Topic was "My Ambition".

For Classes VII-X topic of Essay competition was 'Status of Woman in today's society'.

Republic day was celebrated with full honors; Flag hoisting was done with singing of National Anthem, followed by the address of RASTA CEO, well attended by our students and staff. Students sung patriotic songs and paid homage to all martyrs who sacrificed their lives for independence of our country.

On the same day, after Republic day celebrations, we organized Annual Sports Day. The activities were as follows-

2/2/2013



Annual day of Rasta Girl's school was celebrated on this day, when beside our students got a chance to showcase their academic proficiency and latent talents. It was an excellent performance by our students who presented Qwali, Skit on environment, Folk dances and songs which mesmerized the audience.

24/1/2013: Students of Nari Garima celebrated sports day along with Rasta Girls School at Khora. It was a memorable occasion because our students came out of their usual shell of shyness and openly participated in the sports with a child like enthusiasm.

8/3/2013: Women's day was celebrated where Speech on Woman celebrity, drawing competition (Sketch of a famous woman) and Rangoli competition etc were organized. Each one of our 60 students took part in at least one of the competitions. Those who secured 1st, 2nd and 3rd position were awarded with prizes.

New Year is also celebrated at our school, where students decorated their classrooms and took a resolution for this year to study well, to be punctual and regular in attending classes, to do their homework on time etc.

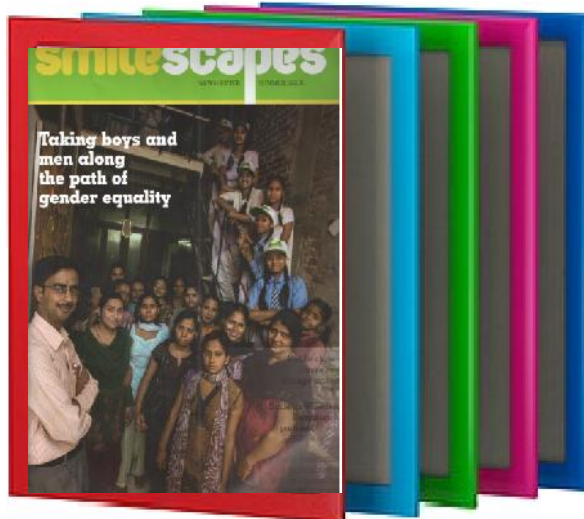
On 25th of October, Diwali was celebrated at the Project site. Girls were made diya, rangoli, decoration of each class and so on.

PTA Meeting

PTA meetings were conducted for all educational programmes under different projects, per month in which parents participated in good number

Home Visits

As part of our regular activities 156 home visits were done. These visits were done to motivate the students and ensure their regular attendance. Around 20 students who were absenting from classes on the pretext of various family issues were visited by teachers for counseling students as well as parents to send them to school regularly. Some of our students often fell sick. Our teachers visited their home to brief them and parents regarding health and hygiene and also to access medical help. Teachers visited those houses too whose parents are still skeptical about continued schooling of their daughters. They tell them about the benefit of education.



Teachers' Training

Training has been provided to the teachers so that good quality of



education will be imparted to the children. Activities covered were, 'Effective Classroom Teaching', 'Use of Teaching-Learning Materials', 'Activity based learning' and 'Learning by Doing' and this provide significant result in the education process. In a year 4 training programmes have been organized in which around 20 teachers in each training program has participated.

Visitors

On 25th of March 2013 Ms. Mieke visited from Netherland.

On 28th of March 2013 four students from Kirori Mal College visited. They are the members of Lunabotics team.

On 16th November 7 delegates from **BAE system -UK** and 4 members from Smile foundation visited our school at khora. They visited the school, appreciated class activities, but what they enjoyed most was interacting with children. They were enchanted with a short cultural programme children presented for them. Our students welcomed them with an invocation song. They presented a dance and a song, two of our students shared their experience with our guests. They talked about how their life was before joining Rasta and how it has changed positively now. Now they are focused and charged up to achieve their goal in life. Overall it was an impressive progamme.

IMPACT ANALYSIS

We are able to achieve the following in the year. Total 153 girls were enrolled and 131 girls were continuing their studies in our learning center. In the current academic year total 12 girls were registered for OBE examination 9 for class VIII and 3 for class III. Now days, parents are regularly attending PTA meetings and regularly send their kids to our learning centre. They are taking interest in the education of these girls. Teachers are welcomed whenever they go for home visits. We have been successful in establishing close rapport with the community.

A noticeable change has taken place in the behavior of the parents towards the education of their female child.

Exposure visits and educational tours also contributed towards the changes. Children are now coming with clean clothes and cleanliness, keep their books and notebooks in orderly manner and use civilized language for conversation.

VOCATIONAL TRAINING: Leading to Livelihood

STEP (Smile Twin e- Learning Program) is a job oriented short term course. It is working from last three years at present the programmes offered under this programme are -

Basic Computer Skills

English Speaking



Personality Development

Soft Skills

Basic and Retail Management

105 girls have been placed in various jobs after training them in basics computer, spoken English & basics of management and soft skills.

The popularity of the program has established its credibility in the communities located in east Delhi (Mandawali, Vinod Nagar, Shashi Garden, Trilokpuri, Khora Colony of UP and all settlement in their surroundings.

- RASTA proposes a program for vocational training of 120 girls having completed their 10+2 examination and who are between the age group 18 years to 32 years at Rasta's training institute.
- 80 girls will be identified for each batch of the course. After written test finally 60 girls will be selected and enrolled for the course.
- Such 60 girls must be willing to do a job after training.
- They appeared for examinations at the end of the course and awarded certificates by assigning grades in each subjects. Certificates in basics computer operation is awarded by Microsoft.
- Next six months has been utilized for their employment.
- Simultaneously another batch of 60 girls is undergoing same course for the same duration.
- Participatory way of learning has been adopted.
- They have empowered with knowledge on above mentioned subjects thoroughly to face interviews at various levels.

Teach India



This is our short term professional training programme which helps our students to become more job oriented. This programme has been sponsored by Times of India and Rasta provides a platform for its successful implementation. This mainly includes providing the skill of

spoken English to the student and after the completion of the program we are also providing placement to our students. The no. of beneficiaries under this programme in a year is:

Male	Female	Total
68	70	138

Women Empowerment

Introduction

The program **Nari Garima** is designed to promote gender equity and empower the young girls/women. Its short term objectives range from making the community awareness about the need for empowering women to enabling the trained girls to set up small enterprises. Even in 21st century our woman folks are not self reliant, as most of them depend on their male counter parts for their daily needs. The girls are not allowed to go to school or to attend any



vocational courses in this scenario going for a job is a distant dream. Thus they hardly have any earning skill. Rasta believes that capacity to earn themselves gives confidence, power and authority to women and is a sure way towards their empowerment.

In our Nari Garima project oral and practical tests are conducted quite frequently and even simultaneously. Also drafting, cutting and stitching of Ladies top, petticoat, Night gown, bloomer for children, pajamas etc, were taught.

Syllabus taught so far

Drafting and measurement of Ladies Tops, Kachha Tanka, Turpai, and Huck eye, China smoking stitching, Petticoat, Frocks, Night Gown, Pajamas.

Theory copies are checked and maintained properly.

Exposure Visits

Learning through experience is unquestionably one of the best methods of learning. To implement this method. Our students were taken out for an exposure visit at EDM Mall and Big Bazaar, so that they can have glimpses of current trend of dresses, style, and type of textiles. Color combinations etc. 20 students



each were taken out in two groups and were briefed by the instructor properly. It was a great opportunity for our students as most of them never visited any place except the houses of their very close relatives, that too accompanied by their parents. Some of the students could not participate in the exposure visit as their parents did not permit them.

Gender Resource Centre-Shree Shakti- This is our recently started programme for the uplift of women and to make them self-reliant. In this programme we are running three courses Tailoring, NFE and Beauty Parlor. The total No. of beneficiaries not only this various awareness programme has been organized on “Domestic Violence” with the help of district authorities headed by the District Magistrate. The total numbers of beneficiaries under our vocational programs are 140. The Educational programs running for different age group students are utilized by 52 students. The health nutrition camp running under the program is 60. The number is kept on increasing which shows the successful implementation of community awareness program.

Group meetings



Group meetings are done with students, teachers and senior members of the community. During these meetings students and other members are briefed about various opportunities. Their problems are discussed and efforts are done to solve them as far as possible. They are given information on ‘How to get PAN Card, UDI Card’, ‘How to open Bank Account’ etc.

Anshree Yojna: This programme has been initiated by the Delhi Government and executed by Rasta. The aim of the programme is to provide the sum of Rs 600 to the eldest lady of the family. The basic idea of the programme is to make women independent by providing them some minimum income. Various awareness programmes has been

executed to provide benefit to the large section of the society. Till date total No. of beneficiaries are 218.



Health Programme

DSACS (Delhi State AIDS Control Society) - Project 'Targeted Intervention 8 (108)' aimed at preventing STI/HIV cases among migrant in East Delhi was initiated by RASTA in partnership with DSACS (Delhi State Aids Control Society) from 01.01.2011 to 31.03.2012. The project 'Targeted Intervention 8 (91)' was also awarded to RASTA for execution for the period from 01.04.2012 to 31.03.2013. This program has been initiated by conducting "Need Based Assessment and Base Line Survey" in the areas assigned in East Delhi. Both studies have been completed and data compiled till mid April 2012 from Ashok Nagar, Mandawali, Anand Vihar and Ghazipur and the project is progressing satisfactorily to achieve its objectives. Total number of migrants registered is 16,971 and total attended the health camps are 2019. Total No. of migrants treated for STI in health clinic and Govt hospital is 261. And the migrants tested at ICTC are 1276.

Health Camps – Various health camps has been organized at different point of time like Pulse Polio camp, Eye Camps, Dental Camps, General Physician Camps, Gynecologist Camp and many other general awareness camps.



Research and Documentation

Rasta has conducted 5 studies in different subjects for 3 organizations. One was **Post Intervention Situational Analysis of Reading Rooms**. This was conducted for 200 Reading rooms with Govt. school of Rajasthan, Delhi, Madhya Pradesh and Utrakhand. The main objective of the study is to assess the functional status of phased out RRs that were established in 2005 and completed 3 years of RTR support. To determine the drivers and barriers which had contributed or hindered the functionality of libraries beyond 3 years of active support by RTR? To identify the potential strategies/processes that would enhance the likelihood of sustainability of libraries and its activities from potential stakeholders and lastly to



provide recommendations/guidelines for RTR library program improvements to make the program effective as well as sustainable.

Another research is **Street to School Programme** (Save the Children) in Delhi and West Bengal. The main objective of the programme was to evaluate implementation process and achievements of the project specially its outcome and sustainability. Secondly, documenting lessons learnt was a priority of the review. Thirdly, it also looked upon the effectiveness of the advocacy initiatives taken by the project with the Ministry of Women and Child

Development, Ministry of Human Resources and Ministry of Labor”.

Formative Research on Child Marriage with UNICEF in Chhattisgarh, India. The basic objective of the programme is to unpack “norms” and to understand the existing situation. To analyze community response to legislation and policies on Child marriage. And lastly to capture experiences and opinions of administrative representatives in implementing legislation and policies.

The entire research programme has been successfully conducted and reports had been submitted to the required authorities with the necessary recommendations and suggestions.

Resource Mobilization

Rasta is an organization which believes in the continue upliftment of the poor and backward section of the society. No barrier can stop it for providing benefits to the society. The idea and way of our resource mobilization more clear to the fact. When the Rasta faced deficiency in its fund for the smooth going of the on going project it started mobilizing funds from the society. Each member of Rasta engaged in arranging resources from the society. We contacted with the Residence Welfare Society to contribute something for the society but this initiative was not bring the expected result But Rasta team was not stop here they started doing door to door mobilization programme and ask to give anything whatever they can give. Many people give their old newspapers, old furniture and blackboard. Other generous people contribute to the society by giving some amount like Rs5, Rs 10 or Rs20 according to their wish. In this way our fund mobilization from the sale of newspaper, books and garbage sale is of Rs 11,280 and from donation box was Rs 16,896 and fund from Individual donor was Rs 1, 00,290 which leads to our total fund collection of Rs 1.28,466.

Achievements

Students prepared some very beautiful frocks and gowns. Hardly any body can make out that these garments are made by students only; many believe these to be made by professionals.

We also got an opportunity to rub shoulders with production houses, as a result of which, they got an offer to prepare 150/-bags, which are used to keep Helmets. The contract was received by us from a second party who makes bags for YAMAHA helmets. We were paid 2.80/- for each bag which was distributed to the students in accordance with the number of bags prepared by each student

Case Study

Tehjeeba is a 30 years old housewife and mother of three daughters. She lives in a rented house at Khora colony, Ghaziabad. Her husband drives auto rickshaw on rent. Tehjeeba went through hard times, due to severe financial hardships. She even stopped dreaming of a better life.

During community visits for enrollment drive, our teachers interacted with her and convinced her to join our Cutting and Tailoring unit which we started at Khora colony. Because it is nearby, Tehjeeba's husband too agreed to send her and she joined RASTA Tailoring Center.

Tehjeeba proved herself to be studious and efficient. She picked up the skill fast. She is now able to stitch simple frock, designer frock, pajamas etc. She not only stitches her daughter's frock but earned some amount, though small, by stitching neighbor's daughter's frock. This not only helped her to start earning but boosted her morale to become self-reliant.



Special Thanks to our Partners...

- ✓ **The Hans Foundation**
- ✓ **Smile Foundation**
- ✓ **IC Trust**
- ✓ **Times of India**
- ✓ **Rural India supporting Trust**
- ✓ **Vidya Grant Foundation**
- ✓ **Sant Kaur Memorial Trust**
- ✓ **Samajik Suvidha Sangam**
- ✓ **Delhi State Aids Control Society**
- ✓ **Save the Children**

**DETAILS OF GOVERNING BODY
2010 -2011**

Sl.No.	Name of Members	Address of Members	Designation	Occupation	Year of Election
1	Mr. Puran Chandra Nailwal, S/o Late Shri Prem Ballabh Nailwal	Village – Manuli, P. O. – Manuli, Distt-Almora, UTTRANCHAL	President	Business	1994
2	Mr.KG. Nair, S/o Late Shri Krishan Panicker	Kizhakke Kurupath, House-Cherumundassery, P.O.- Via Ambalappana, Distt- Palghat, KERALA	Vice-president	Retire-Govt. Officer	2002
3	Mr. K. C. Pant, S/o Late Shri Hari Dutt Pant	10C / 94, Vasundhra, Ghazibad, UTTAR PRADESH	Secretary	Executive in NGO	1994
4	Dr. J. P. Malik, S/o Shri Jailal	H. No.- 83, Village – Razla, Block -I, Tehsil -Safidon,	Joint Secretary	Consultant	2002

		Distt.- Jind, HARYANA			
5	Ms. Neema Joshi	C-82, Sector- 19, Noida UTTAR PRADESH	Treasure	House wife	2006
6	Dr. K. C. Papnai, S/o Late Shri Keshav Dutt Papnai	C-2 Press Apartments, I.P. Exten, Plot No. 23 Patpar Ganj, DELHI 110092	Member	Press Corresponden t	1994
7	Mr. Gouri Dutt Binwal, S/o Late Shri Krishana Nand Binwal	203, 2 nd floor, B-2 Shanti Nagar, Mira Raod, Sector -10 , Distt. Thana 401104 Mumbai MAHARASTRA	Member	Company Executive	2004

Salary Structure & Staff. Year 2012-2013

Salary Slabs	No of Staff					
	Full time		Part Time		Total	
	M	F	M	F	M	F
15001 & above	1	-	-	-	1	-
10001 to 15000	3	2	-	1	3	3
5001 to 10000	6	8	-	1	6	9
2001 to 5000.	3	3	-	14	3	17
1500 to 2000	0	1	6	12	6	13
TOTAL	13	14	6	28	19	42

Our Team



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