

# Quarterly Newsletter

FEBRUARY 2024 EDITION



Citizens Association for Child Rights

EMPOWER . EDUCATE . ENLIGHTEN



## What's New

Elevating our 'Apni Baat Apno Ke Saath' campaign, we've partnered with UNICEF Maharashtra's Social Behavioural Change unit to launch an adolescent anemia awareness intervention in Mumbai. This initiative is focused on empowering teachers, students, and community structures, ensuring that our reach extends to the last mile. Stay tuned for more updates on this transformative journey towards a healthier future.



## Director's Note

Having stepped into 2024, our unwavering vision —“Children First”—guides us. Our commitment remains steadfast: prioritize children's health, education, and happiness through meticulously crafted programs.

Last year, CACR achieved significant milestones in children's well-being. Post-COVID school reopenings saw us resume core initiatives: enhancing WASH infrastructure, advocating personal and menstrual hygiene, and pioneering plastic waste management. Our tenth-anniversary celebration highlighted collective efforts that fuelled our success. Despite lockdown challenges, we educated communities on mental health, adolescent anemia, and routine immunization.

During this year, we persist in value-driven education programs, improving functioning of municipal schools, focusing on WASH, Menstrual Hygiene, Adolescent Anemia, and Routine Immunization. Environmental consciousness drives us toward Plastic Waste Management, Water and Energy conservation, and heightened awareness of Environment and Climate Change.

Our approach is strategic, empathetic, and inclusive, engaging all stakeholders in our mission. We don't merely impart knowledge; we nurture responsible citizens of tomorrow. As we forge ahead with hope and determination, we extend heartfelt gratitude for your unwavering support.

Together, we shape a brighter future—one child at a time.







## Enhancing Primary Healthcare

Last year, with the support of BPCL Mumbai Refinery, we equipped primary health posts across Mumbai with 250 hemoglobin testing meters. This initiative, aligned with the 'Anemia Mukh Bharat' campaign,

**impacted 1.5 lakh individuals, primarily women. Among them, 30,000 were identified with low hemoglobin levels, allowing for timely intervention.**



Further, with ONGC's support, we established **3 physiotherapy units in Mumbai diagnostic centers to benefit around 1 lakh population**



**In addition, we are distributing 3900 diagnostic kits to ASHAs in Mumbai, Thane, and Navi Mumbai, facilitating early detection of non-communicable diseases like hypertension.**

## A Community's Journey Towards Sustainable Waste Management

Our year-long initiative in Wada, backed by EPL Palghar district has transformed waste management into a powerful movement. Led by a women-centric self-help group and supported by local government, 695 families now practice waste segregation.

**This quarter, we recycled 850 kgs of plastic, preventing it from reaching landfills.**



**Together, we're fostering a culture of environmental responsibility and sustainability.**



## Menstrual Health and Hygiene Education: Empowering Girls and Breaking taboos:

For a decade, we've championed menstrual hygiene management and with schools reopening and with Kotak Karma's generous support, we've launched a heartfelt project.

**We're reaching 10,000 adolescent girls across 87 municipal schools in Mumbai and 9 ashram shalas in Palghar.**

Our interactive, activity-based sessions go beyond information. At each session's end, we provide hygiene kits—panties and cloth pads—encouraging sustainable periods. This initiative empowers young girls to embrace womanhood confidently.



**Together, we make a difference—one girl at a time.**





## Empowering the Future: Adyen's CSR Day with CACR

In a remarkable display of corporate social responsibility, Ayden chose to celebrate their CSR day with CACR, making a significant impact on the lives of children from municipal schools. Drawn to our personal hygiene and menstrual hygiene programs, Ayden decided to dedicate their CSR day to these crucial initiatives. The event was a resounding success, reaching out to

**1550 children with awareness on personal hygiene and, awareness on menstrual hygiene for 900 adolescent girls from municipal schools in Dharavi.**

**Together , we are making strides towards a healthier and more informed future for our children**

## Empowering Sanitation Workers: A Step Towards Change

CACR's master trainers recently led a comprehensive training for Navi Mumbai Municipal Corporation's sanitation workers with support from All India Institute of Local Self Government under the Maha Wash Coalition.

Covering a wide range of topics, from work conditions to health and hygiene, the **session saw a diverse group of 65 attendees. The impact was significant, with participants gaining confidence and understanding of their rights.**

However, the need for more in-depth training was highlighted, reminding us that our journey towards empowering these essential workers continues.



## Support us:

We are on a mission to create lasting change in the lives of children and communities across India. Our multifaceted approach addresses critical areas such as children's well-being, WASH (Water, Sanitation, and Hygiene), health, nutrition, and menstrual health. We believe that every child deserves a healthy start and a bright future.

### Why Donate?

**Sustainable Impact:** Your donation not only impacts lives today but also contributes to a corpus fund for long-term sustainability. Together, we can create a brighter future for all. Join us in ensuring that every child thrives, every girl knows her rights, and every community flourishes.

**So we request your donations for corpus funds and our other programs**

**DONATE**



- NAME OF THE ACCOUNT: CITIZENS ASSOCIATION FOR CHILD RIGHTS
- NAME OF BANK: SVC CO-OPERATIVE BANK LTD., BANDRA WEST
- ACCOUNT TYPE: CURRENT
- ACCOUNT NUMBER: 100304180002215
- IFSC: SVCB0000003

Best regards,

Mr. Nitin Wadhvani  
CEO, Director

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Baccher  
Directors

Shri V. Ranganathan  
Chairperson, Advisory board

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