

ANNUAL REPORT 2018-19



TENDER HEART NGO



FOUNDER'S NOTE

I was privileged enough to do my quality education in good school and university. I believe that Sharing Is Caring and I wanted to share my education with others. Everyone in his or her lifetime should give something to other fellow human being to develop a society of love and care. This inspired the genesis of Tender Heart. I ventured to start school in a village that had least literacy rate and it was male dominating society where girls and women were not allowed to go out. This was big challenge to me physically and mentally. Many times men would come and threaten me with big sticks to deter me for what I had come to do. Most important for me was to change their mind-sets and bring them to accepting the fact that whatever I had come to do would better their lives and of their children.



Renu Bali

FOUNDER/DIRECTOR

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EDUCATE

Disadvantaged children and children with special educational needs through running both a village school and WOOPIE (Way-Out-Of-Poverty-Is-Education), an after-school programme, for the slum children.

EMPOWER

Underprivileged women and special needs children by providing training and creating educational opportunities.

ENGAGE

Local community and volunteers in helping us achieve the aim of alleviating poverty in these rural belts.

4 Major Projects

**RURAL
EDUCATION**

**SPECIAL
NEEDS**

**WOMEN
EMPOWERMENT**

WOOPIE

Way out of poverty is
education

RURAL EDUCATION

Tender Heart School was primarily founded to educate the underprivileged children of village Bhatola, Haryana. Over time however, the NGO extended its mission to include other underprivileged human beings and give them the education which is their right.

- Regular school for the children from the villages.
- An opportunity for the underprivileged.
- Quality Education- at par with the urban schools.
- Extracurricular Activities and sports - well rounded development.



LIPA TRAINING A HOLISITIC SOLUTION

LIPA is a gaming app that is intended for kids aged 3-8 , their parents and preschool teachers. The games are designed in such a way that it supports and develops the physical , personal , social , emotional and spiritual wellbeing of children. The training was given to teachers, school children and special needs children. 8 tablets with preinstalled LIPA were given to Tender Heart .





**Children and
their families
enjoying the
Carnival
organized by
school children
& teachers**



INCLUSIVENESS & TOGETHERNESS

Children from The Shriram Millennium School, Faridabad visited and made decorative paper hangers, mud circles. Also played games and did a puppet show with special children. Children from Manav Bharti School spent time with special children. Special children enjoyed a lot dancing with them.





School children took the rally in village Bhatola & Faridpur to spread the message for a pollution free Diwali.





ANNUAL SPORTS DAY - RURAL EDUCATION



INTERNATIONAL DAY OF YOGA

On the occasion of International Yoga Day, a special yoga session was conducted by Isha Foundation. Students of different classes participated and were reminded about the importance of Yoga for overall wellbeing.



SPECIAL NEEDS EDUCATION

Tender Heart Education Society has a special school for intellectually challenged children under the PWD Act 1995 in Dist. Faridabad providing special education to 64 children. Tender Heart welcomes the special needs children with open arms and develops a program especially for them. We strongly believe in harnessing their capabilities and supporting them to excel socially, academically and professionally. Academics are taught as per their individual potential but we excessively focuses on other skills. Tender Heart is striving to make these children economically independent.



PLETHORA OF ACTIVITIES

**CERTIFIED
COMPUTER
CENTRE**



**SPORTS
TRAINING**



GARDENING



**ART
&
CRAFT**



INTEGRATION AROUND SPORTS

Special needs children participated in 'Integrated Inter School Sports Meet' at Thyagraj Stadium, in Delhi. Six children won the medals in Discuss Throw, Hockey Dribbling, Bocce, Needle and Thread Race.



BITS PILANI JUNOON 2018

Another important achievement added wings to Tender Heart as 14 special children participated in BITS Pilani JUNOON 2018 program. They participated in a variety of games like shotput, Bocce, long jump, hand ball race and won 8 medals.



FLOOR HOCKEY HARYANA TEAM

2 special children Utkarsh & Divyanshu participated in the National Championship for Floor Hockey organized by Special Olympics Bharat at Patiala. It was a proud moment for Tender Heart as Haryana team won the gold medal.

Youth Leader Training Camp

In collaboration with Special Olympics Bharat, Haryana, Tender Heart organized the Youth Leader Training Camp at Delhi Public School, Sector 19 in Faridabad. Almost 60 students attended the event. It represents a major step towards making students aware about the inclusion setup in schools and its importance.



COACHES TRAINING CAMP BY SPECIAL OLYMPICS BHARAT HARYANA



Under the theme, "Mission Inclusion", coaches training camp was organized at Tender Heart with the aim of creating Unified Schools through Unified Sports & Youth Activation. The camp was attended by 50 participants from all over Haryana..

Insightful Sessions



Dr Francis Wugwu, a volunteer from UK giving an insight on circulatory system for our medical aspirants. Alice Liddell, a volunteer from UK educating the village women on female reproductive system, menstrual cycle, hygiene measures to prevent infections, usage of pads/ mooncups.



WELLBEING SESSION!!

Tender Heart had the privilege of listening to one of the talks facilitated by Dr Dash – A WHO associate, who enlightened all the teachers on Gastroenteritis and Osteoarthritis. The session gave an insight on balanced diet, basic food habits and lifestyle changes that would help in the prevention of these illnesses.

HEALTH CAMP BY HOLY FAMILY HOSPITAL



Health checkup was done for all school children and their parents which included the provision of basic medicines.



ANNUAL SPORTS DAY - SPECIAL NEEDS



**BRONZE
MEDAL
WINNER**

HIGHLIGHTS OF THE YEAR

2 special needs children from Tender Heart represented Haryana in International Special Olympics World Summer Games in Abu Dhabi March 2019. Himsuta won a bronze medal in Cycling.

PARVEEN: THE SHINING STAR IN POWERLIFTING



Parveen won 3 bronze medals in
Powerlifting held in International
Special Olympics Summer Games held
in Abu Dhabi!!



Welcome ceremony of special needs organized by Tender Heart NGO at Delhi Public School, Faridabad. These children represented Haryana in International Special Olympics World Summer Games held in Abu Dhabi 2019



It is a proud moment for Tender Heart, children, their families and coaches to see these children growing and reaching at their best.

JASIR MADHUBANI ARTIST



Special child Jasir got the opportunity in Madhubani Art training that unveiled his true and genuine talent in 2015. Immediately, Jasir showed a lot of passion towards this traditional form of art, which has been allowing him to express his emotions and feelings as well as to engage him for longer periods on a specific task. Art has quickly turned into Jasir's way to evacuate his aggressions and to use his creative energy. Today, Jasir is supported by Tender Heart to move towards financial independence and finding a place in society.



CELEBRATIONS



INTERCONTINENTAL HOTEL GROUP GURGAON TEAM

At the school, the Gurgaon team of the IHG Corporate office conducted a day around tree plantation, drawing activity with special needs children.





Tree Plantation Drive Sponsored by Mahindra & Mahindra

500 plants were planted in Noida by special needs children of Tender Heart School and children from The Shriram Millennium School, Noida.

TREE PLANTATION DRIVE SPONSORED BY TO THE NEW



100 saplings were
planted by To the
New staff in Noida



RAISING AWARENESS ABOUT HYGIENE



Tender Heart school hosted a Dental camp for children and their parents in February. This camp was the opportunity to raise awareness on the importance of keeping teeth healthy and also to check the condition of their teeth. We thank Dr Sonal and Dr Mohit from Dental Terminal clinic for their kind contribution towards the wellbeing of the community.



LOCAL HOSPITALS JOINING HANDS

Oral Health Examination was conducted for 17 special children and oral health education was given to their caregivers by PG students of Sudha Rastogi Dental College, Faridabad.



WOMEN EMPOWERMENT



Tender Heart functions in a community,
where the women are trapped, within the 4
walls of-

PATRIARCHY

POVERTY

ILLITERACY

INEQUALITY

Tender Heart felt that the need to **EMPOWER** these women to counter this menace, by strengthening their economic security, and hence, **BREAKING THE 4 WALLS**. To achieve that, Tender Heart proposed to equip them with vocational skills. Handicraft Training and tailoring unit are the two major projects focussed towards the upliftment of this rural community.

Handicraft Training

Through this project, the rural women from the surrounding villages of Bhatola learn basic crafting skills where they make hand made products such as cloth bags, newspaper baskets, wallets, travel pouches, wall hangings, kids pins, dreamcatchers, teaching aids, laundry baskets, cushions. The women of this project are paid a fair wage for their handmade products. The women take great pride in their work and build confidence through this project. These girls come from a traditional background where male dominance has always been practiced. This program improves the confidence of these young women and provides them with work and education.





Tailoring Project

The tailoring project commenced in August 2017 in collaboration with Rotary Club Aastha and Singer has been successfully running. 3 successful batches have been completed and it continues to train the rural women and the school dropouts girls of the community. Most of the girls are not allowed to continue their education after matriculation due to male dominance in their families. Hence, this project works as a saviour in equipping these girls and women with a skill that will help them in regaining their confidence and works towards financial independence.

TENDER HEART HANDICRAFTS



Tender Heart Crafts are born out of this mission to empower the women of disadvantaged rural Indian communities. Women are trained by experts to create beautiful handmade crafts and works of art, each one as unique as the story of the woman behind it. Every Tender Heart Craft item is made with personal care and with every sale you can contribute to the success of this enriching project, the livelihood of a rural family and the development of a talented woman.



Shashi



Before coming to Tender Heart, she was not able to provide milk to her children, which was her great desire, and this she was able to do when she started receiving remuneration for the handicraft products that she started making.

Sangeeta



From a depressing environment at home due to lack of funds, she finds great happiness when she is at Tender Heart for learning and earning. She also encourages other women to follow her footsteps.

Madhu



With a drunkard husband, her life was very difficult to bring up her four children.

Today with her skilful work learnt at Tender Heart she is able to support her family financially.

LINEN FOR LIFE PROJECT



Diversey, a leading provider of cleaning and sanitation products has joined hands with Tender Heart and provides discarded linens from hotels. These discarded linens are converted into usable items like door mats, cushions, cloth bags etc. Through this project, rural women got an opportunity to work and earn their livelihood. 3000 cloth bags were distributed to various organizations.

TENDER HEART PRODUCTS REACHING AT PROMINENT STALLS

Tender Heart had a stall at Chittranjan Park, one of the popular places in Delhi, known for celebrating grand Durga Pooja. Our volunteers from Canada & Mexico were a part of this and attracted a lot of footfall.





TENDER HEART STALL AT DASTKAR, CHATTARPUR, NEW DELHI



TENDER HEART STALL BY BITS
PILANI STUDENTS

Tender Heart's
stall at
The Shriram
Millennium School
Noida is a regular
feature. The giant
MAP (Mad about
Peace) banner was
made by women
empowerment
team of Tender
Heart .



Mad About Peace



WOOPIE

Way out of poverty is education

School is simply not an option for all children in India. Tender Heart runs an after school programme called WOOPIE (Way-Out-Of-Poverty-Is-Education). The programme concentrates on educating the slum children. Children from nearby slums and villages come to our after-school program to get basic education and expand their knowledge, allowing them to grow their perspectives and enhance their interactions with the world. After they achieve a certain level of literacy, the most promising students are then transferred to the morning school.



LEARNING IS FUN

Based on their calibre, small groups are divided and children learn basic English, Science, Mathematics & General Knowledge. This program is supported by Indian & International volunteers. These children enjoy a lot with our international volunteers through fun learning activities and a variety of games.





WOOPIE MEALS

Most of the children are mal-nourished and lacks basic amenities at their homes. To motivate these children to come to the school, Tender Heart provides healthy snacks daily to these children. On special occasions and festivals, individuals, volunteers and people from the surrounding community offer tasty meals.



VOLUNTEERS FROM THE INTERCONTINENTAL HOTEL GROUP, EUROPE

This year IHG Future Leaders worked on the interiors, refurbishment of rooms, garden area, kitchen, introduced some baking recipes to our special needs and government college girls. They did some great changes on the website and made some standard operating guidelines. We thank IHG for their magnanimous support that they continue to provide for the past 3 years.



IHG FUTURE LEADERS



REFURBISHMENT OF ROOMS, GARDEN AREA, KITCHEN

VOLUNTEERS AT WORK





Around 50 College girls from Government College of Faridabad learnt baking recipes from Future Leaders of Intercontinental Hotel Group.



**“It is only through labour
and painful effort, by grim energy and
resolute courage, that we move on to
better things” -Theodore Roosevelt**

**LABOUR DAY
CELEBRATIONS**



TENDER HEART AT THE TEDX EVENT



Another milestone added in Tender Heart's journey as Mrs Renu Bali presented a talk on "Diversity in Education" on the Tedx platform. Mrs Bali was amongst the 8 speakers who all were from diverse backgrounds such as Arts, Theatre, Television, Journalism, Adventure, Youth Rights.

SOCIAL ENTREPRENEURSHIP


The Way Forward

At the Annual Fest of Gargi College Delhi and amongst a mix of young budding entrepreneurs, Mrs Renu Bali made an intervention about the social entrepreneurship. The program was attended by Enactus Gargi college students who were members of the Enactus - a global non profit community of entrepreneurs, students and academics. This event put forward the imperative need to make businesses as well as humans with a sense of social responsibility in whatever way possible.



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