



# Annual Report

2022-2023

POCKETFUL OF SUNSHINE





A prevention-based approach that leads to a happy, healthy, and safe childhood for children at risk.

## Our Mission

A safe and nurturing environment for the children of informal/daily waged workers living in Urban slums and other socio-economically neglected regions of the city. Our mission is to provide an enjoyable childhood filled with opportunities of growth and learning. Alternative care for children is an essential first step towards the economic empowerment of their mothers.

## Objectives

**Children:** To provide alternative care during the day to children of informal women workers and to work with children in different unprotected situations.

**Adolescents:** To develop resource and guidance centers for adolescents from economically weaker sections of the society to support their academic and family support goals.

**Women:** Economic empowerment of women by enhancing opportunities to work without being held back by child care duties and accompanying concerns about the safety and well-being of their children

**PFO Sunshine Staff:** Academic and professional growth of the PFO Sunshine team to help develop leadership skills and opportunities for further growth.

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# Letter from the founder

Presenting the annual report is always a proud moment for the entire team at Pocketful of Sunshine. The cheerful daycare environment and happiness on children's faces speak volumes about its caregivers. Whose sincere efforts and passion for the work have made this entire project possible in spite of continuous financial and socio-political barriers. This annual report is dedicated to our dynamic team of young women who respect children's rights and work immensely hard to prevent abuse of children within their own cities and neighborhoods. What makes this team distinctive is its resolution to create a safe space for children to grow, while also putting in the work towards their own personal growth— academic, professional and familial.

PFO Sunshine's journey this year has been marked with many challenges with frequent shortfalls in funding and insufficient resources being our top concerns. But we continue with ever more determination as we celebrate the remarkable changes that the daycare experience has made in the children's lives. Daycare children are receiving the opportunities, but more importantly a community to learn and grow into happy and confident young adults. As an organization the PFO Sunshine staff is mirroring these changes. Peer-to-peer learning and sincere efforts to learn and grow from all experiences –tough or enjoyable – has become foundational to our work-and-learn culture.

PFO Sunshine completed three years of its registration in September 2022. A big milestone for any non-profit organization. The organization was entitled to receive Corporate Social Responsibility Fund (CSR) funds and Grant-in-Aid from the Government. We received CSR Form 1 in October 2022 and applied for every single opening possible since then.



We are happy to share that PFO Sunshine is undertaking a project on establishing a 'Child Wellbeing Center' in partnership with the Delhi Commission for Protection of Child Rights (DCPCR). This will be a one-stop center for rehabilitation and well-being of children. It will cater to more than 500 children residing in the locality.

This upcoming year we are determined to develop more age appropriate curriculum and separate care-spaces for children above 13 years. This is an urgent need, as more and more children grow out of the existing daycare system and often land back on the streets in vulnerable and unprotected situations. A holistic and complete ecosystem of alternative care is accomplished only when the child remains in a safe and nurturing environment at least until the ages of 15-16 years.

This upcoming year aim to begin working on gathering research and compiling fact sheets and policy briefs on issues of child abuse and prevention to better advocate for the growing need for daycare facilities. Through a combination of these steps geared at system wide change, PFO Sunshine continues to work towards ensuring fundamental rights for our societies' youngest and most vulnerable citizens – the children of informal workers in urban areas.

Good health and safety to all,  
*Tasneema Zaidi*

# Introduction

## Who We Are

Pocketful of Sunshine (PFO Sunshine), is a child rights organization working since September 2019 to prevent child abuse and to ensure a safe, healthy, and happy childhood for children at risk. Alternative care for children is an essential component towards building a society where the economic empowerment of all women is prioritized.

PFO Sunshine's organizing concept is drawn from its founding members' long experience of working within the child protection system and belief in early childhood interventions. It offers a much-needed humanitarian solution to the intertwined and complex occurrence of neglect and poverty faced by children from economically weaker sections of the society.

Children of daily waged, domestic, and other informal workers are one of the most vulnerable groups in Indian cities. Often coming from migrant families which lack extended kinship networks within urban areas, these kids grow up with little supervision from parents, who are often themselves victims of exploitative labor conditions. These kids are easy targets for various kinds of abuse including child labor, substance/drug, sexual abuse, etc.

Realizing the need to break this cycle of neglect and abuse, PFO Sunshine has undertaken the task of growing a network of daycare centers in New Delhi that provide alternative care, nutrition, and supplemental education for the children of daily waged workers. The daycare centers provide an opportunity for these children to grow and for their mothers to work longer hours without worrying about the well-being and safety of their children.

## Governing Body Members

### President | Ritu Sinha

Visiting Fellow,  
Centre for the Study of Developing Societies

### Founder & Director | Tasneema Zaidi

Child Rights Activist,  
Former member of Child Welfare Committee

### Co-Founder | Azra Naqvi

Fiction writer & Poet,  
Editor, 'Rekhta' Foundation

### Co-Founder | Asma Zaidi

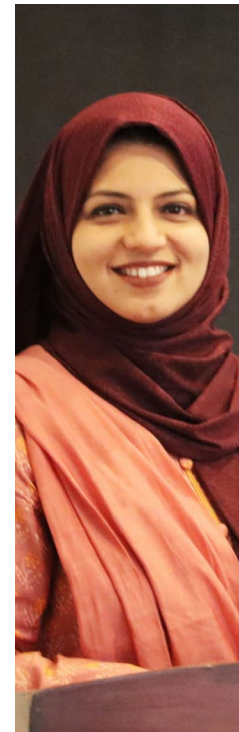
Family Psychologist, School Leader,  
Teachers' Trainer and Author

### Advisor | Bharti Sharma

Honorary Secretary,  
Shakti Shalini

### Advisor | Vaidehi Subramani

Member, Child Welfare Committee,  
South Delhi



# Project 1

## Sunshine Daycare Centers

**Objective:** Providing daycare facilities in basties (Urban slums) to prevent abuse of some of the most marginalized and vulnerable children and to ensure opportunities for their growth and wellbeing.

Daycare is a growing necessity for children and working mothers in urban areas. Although a large number of the urban workforce, especially women, are engaged in employment activities outside of their homes, childcare arrangements remain insufficient and extremely expensive. The need for low-cost childcare arrangements for children of daily wage earners and migrant workers is more urgent than ever.

Sunshine daycares provide alternative care during the working hours (9am-5pm) everyday to the children of domestic workers and other informal women workers. It caters to children between the age group of 3 months to 12 years. Kids below 2 years usually stay for 2-3 hours and go back once their mothers return from work. Whereas, children older than 2 years stay until the evening hours. The daycares carry out a range of activities throughout the day that are centered on children's emotional, mental, and intellectual development. At present the organization is running three daycare centers in different parts of Southeast Delhi.

### Location and Demographics

1. Sunshine Daycare, Madanpur Khadar: Serving the residents residing in the Jhuggi Jhopri (JJ) settlements near the Banks of Yamuna River, Southeast Delhi.
2. Sunshine Daycare, Okhla Vihar: Serving the residents residing in the Jhuggi Jhopri (JJ) settlements near the Jasola metro station, Southeast Delhi.
3. Sunshine Daycare, Jogabai: Serving the residents residing in the Jhuggi Jhopri (JJ) settlement in the Bees Footta (20 feet) neighborhood, near the Banks of Yamuna River, Southeast Delhi.



# Sunshine Daycare Centers

## Key Features



Daycare Centers are run in close proximity to the *basties*



Freshly cooked meals and milk is provided to children based on their nutritional needs



Periodic Parent meetings to discuss their child's progress and wellbeing



Children are enrolled in *Anganwadis* and government schools as per their age and literacy level



At the after school daycare children are engaged in age appropriate activities



Daily routines include workouts with music, games, stimulating activities, study, and rest



Parents are assisted in timely applying for government documents (Aadhar, birth certificates, ration cards, etc.)



Children are taught about safety and receiving support within family, school and neighborhood



Every daycare has a small library to inculcate reading habits



Daycare staff work with school teachers and parents to monitor children's progress

## **Building a Creative and Interesting Curriculum**

Working with young children who are full of energy and always looking to run outdoors is a challenging activity. The Staff were trained to work closely with children and try various methods that can help them connect with students. Trust and understanding played a key role in gradually creating an environment where the staff was able to establish their position as a caregiver. Children gradually began participating and building a the daily routine filled with enjoyable activities and periods of learning

### **How We Did It?**

A variety of activities –including games, competitions, group projects, and outdoor excursions are planned throughout the year that have brought about a positive change in children. A partner organization 'Aseem's Library has been a great support in the planning and implementation of activities.

### **Morning Workout**

The day starts with one hour of exercise and workout with music. This is the happiest time for children as it helps with channeling their excess energy into more physically demanding activities. Sometimes workouts are repeated during the evenings on children's demand.

### **Libraries**

Each daycare has a small library, established by a partner organization, 'Aseem's Library'. Magazines and new storybooks are added to these libraries from time to time. Younger children enjoy picture books whereas older ones love reading stories and children's magazines. The demand for new books from children is steadily increasing as these libraries help improve children's reading and writing skills, as well as their creativity and imagination. As a positive reward system, the child who reads the maximum number of books receives a small prize at the end of every month.



### **Projects and Craft Works**

Children make projects on different topics like festivals, states of India, their local cultures, environment, science, etc. They are engaged in a lot of craft activities which are displayed in daycares and often given back to them to take home to their families.

### **StarBoard**

Starboard is maintained very carefully with the objective of motivating and encouraging children to participate in daily activities.

### **Milan Program**

*Milan* (togetherness) is a monthly program organized in each daycare to recognize the highest attendance and book readings. The winners receive small prizes like sweets, pencils, and or stationary items.

### **Community Building**

Children participate and interact with other children from various child rights agencies. This is a very enriching experience for them. They participate and interact with the children of other agencies associated with our collaborative partner Aseem's Library.

### **Indoor/Board Games**

Indoor games, especially carom, puzzles, and block buildings are children's favorite pastime. The staff has evolved interesting games which do not require a lot of space and still keep children physically active.

## Supplemental education

The focus on supplemental teaching is key to developing reading and writing skills amongst children. They also complete their school homework and prepare for examinations with the help of daycare staff. With all these efforts the academic levels of our children have improved and most of them have started taking an interest in studies.

## Food and Nutrition

PFO Sunshine strives to provide freshly cooked nutritious food to all children enrolled in its daycare facilities. Initially it served three meals a day including morning refreshment, lunch and evening milk. From August 2021, we had to discontinue morning refreshment, and evening milk due to a shortage of funds. Presently freshly cooked nutritious food is served in the afternoon every day.





## Competitions, Sessions, and other Outdoor Events

Children participated in various outdoor events during the year. These exposures give them opportunities to travel in small groups, use public transport, engage with strangers and children associated with other NGOs.

**Session on Safe Touch:** Child safety is of prime importance for PFO Sunshine. Sessions were conducted for children and staff by an experienced psycho-social therapist on safe touch. Children were engaged in games, activities and open discussion during the session.

**Visit to the Delhi Book Fair:** Visit to the Delhi Book Fair in December 2022 was a unique experience for our children. Pavilions full of books gave a new understanding and importance of books in their lives.

**Science project-making competition:** The competition was held at Pragati Maidan in February 2023. Sunshine children presented a working project on water harvesting. This was the first working project.

**Visit to the World Book Fair:** Visiting the World book fair was a great experience for children. Besides exposure to the huge collection of books they enjoyed playing in the open ground.

**Can Support Walk for Life to observe world cancer day:** Children from all the three daycares participated in the Can Support Walk held on 6th February 2023 to mark World Cancer Day.

## The Daycare Impact

The impact on the lives of children and their mothers is satisfying and encouraging. Children are turning into more confident and responsible young adults. There is a significant improvement in academics especially in reading and writing skills, as well as their school attendance has also improved. They are better aware of the environment and willing to learn more. They take good care of the daycare space, learning habits in cleaning and decorating their environment with new found enthusiasm. Overall children are much happier now and keeping themselves engaged productively.

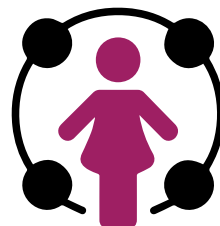
The impact of alternative care for children during working hours has brought an immense change in the lives of their mothers. They work for longer hours now. Even mothers with babies as young as 3-4 months old can also work outside the home setup. They have realized the importance of a safe environment for their children so now make sure that their child is not playing on the streets and has reached the daycare.

### Beneficiaries

In spite of heavy demand for daycare facilities and a long waiting list we are not admitting new children until there are enough resources and facilities to cater to them. Presently PFO Sunshine is working with 275 beneficiaries.



**200 Children**



**75 Mothers**

# Project 2

## The Sunshine Team

Our team is the backbone of our organization. All that PFO Sunshine has achieved during the short period of three years is the result of its team members' sincere efforts and deep sense of social-responsibility. As an organization we realize the importance of continuing our staff's professional and educational growth. We train and prepare the team members to take up PFO Sunshine's cause ahead, and build a long term sustained involvement with the organization.

### Two Way Approach

**Capacity Building:** The organization conducts regular capacity-building sessions for its staff on teaching pedagogies, early childhood interventions, child protection and issues related to child rights.

**Professional and Academic Growth:** The staff is encouraged and supported by the organization to continue their academic growth. They are helped in paying fees, provided tuition classes when required, and encouraged to take online classes or remote learning opportunities during their working days, as well as given educational leaves during examination periods.



## Capacity Building: Workshops and Trainings

- Session on Child Protection System and Child Protection Policy of Pocketful of Sunshine
- Sessions on Stress Management and Mental Health: Six sessions over a period of four months were conducted by an experienced therapist on stress management and mental health
- Basic Literacy and Teaching Pedagogies: Three days workshop for teachers was conducted by Pratham in collaboration with Aseem's Library
- Identification and Assessment of Children With Learning Disability: Five days online workshop on learning disability was conducted by Ocean BrainTraining Center. Aseem's Library sponsored the training programme for PFO Sunshine team members
- Quarterly Sessions on Development of Creative and Interesting Curriculum: Sessions were conducted by Aseem's Library for all its partner organizations.

## Project Hosla: Never Too Late To Start

Project Hosla was started in 2021. A group of young women including two members of PFO Sunshine team were motivated to learn to read and write, after having missed crucial school years due to family responsibilities. A teacher was appointed to take tuition classes and help these young girls to get back into mainstream education. . After a year of preparations, these women were enrolled to class VIII through The National Institute of Open Schooling (NIOS).

In spite of facing multiple learning challenges, these women worked really hard to manage their studies along with other professional and familial responsibilities. The group cleared grade 8th in 2022. After preparing for almost a year they appeared for grade 10th in 2023. While the results are awaited the group has started preparing to clear grade 12th now.



# Project 4

## Collaboration with other Organizations and Government Agencies

PFO Sunshine entered into collaboration in January 2021 with Aseem's Library, an NGO working with Child Care Institutions and other Child Rights groups to make learning more interesting and enjoyable for children. It has established libraries in our daycares, and regularly provides new story books, stationary and teaching material. It also conducts sessions and training for staff, organizes events, competitions and outdoor activities for children and staff. They develop a theme base monthly activity plan and guide staff carry it out. They also organize a summer Camp called 'June Ka Jalsa' every year which is very popular among children. Lots of indoor games, activities, competitions and quizzes are conducted in June Ka Jalsa.

Association with Aseem's Library has benefited PFO Sunshine in many ways but its key contribution is in keeping children productively engaged in a range of carefully planned activities that have brought a significant change in children's personality.



# Project 5

## Upcoming Project: Child Wellbeing Center (CWC)

PFO Sunshine will be undertaking this project in partnership with the **Delhi Commission for Protection of Child Rights (DCPCR)**. The project will be launched soon in the Okhla Mandi Area adjacent to Okhla railway station in South East Delhi. This will be a one-stop center for rehabilitation and well-being of children. It will cater to more than 500 children residing in the locality.

### Key Features of the Project

- Rehabilitation and social reintegration of children engaged in begging and substance abuse.
- Non formal classes and mainstreaming of out of school children
- Daycare center for the children of informal women workers
- Linkage of children with Anganwadi and other scheme
- Resource and fitness center for adolescents
- Digital literacy center
- Assistance to children and their families in making important documents like Aadhar card and birth certificate.
- Medical and counseling facilities for children

The project is expected to start in June 2023. A complete study and mapping of children living in the project's geographic area will be done through a baseline survey. Children will be placed within different components of the project according to their age and needs.

# Pocketful Of Sunshine

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