

# ANNUAL REPORT 2020-21



  
*Mera Parivar*  
Institute of Transformation

# Mera Parivar Foodbank

LOVE FOOD HATE WASTE  
(UNIT OF MERA PARIVAR)

# 267, Sector 29, Gurgaon, Haryana (INDIA)  
+91-7838594444  
foodbank@meraparivar.org  
website : www.meraparivarfoodbank.org



# VISION

"right to life with dignity". Households living in equal, just, and sustainable society

# MISSION

Mera Parivar is committed to work towards empowerment and enabling communities, children, youths, women and men through education, and livelihood programs, with Multi stake holders partnerships.

## SUSTAINABLE DEVELOPMENT GOALS

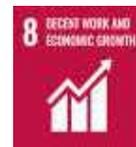
Through its actions, Mera Parivar contributes to 9 Sustainable Development



NO  
POVERTY



QUALITY  
EDUCATION



DECENT W  
AND ECO  
GROWTH



ZERO  
HUNGER



GENDER  
EQUALITY



REDUCED  
INEQUALITI



GOOD  
HEALTH AND  
WELL-BEING



CLEAN WATER  
AND SANITATION



PARTNERS  
FOR THE G

# FOREWORD

## ANIL LANDGE

### EXECUTIVE DIRECTOR

Today is a critical moment for the world in the hour of planetary emergency and the pandemic has depleted the world's natural resources and widened poverty and inequality. There is an urgent need to form a decisive push for sustainable development goals (SDGs). The past year called for a collective mandate of efforts to tackle global issues. The pandemic especially pushed on the verge to dwell on serious business to deal with human health crises. Mera Parivar in the past year explored new avenues for human development and betterment in COVID-19. We worked extensively on expanding the Basic Medical Healthcare to the vulnerable communities in Delhi and Gurgaon.



This annual report will provide a glimpse of the social action work and Humanitarian Aid Mera Parivar undertook to help communities survive and live during the pandemic. Our Psychological counseling project to bereaved families who lost their beloved ones and to the youth undergoing stress due to the uncertainty in pandemic.

Our Food/Ration Aid program to people in Delhi and Gurgaon focused on the daily wage earners, we served nearly 5000 families in a month in the target group. Our motto to live life with dignity becomes increasingly important at this hour of global emergency. We appeal for a collective initiative of Civil Society, Government and Private players to address the human crises in the coming years.

Mera Parivar is looking for extensive collaboration for potential partners who are willing to drive the change of society. I am immensely grateful to those who contributed and helped in work during covid, that reflects the diversity of all communities and people united working for common goal.

I invite you to support and collaborate together with Mera Parivar for a sustainable future for our coming generations.



## **REENA KUMAR**

### **PROGRAMME DIRECTOR & CSR HEAD**

Education and Nutrition to children was the primary focus of meraparivar in year of 2020-21. The pandemic emergency had an impact on the education and the mid-day meal scheme to the children. Where many children struggled for the internet connectivity and accessibility it was a tough challenge for Mera Parivar to deliver and foster online education and meals to the children at their home. Many family lacked the access to smartphones or good quality ones where we can enable students to have access to teaching materials.



Our unceasing efforts and partnership enabled our enterprise to deliver education by distributing phones to students who can't have access to it. Training the grassroots teachers with the proper device training to make a reach out of the online education to the poor. And daily food home step delivery system enabled us to deliver food at students housing. Despite the tough time and challenges in online mode education our children have secured 99% in the annual board examination.

We are proud of our teachers who dedicated completely to the education of children even when they were in far off places with remote connectivity

## **RAGINI CHOUDHARY**

### **CHIEF IMPLEMENTATION MANAGER**

The sustainable future was the cry of 2020-2021. Pandemic has exposed the loopholes in public health and quality education to the poor and economically disadvantaged around the world. Mera Parivar in the pandemic has fostered an ecosystem for the digital education to the children of the economically disadvantaged groups. We trained the grassroots teachers to promote the digitalization among 1040 children of Mera Parivar. We also provide an equal opportunity to learn to all by distributing the smartphones to the children in need. Children at Mera Parivar celebrated all the events in a digital setup and promoted a new digi-tech among the community. Mera Parivar has partnered with the local government in providing the free vaccine to the community. We also worked on the area of Psychological health of the women during the pandemic.



## **MAMTA CHOUDHARY**

### **SOCIAL MEDIA INCHARGE**

I work for social media of Mera pariwar, NGO. We consistently pursue, not just to remain as an interactive vertical but to act as a genuine vent for the deprived. Though, I have been in this profession since long, but with my experiences here, I realised what it makes to dedicate yourself for others. Conventionally communications for me was all about building strong and meaningful relationships, sharing the values of what we do and build trust and loyalty. But Covid was a paradigm shift. I could see the entire system disrupted and dislodged. I realised it was a test to serve, a challenge to raise our bars as far as we could.



And we succeeded, we broke almost all records in terms of our potentials to connect and serve. Our efforts kindled the spark in thousands who had given up all hope. I feel transformed now and truly indebted to my Seniors who had continuously supported and guided me towards a new passion in life, a mission for becoming the real voice for all in need. Media is not artificial intelligence but very essence of emotion, feeling and sentiments uniting together as society to make our nation strong.

# ABOUT OF MERA PARIVAR

**Mera Parivar** is working towards empowering community through **education and focus on gender equality**. When we talk about gender equality, we think about only girls and working with girls and women to empower them, but it is also important to working with boys to their behavior change for gender equality. Every boy deserves an opportunity to study and practice gender equitable behavior and it is our responsibility to give that opportunity to understanding approach.

Depressed neighborhood of Gurgaon with a preponderance of migrant families who come to the city in search of work and who do not have the necessary resources to provide their children with a quality education and a balanced diet.

Families with little awareness of the value of education for their children and especially for girls. In India, there is still a belief in many families that it is more beneficial to send the boy to school, since they will stay in the family, while the girls, when they marry, will leave home. This reinforces the stereotype that the woman's place at home, taking care of the house and her children. The high rate of child marriage (14-17 years) in the community means that many girls lose the opportunity to continue in school and are forced to drop out at a young age.

Some boys and girls do not access education, not even public compulsory education (ages 6 to 14). Others do start but there is a high degree of failure and dropping out of school, preventing the training and qualification of these children, which could facilitate a better future.

- Integrate children in the educational system and support them to avoid dropping out of school and provide them with an adequate food supplement.
- Give children the training required to enter public school and complement the deficient training they provide to prevent dropping out of school.
- Make families aware of the value of early childhood education to get the necessary family support.
- Provide children with a dietary supplement appropriate to the needs of childhood.

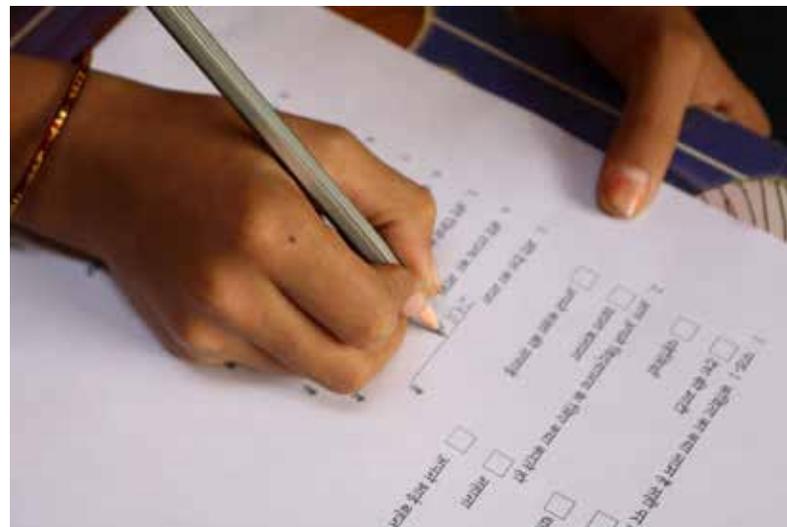
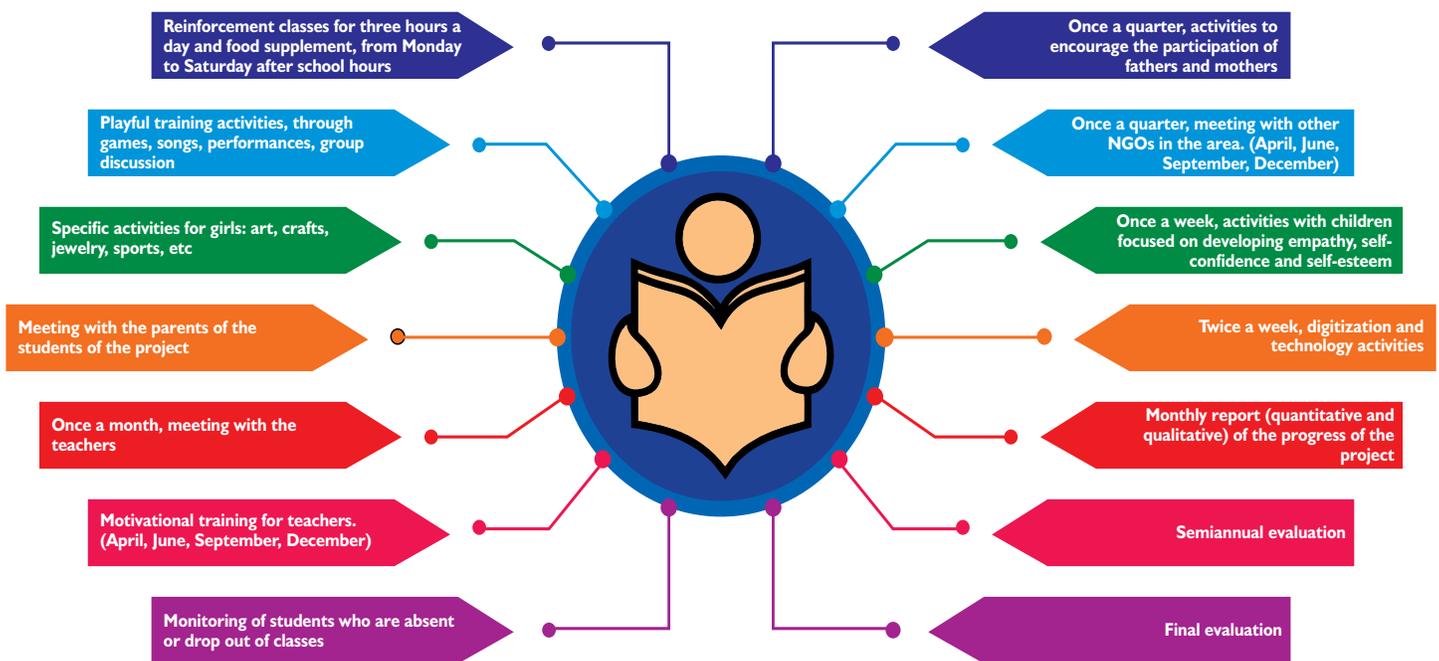
## Compelling Program Model:



# Pedagogy Of Children Education

- Promote the education of minors with special emphasis on girls.
- Promote digital education
- Promote children's participation and children's rights
- Community development through the education of future generations
- Raise awareness of the value of education to achieve a better future
- We also provide a food supplement appropriate to their needs.

## Education Activity at a Glance



# COMMITTED ECOSYSTEM FOR THE COVID RELIEF



- Beneficiary
- Kind of Donation
- International Fund
- Dry Ration Kit

# ECOSYSTEM IMPACT



**10750 Kit  
Dry Ratan  
(Rice, Pulse)  
(1200 Families)**



**1300 Kit  
Dry Ratan  
(Rice, Flour, Pulse, Rajama  
Sugar, Mustord oil, White Gram,  
Tea, Spices, Salt, Soap, Sanetary Pad)  
(1300 Families)**



**12 NGOs**



**15 Religious Institute**



**3 Shelter Home**



**1 Orphan Home**



**350 Matric Ton  
Vegetables/  
Fruits**



**182500  
Cooked Food Pkt.  
Serve**



**07 CSR Partner**



**02 Community Partner**



**04 Foundation**

# IMPACT INDICATORS AT THE END OF 2020-2021

## EDUCATION PROFESSIONAL INTEGRATION RESULT



Number of Students :  
**1044**

Mission Education : 300  
Itwillbe : 240  
Operation Blessing : 160  
Street of India : 400



Number of Classes Dayes :  
**265**



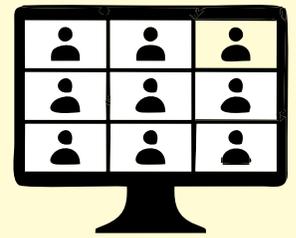
Number of  
Hours : **1060 Hrs**



Number of Online  
Activities : **46**



Number of Whatsapp  
Classes : **600 Hrs**



Number of Zoom  
Classes : **46 Hrs.**



Number of Meeting  
with corporates :  
**6 Meeting** with children



Number of Boys :  
**494 Students**



Number of Girls :  
**550 Students**



# SWABHIMAN

Understanding this approach we started Project Raise Programme in October 19, it was pilot programme. We have taken resources from Equal Community Foundation. Aim of the programme- Gender discrimination free community and boys need to realize the root cause of discrimination for contributing to a deconstruction of the current unequal power relationship between girls and boys.

Under this programme we identified 100 Children in the community and give training. We organized workshops and training. Every Saturday is workshop and time duration is two hours. In workshop we follow all curriculums in Hindi Medium and focused on discussion, activities. Trainer observed their mind set before joining the programme. We follow one module in one workshop. There are total 15 modules. All participants are interested to learning this approach and discussed with problems and their solutions, they also participate in all activity with interest. In every workshop we gave refreshment to all beneficiaries. It was behavior change programme. Project Raise Programme was very successful.



The project offers extracurricular classes to reinforce the education children receive at government centers and also offers advice, information and awareness-raising actions to families to raise awareness of the importance of the education of their sons and daughters. All this with digitization and participation as pillars of the project. These classes are held at three



centers in the area - Rajeev Nagar Center, Surat Nagar Center and Sheetla Colony Center - after school in the afternoon, 3 hours a day.

On the other hand, the collaboration carried out between the local NGO with which we developed the project and the educational and governmental institutions is essential, an alliance to work together and joining efforts to solve the existing problem.

In addition, the project emphasizes work to reduce the deep-rooted feeling of poverty that children who attend classes have. It is a work of reinforcement of self-esteem that the teaching team carries out with the students, seeking to counter the stigma with which they live for being without caste or for being a girl, among others. And avoid the Pygmalion effect on children - a self-fulfilling prophecy - repeating speeches that children internalize and that leads to failure. By decreasing this effect and changing their perception of themselves, educational actions will then have a greater effect on them.

We also provide a food supplement appropriate to their needs.

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Families with little awareness of the value of education for their children and especially for girls. In India, there is still a belief in many families that it is more beneficial to send the boy to school, since they will stay in the family, while the girls, when they marry, will leave home. This reinforces the stereotype that the woman's place at home, taking care of the house and her children. The high rate of child marriage (14-17 years) in the community means that many girls lose the opportunity to continue in school and are forced to drop out at a young age.

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# CSR ACTIVITY

## MITSUBISHI

### Clean and Safe Drinking Water Project in Government School Gurugram & Faridabad

Mitsubishi has initiative on clean and safe drinking water project with partnership of local NGO MeraParivar. It implemented to government school in rural area of Gurugram & Faridabad.

We did intervention in all schools. After intervention we found that 14 schools was pathetic condition on clean and safe drinking water. Children studying in government school especially in rural parts often do not access to clean and safe drinking water. This is resulting in many school children often falling sick and affects children's health such as vomiting, diarrhea, skin rash etc. Children do not drink enough during the school day and resulting dehydration contributes to continent problems.

Looking this situation Mitsubishi installed water cooler and RO in fourteen government school.

**This project is the objective of providing to clean and safe drinking water to government school children.**

Details of six school information where water cooler and RO installed.

### ARO & WATER COOLER

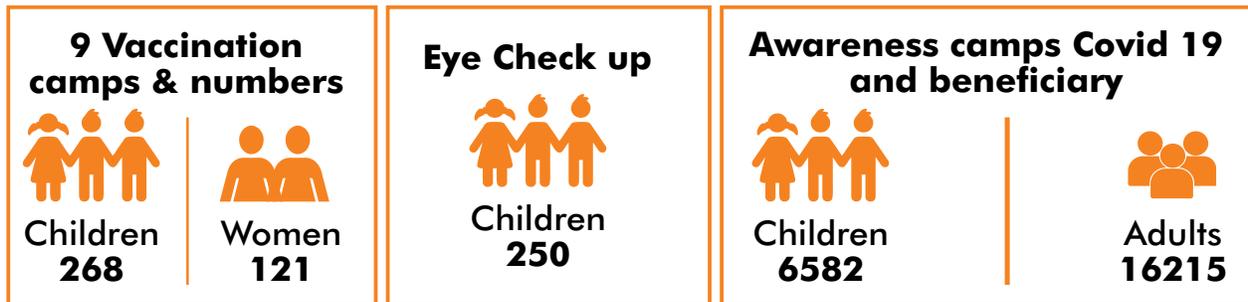


S. No.	Installation	Location name
1.	Govt. High School	KALIAWAS
2.	Govt Primary School	KALIAWAS
3.	Govt High School	MUSAIDPUR FARUKHNAGAR
4.	Govt Primary School	KHARKAHRI
5.	Govt Sr. Sec. School	JAMALPUR
6.	Govt Primary School	JAMALPUR
7.	Govt Sr. Sec. School	SIWARI
8.	Govt Sr. Sec. School	SIWARI
9.	Govt Primary School	SIWARI
10.	Govt Middle School	PATLI
11.	Govt Primary School	PATLI
12.	Govt Model Sr. Sec. School	MEWLA MAHERAJPUR
13.	Govt Model Sr. Sec. School	MEWLA MAHERAJPUR
14.	Govt Primary School	MEWLA MAHERAJPUR

# MEDICAL PROJECT

## COVID VACCINE / MEDICAL AID DISTRIBUTION

Mera Parivar clinical interventions and medication intense covid 19 awarness among women , girls and community so that interventions and generates intense awareness among women and girls, so that affirmative, health-promoting behaviors are adopted. Through community participation tools like workshops, trainings on various health components and other outreach initiatives, the programme lets young mothers and girls know about importance of health, vaccination, epidemic education, decision-for spacing child. Home visits, community meetings and street plays for community mobilization are essential components of the programme. An information centre has also developed been where deliberation of the programme. and information centre has also developed been where deliberation of contentious and sensitive issues is addressed i.e dengu, marlaria, nutrition diet, hand wash, good touch bad touch . This centre acts as a depot for provision of information on government schemes Asha, distribution of family planning methods, etc.



## COVID VACCINE

The only solution to the pandemic we believe is the rapid vaccination of the population around the world. Mera Parivar has partnered with the local government of Gurgaon, Haryana in providing free vaccines to all the eligible people in Gurgaon in the winter of 2020 and January of 2021. We thank our local government for entrusting this responsibility to vaccinate the citizens and we believe the partnership proves to be an effective mass reaching measure to benefit the people to help fight the covid pandemic. As a citizen it's our responsibility to do best in our capability to aid government in serving the people.



# ADVOCACY

Mera Parivar facilitate and initiate an accompaniment process in the form of hand holding. Technically helping them as well such filling up and collecting relevant documents. This gives them their to information and demand their right to the basic facilities available. This is also to empower them sense of identity and dignity

Today, many people justify actions or an argument under the mantle of “social justice.” In many of these cases, however, the term social justice remains undefined. It becomes a blunt force instrument to support actions that on the surface may seem compassionate, but in reality may be unhealthy or even destructive.

This is an excellent example of why common definitions are essential to communication, and why in the debates over the nature of social justice we must do the same.

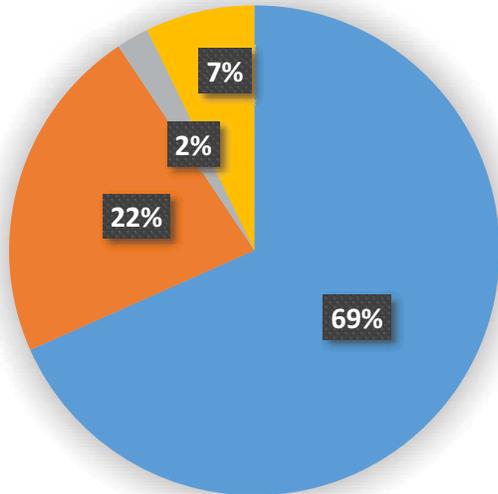
## **Social Justice Isn't What You Think It Is**

- **Distribution:** Most commonly, social justice is used to refer to a fair distribution of advantages and disadvantages in the world. Little thought, however, is given to what constitutes “fair” and how that distribution can be accomplished without doing additional harm.
- **Equality:** Sometimes social justice is used to refer to a concept of equality. On occasion, this equality refers to balanced opportunity, but, in many recent uses, the term has come to refer to a desire to create more uniform outcomes.
- **Common good:** Social justice can be used to describe an outcome that is beneficial to the whole community. However, the questions that are usually unanswered are, “Which community should benefit?” and “Who determines what good is?”
- **The progressive agenda:** In some circles, social justice means advocacy for labor unions, solar power, abortion, and sexual libertinism. This use of the term relies on the assumption that social “progressives” understand what is good for society and have the right and duty to fine, coerce, and constrain others to comply in the name of social justice.
- **New “civil rights”:** gender, sex, reproduction—At times, the phrase social justice is boiled down to a central concern for society to reject traditional social norms associated with the communities . This is a narrow focus of definition 4 above, but certainly not uncommon.
- **Compassion:** Using “social justice” in this way seems to refer to the alleviation of struggles or suffering. This can include goods like working to eliminate hunger and providing shelter. However, in some circles, compassion can be used to justify euthanasia, infanticide, and other clear moral evils that stand in stark contrast to true compassion.

## Social Justice & Empowerment Department Scheme

In this scheme beneficiary get RS 3000 per month.

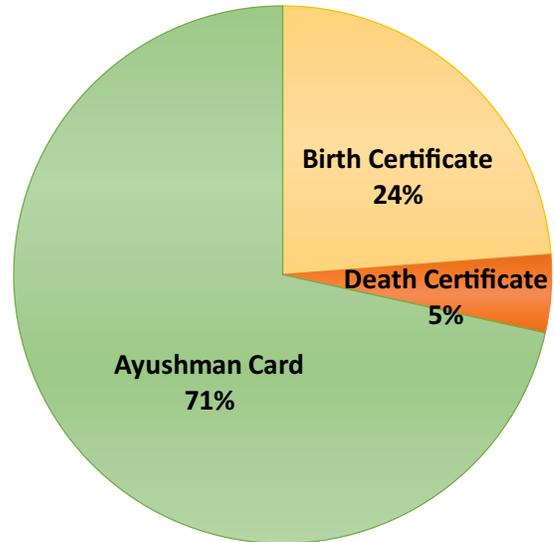
### Social Justice & Empowerment Deartment



## Health Department

Ayushman Card Holder get health insurance up 5 lak

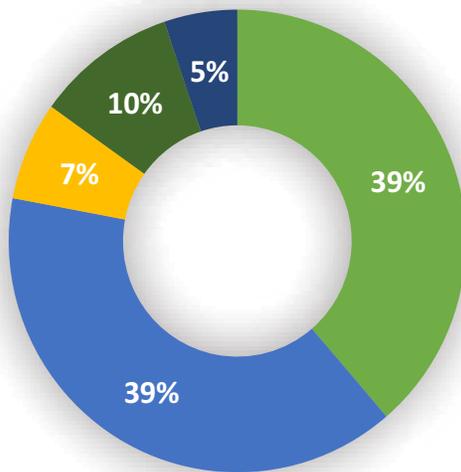
### Health Department



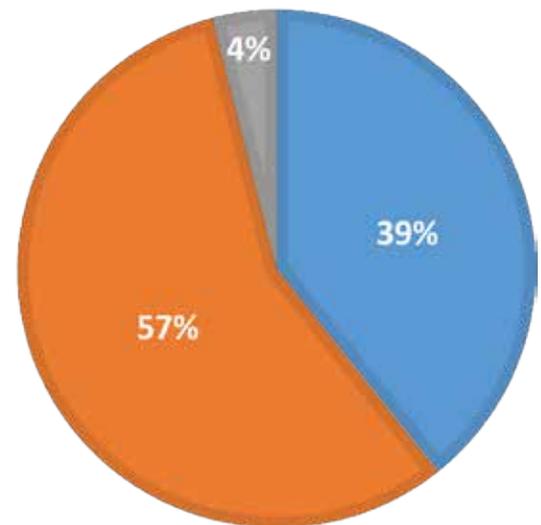
## Revenue & Disaster Department

Department make Domicile Certificate for citizen to get benefit of government schemes (School Admission/pension/land purchase/and address proof)

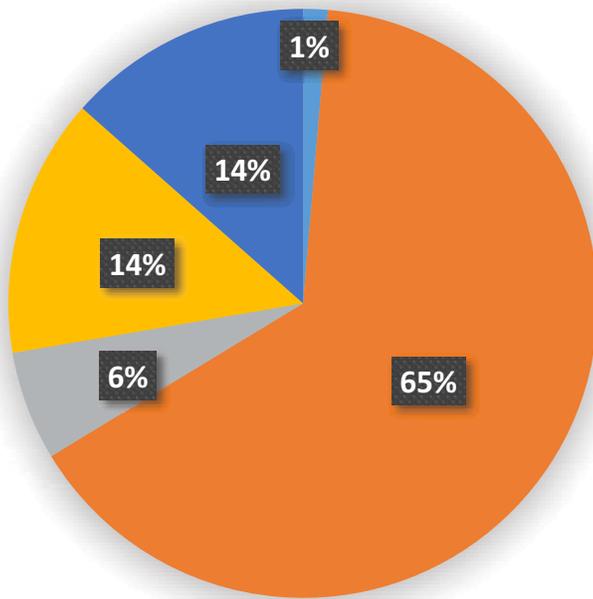
### Revenue & Disaster Department



## Food & Supply/Food & Safety Department

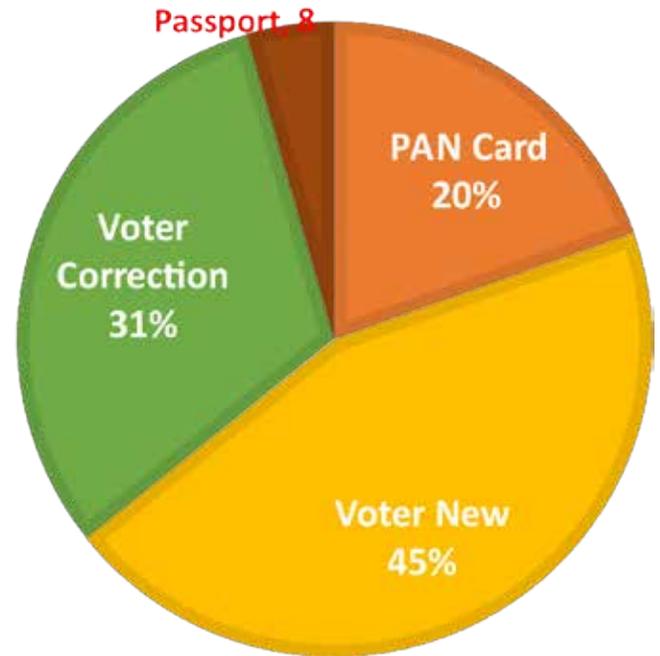


## Financial Help for Central/State Government



- Mukhya Mantri Vivha Shagun Yojna
- Unorganized Worker
- Mukhya Mantri Parivar Samridhi Yojna
- Mukhya Mntri Shram Yogi Mandhan Yojna
- Life Certificate

## General Document



## SEXUAL HARASSMENT AWARENESS CAMPAIGN

Mera Parivar believes in ending the crime against women in view of that we have successfully established the sexual harassment complain committee with 6 factories in gurgaon to raise awareness about the sexual harassment against women in the workplace. Mera parivar also conducts monthly workshops to educate about the different crimes against women and prepare them to fight back in the emergency. It has been 2 years since we have been running these programs and have educated the women workforce working in the factories.





We aim at providing curbing food waste and its reuse. We collect surplus food left at occasions and cooperate offices and distribute it to the Hunger Spots identified in Delhi NCR. We strive not only to provide food but nutrition and create choices over daalchawal for the ones who cannot have choices to make

## Dishant, CEO

The year of 2020-21 as a year of pandemic was a challenging time for our food bank. Lockdown prompted many job loss and stranded laborer in Delhi NCR. We were pushed to our limit to manage the logistics and feed the people on roads or in shelters. We partnered with many organizations like Britannia, Swiggy, grofers and Cinepool for food distribution across Delhi NCR. We also reported our work to the Hon. President of India's Secretary on our food and ration distribution to many laborers. We are grateful to Delhi Police for their assurance and commitment to help us in serving the people of DELHI with ration. 2020-21 was indeed a tough time and a shock to many lives but we at Mera Parivar food bank aim to eliminate the fear of living without food on day. We work 24 hours now through our helpline number in making food accessible to people.



To end hunger by organizing food, information and support for community survival, empowerment, and dignity. MeraParivar Food Bank Food Bank For Gurgaon Delhi has been working to end food poverty in our city for over 6 years. As the city's largest hunger-relief organization, we employ a multifaceted approach centered on helping low-income Delhi NCR overcome their circumstances and achieve greater independence.

### **Network:**

Our work begins and ends with our mission to end hunger, which we only achieve through partnering with our citywide member network.

### **Innovation :**

We embrace being a non-traditional anti-poverty organization because we recognize that strategic, innovative approaches are necessary to end hunger.

### **Stewardship:**

We respect every gift of time, talent, and treasure to our mission by committing to a practice of transparency and excellence in stewardship.

# SHARE FOOD SAVE FOOD DIGITAL DASHBOARD (FSSAI)

Mera Parivar is associated with FSSAI since 2017 and has been working on curbing the food wastage under the FSSAI Flagship program 'SHARE FOOD, SAVE FOOD, SHARE JOY' In the Month of Jan and Feb 2021. Mera Parivar successfully implemented the pilot project of the digital dashboard for the food collection in the region of Delhi. This digital platform enabled a swift handling of the food, providing quantifiable data and easy access to third parties to view activities. We successfully collected the surplus food from big food giants in India and distributed it to shelter homes and Juggis in delhi. We directly fed 500 families a day for a month.

## PRADHAN MANTRI MATRU VANDANA YOJANA

Lactating Anemic Mothers can have a grave consequence on the health of a child and on themselves too. Under the Flagship program of Government of India to provide nutrition and medication to anemic mother Mera Parivar have individually and locally implemented the program in providing nutrition and medical aid to the lactating anemic mother. We believe in strengthening the government welfare policies and doing the best of capabilities in making them reach out to the beneficiaries. This year we served 1000 mothers across gurgaon slum areas. We in partnership of government and civil society organization in combating the social problems in the society and will continue to strengthen our efforts in that direction



## POSHAN ABHIYAN

We have been working on nutrition for children through our mid day meal scheme since 2006. However our vision to expand and reach out to many children became successful under the premier program of the government poshan abhiyan. Mera Parivar, under the banner of the Poshan Abhiyan has reached out to the children in Uttar pradesh, Jaipur and Bengal. Mera Parivar is part of the government Program of National Nutrition Mission and has been unceasing reaching out to the children with the vision and mission of Holistic Nutrition to every child in india. Mera Parivar has also been an invitee in the Poshan Abhiyan Review and also an Active member of CII.





**We fight hunger by gathering and distributing food, engaging in partnerships that advance self-sufficiency, and by providing community leadership on issues related to hunger**

**We are dedicated to end hunger in Delhi NCR . We provide food to more than 10 agencies in Delhi NCR and serve over 15,000 people each month totaling over 100+ ton of food served in fiscal year 2020-21 Rice , Pluses, Oil, Vegetable, Fruits, Bakery Items & Others.**

## TYPE OF FOOD WE COLLECT

### Raw Material



Rice 15000+ kg



Dal 1600+ kg



Rajma 800+ kg



Atta 5200+ kg



Oil 1100+  
liter

### Cooked food from hotel / corporate



Cook food  
880000+ meal



55000+ pcs



5000+ pcs

### Bakery Items : 1000+ kg every quater



Cookies



Namkeen



Cake

### Fruits : 40000+ kg every quater



Banana



Mango



Apple



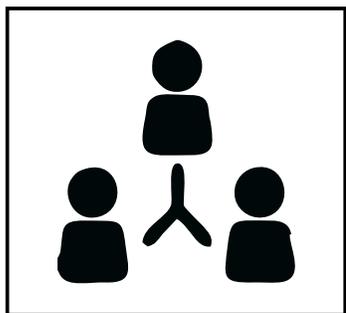
Other

### Green Vegetables : 70000+ kg every quater



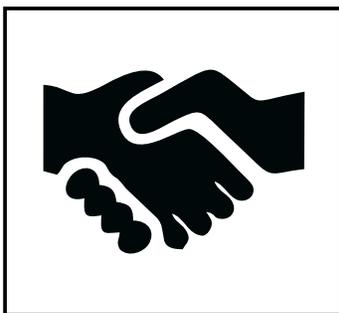
# Number of meals provided : 547500+ meal

## Partner of food project



**15**

CORPORATE



**20**

ORGANIZATION

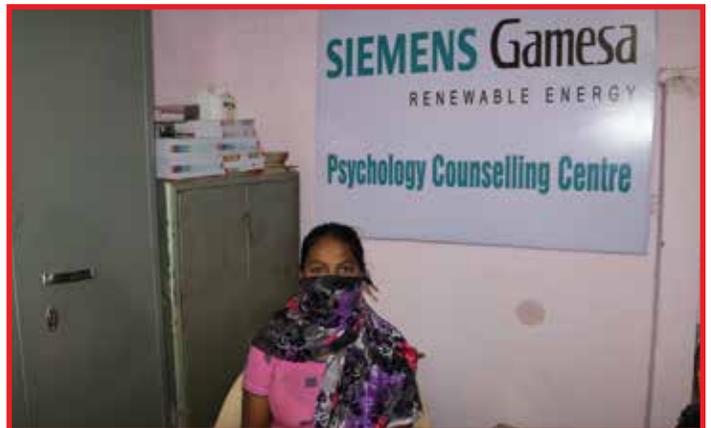


**35**

INDIVIDUAL

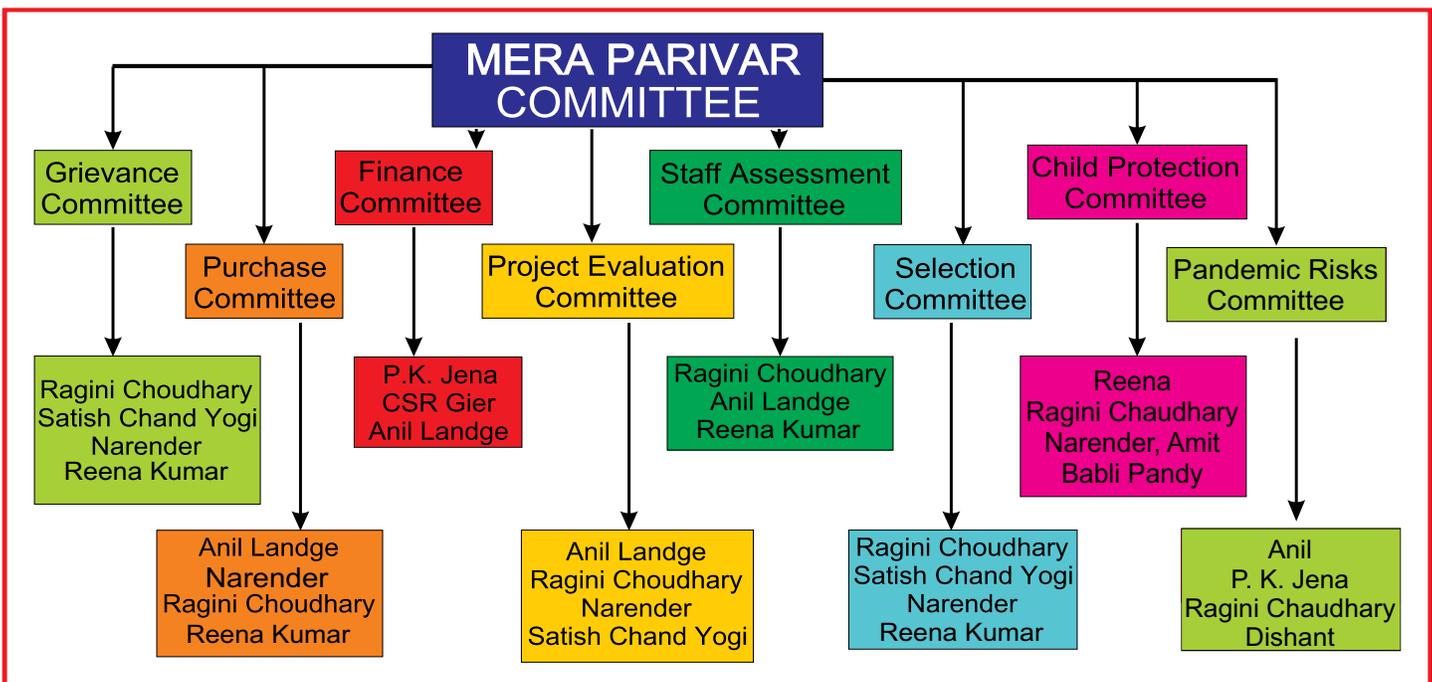
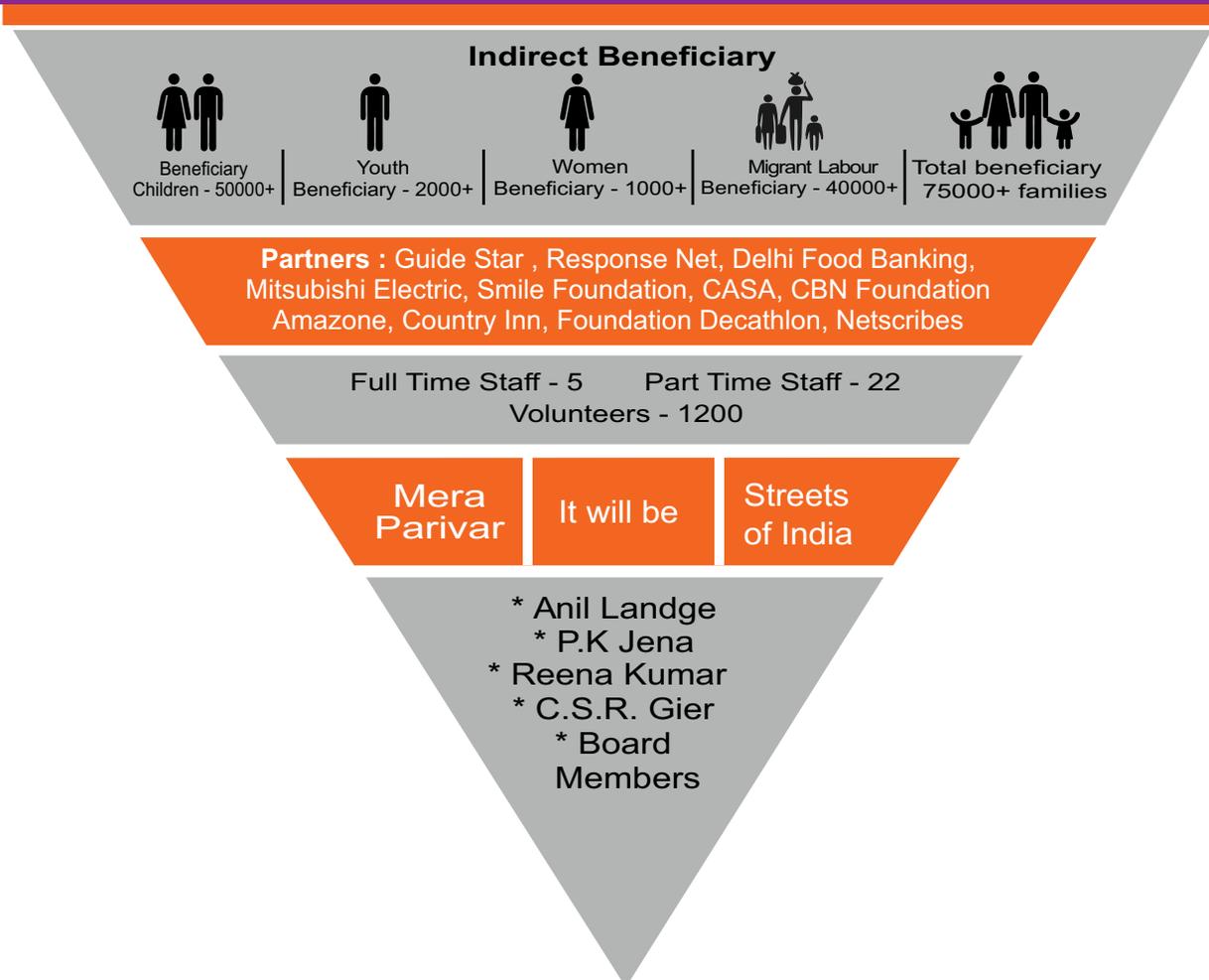


# PICTURE GALLERY



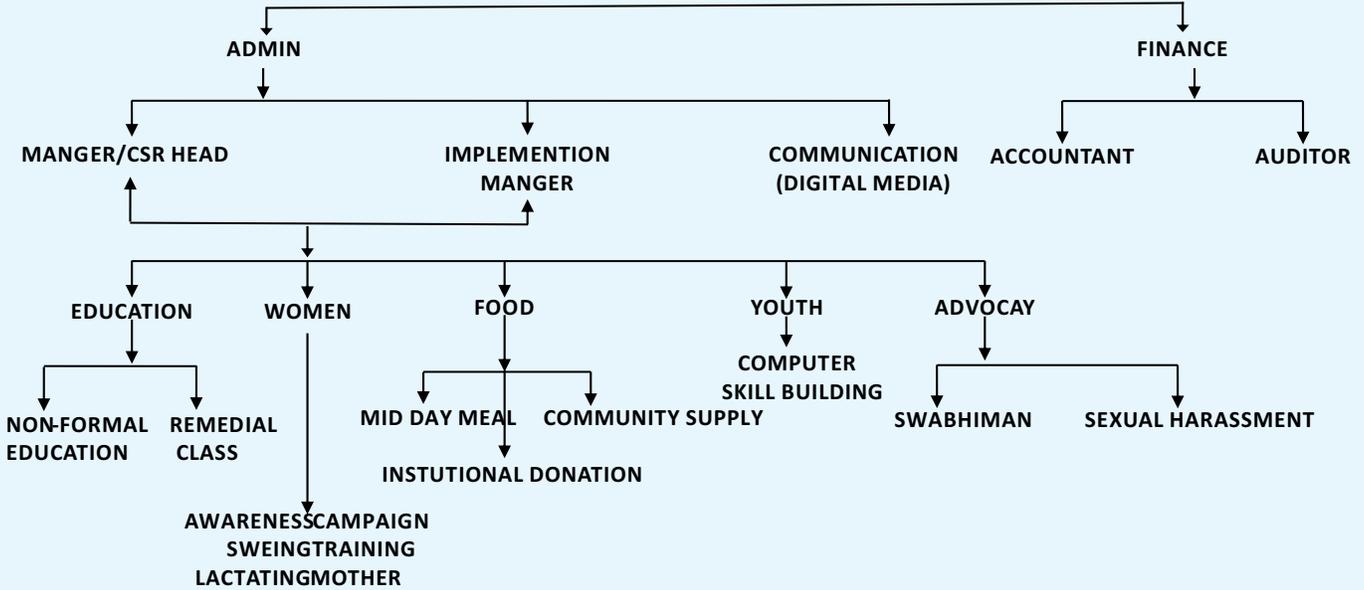


# ORGANIZATIONAL STRUCTURE



# MERAPARIVAR

ANIL LANDGE (ED)



## MERA PARIVAR DETAILS

Date of registration : 15 November 2006  
 FCRA Registration : 172270073  
 PAN NUMBER : AABTM7870P  
 12 A Registration : Document Identification Number:- AABTM7870PE2013301  
 Application Number:- 38869050260821  
 Unique Registration Number:- AABTM7870PE20133

80G Registration : Document Identification Number:- AABTM7870PF2021401  
 Application Number:- 379053330280821  
 Unique Registration Number:- AABTM7870PF20214

Chief Functionary : Anil Landge  
 Bank Detail FCRA : Mera Parivar  
 State Bank of India,  
 Sansad Marg, New Delhi  
 A/c 40093593843  
 FISC CODESBIN0000691  
 SWIFT CODESBININBB104  
 Branch code00691

Bank Detail Saving : Mera Parivar  
 AXIS Bank A/C 910010007505280  
 FISC CODE; UTIB0000056  
 SWIFT CODE ; AXISINBB056



  
**Mera Pariwar**  
Institute of Transformation

**Contact & Postal Address**  
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Haryana - 122001  
Phone : 7838594405

**Project Site :**  
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Sanjay Gram, Rajiv Nagar, Sec - 13  
Gurgaon, Hariyana - 122001  
Phone : -9313037887

E-mail : [meraparivar@gmail.com](mailto:meraparivar@gmail.com), Web. : [www.meraparivar.org](http://www.meraparivar.org)