



Development as RIGHT

Annual Report 2018-19



**MEANINGFUL PARTNERSHIPS
RESPECTFUL COLLABORATIONS**

Local

- Azim Premji Philanthropic Initiatives
- Dr. BMN College of Home Science
- EdelGive Foundation
- GN Khalsa College, Mumbai
- Municipal Corporation of Greater Mumbai
- Sonopant Dandekar College
- Stree Bal Shakti
- SWASTH Foundation
- Tata Institute of Social Sciences

Global

- DAIDA Foundation - Netherland
- India Development Service
- Sinha-Kikeri Foundation, Chicago
- The Ford Foundation
- University of Chicago
- Wheels Global Foundation



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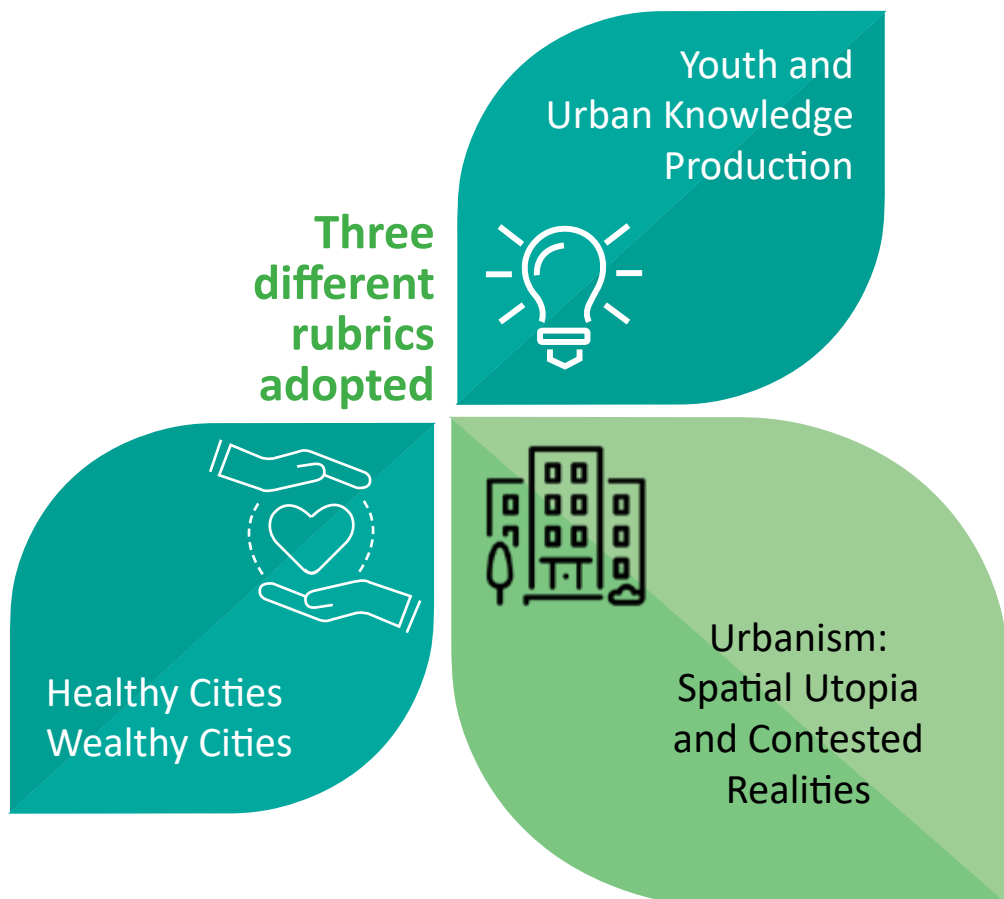
Team PUKAR

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PUKAR

PUKAR (Partners for Urban Knowledge, Action and Research), an independent research collective, and urban knowledge production center, facilitates community engagement, development and empowerment through Community Based Participatory Action Research (CBPAR) in Mumbai Metropolitan Region and areas undergoing urbanization and globalization processes.

PUKAR based in Global South works on the idea of “Right to Research” and challenges the prevalent paradigm of knowledge production, profile of the researchers and ownership of such knowledge. Recognizing multiple epistemologies of knowledge, PUKAR believes that such organic knowledge can make significant contribution to the development of sustainable, inclusive, interdependent world.



PUKAR's GUIDING PRINCIPLES

WE are guided by the principle of right to research and democratization of research.

WE work through the lens of youth and recognize the importance of indigenous knowledge within the communities created by the Youth.

WE are committed to respecting diversity, plurality, electoral democracy and foster through our work, equitable and just societies.

WE value dignity of labour and decentralization of power in operational strategies of the organization.

WE believe in participatory decision-making process at every level in the organization and foster the same in all our projects and communities.

WE believe in creating mutually enriching partnerships, respectful collaborations with organizations, institutions and individuals who support our vision.

WE believe that the new paradigm of knowledge creation is a unique experiment that puts us in a leadership position. Therefore, we aim to be the best in that sphere.

WE strive for excellence, accountability, transparency, honesty and professionalism.

VISION

PUKAR aims to create a world class incubator for producing knowledge, ideas, and innovations about global cities and communities through the lens of marginalized youth. It recognizes the centrality of space of reflection, conversation and activism for transforming developmental paradigm of urbanizing inter-dependent world to make it equitable, just and harmonious.

MISSION

It aims to democratize research among disenfranchised youth and communities, who will use research as a tool for empowering themselves and creating knowledge that contributes towards making their communities inclusive and sustainable.

THEORY OF CHANGE

Empowered Barefoot Researcher who create evidence-based knowledge and use it to engage with relevant stakeholder for creating inclusive, equitable, and sustainable communities.



Youth and
Urban Knowledge
Production

Youth Fellowship Program (YFP)

Barefoot Researchers for Better Communities

For the holistic development and progress of our country, there is a dire need of talented young leaders who have deep exposure to India's broader realities, who understand the challenges and opportunities presented in diverse environments, who have empathy and have skills and determination to create social good. Keeping this vision in mind PUKAR's Youth Fellowship program was initiated for young people to help them become socially conscious leaders of tomorrow.

Barefoot Researchers for Better Communities forms the foundation of the program, Community Based Participatory Action Research (CBPAR) its validated instrument of change and inclusivity, groups research and team work its pillars. This year ten different groups came forward with ten different research topics as per their choice and experiences of their neighborhood. Through various workshops with different resource persons providing diverse exposure, fellows were made aware about the social realities helping them to be the changemakers. Equipped with research tools and with their critical thinking cap on, fellows were all prepared for research.





This year the YFP team revised their program structure. Residential workshops were increased thus encouraging group bonding, inclusivity, and diversity. Important topics like understanding about self, group, community, social realities, research methodology, awareness about prevention of sexual harassment at work place, etc. were discussed by renowned resource persons, enabling the youth to start a journey of self - discovery as well as the discovery of their communities.

45 weeks of learning, exploring, creating and discovering brought all the youth fellows to the final destination of Graduation Day where they could proudly present their research to the guests. On June 15, 2019, Graduation Ceremony, was held at Tata Institute of Social Sciences, Mumbai. Keeping PUKAR's unique tradition alive, the entire event, starting with masters of ceremony till note of thanks was conducted by our Barefoot Researchers. More than 150 people visited the creative exhibition put up by the Barefoot Researchers depicting their findings and they had many heartwarming stories to share.

70 Youth from diverse communities

10 Groups

10 Research Topics

10 Alumentors

30 Girls from BMN College

3 Groups

3 Research Topics



Mr Shyam Khandekar, an Urban Planner-Designer and Architect from Netherlands was the Chief Guest for the event. Amazed by the research displayed and the diversity of the topics chosen, he emphasized on creating more such opportunities for youth which will enable them to become the 'Leaders' and 'Change-makers' of the society.

World Economic Forum and YF

In today's world of rapidly changing technology employees are expected to have certain soft skills which are also emphasized by World Economic Forum as a must for successful life upto 2022. Important skills like analytic thinking, innovative frame of mind, creativity, critical thinking, analysis and complex problem solving, emotional intelligence, leadership, and communications are often overlooked by Indian education system, thus making Indian youth unfit for employability. PUKAR's Youth Fellowship Program is proud to bridge this gap.



Significant Milestone

Youth Fellowship Program (YFP) was accredited by Tata Institute of Social Sciences (TISS), as **Diploma Course in Community Based Participatory Research and Advocacy (CBPAR)**. PUKAR is honoured to have receive such validation from one of the premier educational institute.

**Youth Fellowship Program comprises of 11 month cycle from June to May and does not coincide with the financial year.*

Stories from the Ground

Pallavi -2018-19

'Do Small things with great love' it was particularly true in our research work at PUKAR. During the fellowship, I understood the importance of all tiny details, the process taught me planning a project, managing funds, implementing plans, the importance of group-work, enhancing decision-making skills, etc. One of the major takeaway for me is research ethics. As a community worker, I have become more responsible, professional and committed for protecting rights of its members.





Urbanism:
Spatial Utopia
and Contested
Realities

Strengthening Local Democracy (SLD)

Taking Governance to the Doorsteps of Tribals

While executing “Information for All -E- Governance for All (IFA-EGFA)” project in the tribal region of Palghar taluka, PUKAR’s core team soon realized that the mantra of digital literacy alone was not enough for our villagers and Adivasi friends to empower themselves. The project needed different focus in order to make sure that the dreams and aspirations of the marginalized community come true. With that vision and support from Azim Premji Philanthropic Initiatives, the project evolved itself into ‘Strengthening Local Democracy (SLD)’. With 18 villages, SLD team started this journey of empowerment of the Tribals while enabling village youth with the power of knowledge of Local Governance and inspiring them to become entrepreneurs.

28 local youth were selected carefully from 18 villages, keeping in mind the balance of gender and diverse ethnicity. Multiple training sessions on ICT, procedures for obtaining benefits of various schemes for the tribal population were conducted in groups of 4 villages each in order to facilitate one on one interaction and deeper learning process.





Once the training was over, the E-Sevaks started taking this knowledge and information to the door steps of Adivasi Padas, informing their villagers about schemes and policies which are specifically meant for them. Through these events, villagers learned about obtaining land records online, the importance of Voter Registration and application for it, the importance of possessing Pan card, Aadhar card and its application and Aadhar Pan Link and its importance. With this knowledge and constant presence of E-Sevaks, Adivasi folks, for the first time, became knowledgeable about the details of the local governance. E-Sevaks ensured that women's participation in the governance process increased by cajoling women to attend the Gramsabha meetings and voicing their concerns, thus making local governance more gender-inclusive.

Local Computer Kiosks: Saving Time and Money for the Villagers.

14 E-Seva Kendra (Computer Kiosk) initiated in collaboration with locals and their respective Gram Panchayats were created to serve 18 villages. They provide Governance and E-Governance services and schemes to the locals in their own villages. Under the guidance of E-Sevaks, the locals were no longer dependent on agents or travel to the city, outside their villages, in order to avail such benefits. This enabled them to save time and money.

75 Camps

4,103 PAN Card Application

3,405 Voter Registration

1,852 Aadhar PAN Link

3,553 Photos Clicked

Total Villages

32

Total Population

35,795

Unnati and Dyanvistar

Multi-Purpose Service Providers by Local Youth

These conduct service delivery camps in the villages outside the jurisdictions of the project area, thus helping other villagers. One of the pioneering ideas PUKAR Help Line, is now also run by the women of Unnati Cooperative. Any question related to any scheme is responded within 48 hours through the **Helpline number +91 8007463464**. From helping people to get a marriage certificate to providing information about subsidy for seeds; calls even came from villagers residing across the border of Gujrat.



“Because we provide services at low-cost within the village itself, many people appreciate our work. Since the time I started working in Unnati Cooperative villagers respect us and look up to us whenever they need any help.”

-Vaishali, Innovator,
Unnati Cooperative, SLD, PUKAR



Screenshot of the article on ‘Strengthening Local Democracy’ which got featured on the prestigious news website - Scroll.in. The article threw light on the necessity of digital literacy and the impact it had on villagers

Suvarna: Leader in the making...

Suvarna, one of E-Sevak has a heart-warming story to share. During her capacity building sessions Suvarna a tribal girl from Bandhan village, not only learnt the procurement process of the land records but more importantly, also learned to READ IT! After the session, as a part of her homework, she located their own land record and TAUGHT her family how to read it. During this process, she found out, to her dismay that there were serious omissions in the records that needed to be corrected. Suvarna, with her new found knowledge, and continuous guidance from PUKAR Team visited the concerned authorities, made required corrections and obtained a new land record. Now Suvarna has new a land record of their water-well and all the fruit-bearing trees as part of their land record. This has made everyone in her family very happy and proud of her. Now, Suvarna can disseminate this knowledge to the rest of the villagers, thus becoming their champion.





SWASTH Apni Sehat Apne Haath

Low Cost Clinics and Health Assessment of Slum Dwellers

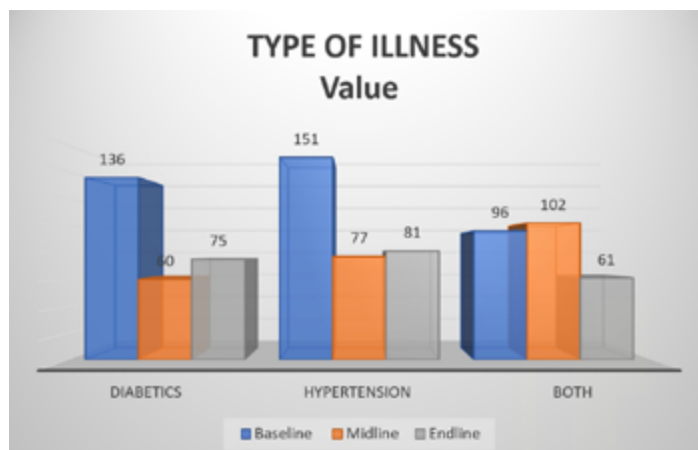
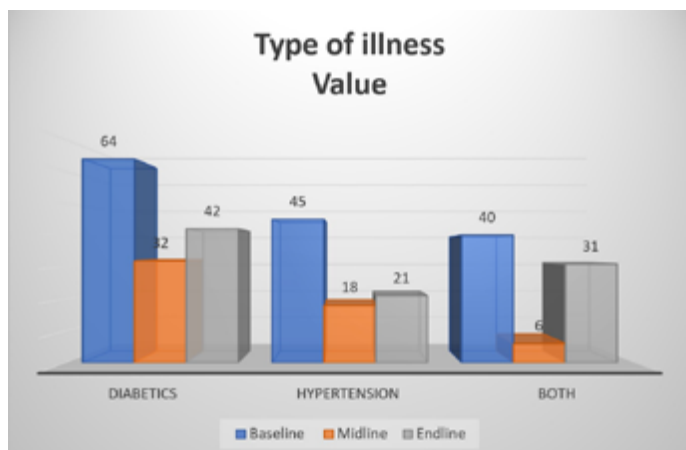
“Since you started visiting me regularly, I have started going to Swasth clinic, and taking my daily medicine. Swasth clinic is affordable and they check my BP and blood sugar each time and tell me about my food as well. I have started walking and taking care of my food habits now”

Pralhadji, an auto driver from Mandala was having a heart to heart conversation with Bali, PUKAR’s field assistant who had become Pralhadji’s buddy through his 3 monthly visits for the past 3 years. It was Bali’s sincere advocacy and genuine empathy that prompted Pralhadji to change his old habits and start going to the doctor and start taking care of his health. PUKAR’s work over a decade around issues of slum health has revealed a lack of knowledge and understanding of life threatening chronic diseases like DM and Hypertension that requires a strong dose of advocacy along with daily medicines. Knowing this reality, Swasth, a social enterprise committed to the health and improving the well-being of the poor, decided to open a low-cost clinic in the M-East Ward of Mumbai. In order to explore the impact of one, SWASTH collaborated with PUKAR and with the help of our well trained Barefoot Researchers for Better Communities, we launched this project in Mandala in late 2016.



A census of close to 6000 households followed by surveys of 2000 people was conducted in Lallubhai Compound (Slum Rehabilitation Area) and Mandala Slums. The survey revealed a high percentage of residents suffering from DM, HTN and both in these localities as depicted below.

Number of respondents for the graphs below -1000



DM - 16.7% in slums versus the national average of 8.7%

These surveys were followed by randomly selecting 60 respondents who suffered from either disease and they were enrolled in a 3 year study where they were followed by **semi-structured interview at 3 months intervals for 8 rounds** by the PUKAR's well-trained field assistants like Nizam Bali, Nilesh, Kajal who covered wide range of questions from the illnesses, doctor's follow-ups and reasons for the same, medical expenses, tests, and control of diseases, etc.



6000 households followed by surveys of **2000** people was conducted in Lalubhai Compound and Mandala Slums

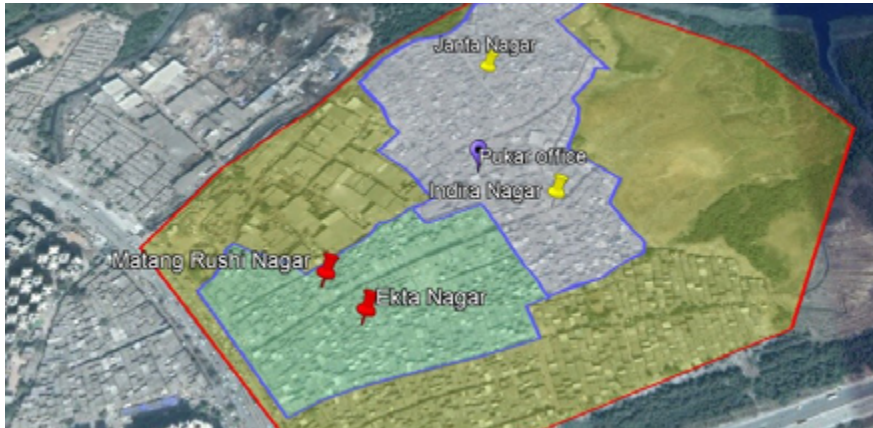
8 Rounds of semi-structured interviews at **3** months intervals **60** Families

In between these three months period our Local Barefoot Researchers, based in these localities itself, would meet with their assigned Respondents (patients) every 2 weeks to check whether they were taking their daily dose of medicine or not, whether they were following Doctor' advice regarding food, activities, etc with the help of Health Diaries. These Health Diaries became a source of documentation as well as advocacy ideas and practices.

The semi-structured interviews conducted were audio-recorded, transcribed, translated and analysed. A tabular format, as well as a story, was created based upon this valuable information. This revealed very critical information regarding the health seeking behaviour of poor people who suffer from chronic diseases. Based upon this information a strong, knowledge and information-based, advocacy campaign was launched that covered many issues related to self-management of DM and HTN and issues around nutrition and physical activity. The final results would be presented as a policy brief to the local government's health department.

Shouldering Our City! Are We Legal or Illegal???

When Anup Malani, Lee and Brena Freeman Professor of Law and Adam Chilton, Professor of Law, Walter Mander Research Scholar, from the prestigious University of Chicago came hunting for PUKAR's Barefoot Researchers for Better Communities, we were delighted to partner with them to explore the legalities or lack of it for the residents of Mandala in M-East ward of Mumbai! This most disenfranchised community comprising mostly of SC/ST/ Minority community and has notified slums and non-notified slums with discriminating service delivery between the two.



Since 2018, Professor Anup, Professor Adam along with our BRs have begun the process of exploring the various areas of discrimination through conducting the census, 3000 surveys, 80 consented, semi-structured interviews along with photographs and maps of the community. They have explored the issues of legalities of water, electricity, land ownership, tenure, rents versus ownership as well as legal support by local police and conflict resolution issues by the local community leaders.



University of Chicago held a seminar on “Quality of Life in India Slum” in New Delhi on December 6-7 where two of our Field Assistants, *both residents of non-notifies slums themselves*, presented part of this research to an international audience and their presentation was hugely appreciated by all. The research is ongoing and hopefully, it would lead to a policy brief to our local government suggesting some feasible solutions in order to change the lives of people in Mandala.





Healthy Cities
Wealthy Cities

Journey Towards Dignity (JTD)

Empowering Adolescent Girls to Make Informed Choices About Their Bodies



For Journey Towards Dignity Team, this new year started with a bang! With new resolves and new team members, the team marched on towards reaching its vision with enthusiasm and vigor. This year JTD team chose 10 Municipal Corporation of Greater Mumbai (MCGM) schools in the M-East ward of Mumbai. Comprising of 82 % of slum dwellers mostly migrant from BIMARU states, belonging to minority religious communities - SC, ST and tribals, this area has the lowest Human Development Index in the city; 0.02 and draws the most disenfranchised students to MCGM schools.

A total of 626 out of 800 girls completed the 22 session course. They asked many questions, did many activities, played many games and solved many puzzles to delve into the sensitive subjects that no one ever talks to them about and they wish to know. They learnt about sex and gender, identity and the formation of those identities, understood how society plays a larger role in that formation, media portrayals of women as “Territories of Desires” instead of human beings. All these learnings were transferred by many of them to their sisters, mothers, aunts, etc.



Graduation Event was an occasion for every participating girl to present her learnings through songs, poetry, dance, skits, poster exhibition, etc. to her parents and teachers. The parents, especially the *fathers were encouraged to attend and give away the certificates to their daughters*. For some community girls, the graduation celebration took the form of a visit to Nehru Science Center, *a very FIRST trip outside of their community and in the city exposing them to a different world altogether*.

Facilitator's - Parents Meet

During these meeting, most parents talked enthusiastically about the changes they were observing in their daughters, the improved levels of confidence and communication skills their daughters had developed as a result of the program. As expected, few parents were concerned about what their daughters were learning and how that knowledge, especially the knowledge about sex might impact their future behavior.

Stories from the Ground

Three Lives Saved...

After learning about child sexual abuse by their facilitator Sheeba, two girls from two different schools confided into her that they were being sexually abused by their father, brother and uncle respectively, in their tiny homes. They expressed their fear of sharing this with anyone at home including mother due to the threats they had received at the hands of their perpetrators. Sheeba and the Program Director - Tejal approached these girls and contacted Child Line in order get their help. After following all the proper legal procedures, the girls were



moved to shelter homes and the two accused were jailed while one of them absconded. In this whole process the school teachers and principal were hugely supportive. For the Team of Journey Towards Dignity, this was the real success of the program.



Best Practices of PUKAR

Institutional Ethics Committee (IEC)

PUKAR is very proud to host the Institutional Ethics Committee which approves each and every health-related project conducted by PUKAR in collaboration with national and international academic institutions. It needs to be noted that for papers based on our research to be published in 'Peer Reviewed International Journals', it is mandatory to have approvals from the IEC/IRB. Hence, an IEC was established in PUKAR in 2010. With the help of its eminent members, it has been functioning effectively and approving projects as per the requirements.

Members:

1. Professor Perianayagam Arokiasamy
Chairperson IEC (Professor in the Department of Development Studies at IIPS)
Expertise: Demography / Public Health / Epidemiology / Biostatistics
2. Dr. Nayreen Daruwalla
(Program Director at SNEHA)
Expertise: Psychology/ Community-based work in marginalised communities/ Women's health
3. Smruti Koppikar
(Journalist, Comment writer, Columnist with Hindustan Times, Associate Editor & Bureau Chief - Outlook, visiting faculty for social media course at Sophia Polytechnic, Chief of Bureau - Star News)
Expertise: Community Journalism
4. Dr. Satishchandra Kumar
(Head & Associate Professor, Department of Applied Psychology & Counseling Center, University of Mumbai)
Expertise: Psychology / Education
5. Dr. Nerges Mistry
(Director, Foundation for Medical Research)
Expertise: Laboratory Medicine & Medical Technology

6. Professor Anjali Monteiro
(Professor, Centre for Media and Cultural Studies, Tata Institute of Social Sciences, Mumbai)
Expertise: Social Sciences / Community-based work in marginalised communities
7. Dr. David Osrin
(Welcome Trust Career Development Fellow, UCL Center for International Health & Development)
Expertise: Clinical Medicine / Women's Health / Children's Health
8. Advocate Tina Patel
(B.Com and LLB)
Expertise: Legal expertise
9. Dr. Anita Patil-Deshmukh
(Executive Director, PUKAR)
Expertise: Clinical Medicine / Social Sciences
10. Professor T.V. Sekher
(Associate Professor, Department of Population Policy and Programmes, IIPS)
Expertise: Demography / Public Health / Epidemiology / Biostatistics / Social Sciences
11. Dr. Ramnath Subbaraman
(M.D. Research Advisor at PUKAR and NIH Fogarty International Clinical Research Fellow for 2011-12)
Expertise: Clinical Medicine

Making the workplace safer



Bearing in mind the increased incidences of violence, nationally and globally, and the #MeToo campaign, PUKAR formed its own **POSH (Prevention of Sexual Harassment) Committee** in 2017 and it has been functioning regularly as per the mandates. In the month of May, Team PUKAR participated together to revisit and refresh their understanding of POSH with the help of the member from PUKAR POSH Committee.

Credibility Alliance

PUKAR was accredited by Credibility Alliance (CA) in February 2018 under 'Desirable Norms' for a period of 5 years until February 2023. Credibility Alliance is a consortium of Voluntary Organizations (VOs) committed towards enhancing Accountability and Transparency in the Voluntary Sector through Good Governance.

Transparency Disclosures

Distribution of team by gender and monthly payment, as on March 31, 2019

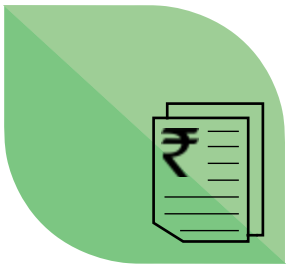
Slabs of gross monthly salary (Rs) plus benefits paid to staff	Male Staff	Female Staff	Total Staff
5,000	-	10	10
5,001 - 10,000	-	3	3
10,001 - 25,000	10	4	14
25,001 - 50,000	2	4	6
50,000 - 100,000	2	4	6
100,000 >	-	1	1

Note: The accounts of the organization are regularly maintained and those with an annual income above Rs 50,000/- are audited by a chartered accountant as per the norm of Credibility Alliance.

Trustees receive no remuneration from PUKAR.

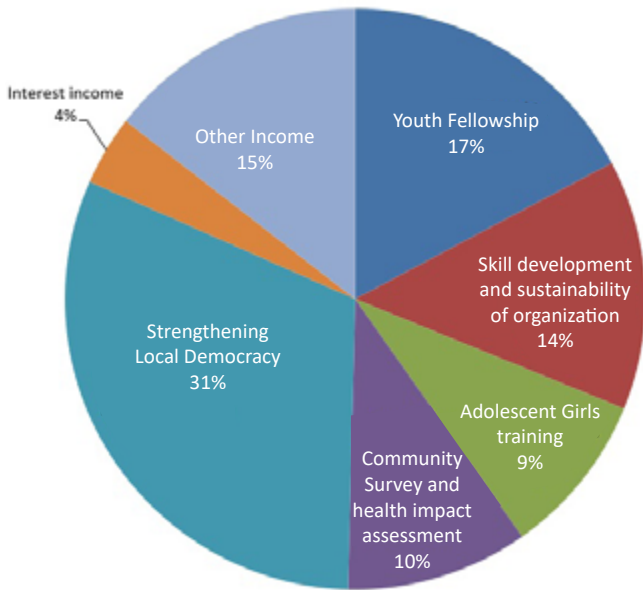
Walking Our Talk

PUKAR strongly believes in Gender Equity and we strive to execute that principle in every action we take. Gender friendly work place is the Mantra at PUKAR. From the percentage of women as team members and team leaders to giving equal opportunities for capacity building, to having a strong POSH committee, young women have as much say in every activity. Best part is the **6 months of full paid Maternity Leave and 30 days of full paid Paternity Leave** that team members enjoy and help build a strong health foundation for the newcomer of the house. This policy has been executed in PUKAR since 2005.



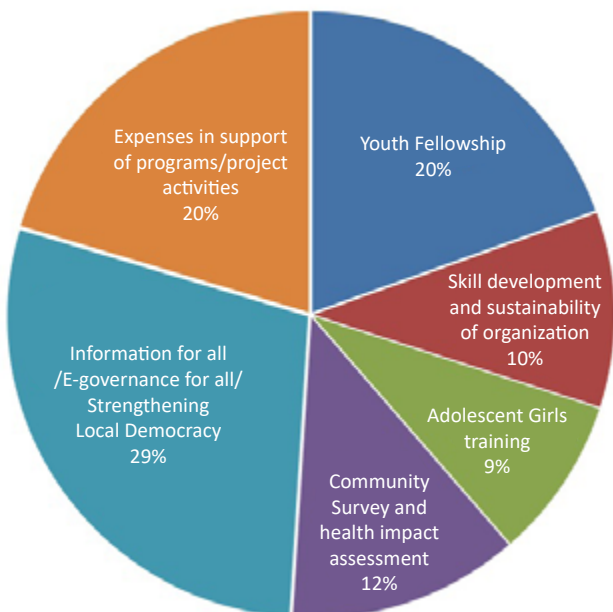
Financial Report

INCOME



Programs/projects	INR
Youth Fellowship	43.28
Skill development and sustainability of organisation	34.93
Adolescent Girls training	22.81
Community Survey of Low-cost clinics and health impact assessment	25.47
Strengthening Local Democracy	78.39
Interest Income	9.47
Other Income	36.39
Total	251.01

EXPENDITURE



Programs/projects	INR
Youth Fellowship	41.82
Skill development and sustainability of organisation	22.40
Adolescent Girls training	18.55
Community Survey of Low-cost clinics and health impact assessment	26.53
'Information for all /E-governance for all/ Strengthening Local Democracy	61.39
Expenses in support of programs/project activities	43.64
Total	214.33

*All Figures are in Indian Rupees and in Lakh

Sustainable Development As Right Through Right To Research

“The right to development is an inalienable human right by virtue of which every human person and all peoples are entitled to participate in, contribute to, and enjoy economic, social, cultural and political development, in which all human rights and fundamental freedoms can be fully realized”

- UN Declaration on the Right to Development proclaimed in 1986

Nobel laureate Amartya Sen's seminal book “Development as Freedom” in 1999 gave rise to vast expansion in the definition of development globally. The discourse on development definitely shifted from purely economic terms to include human development and capabilities. Experiences from the ground and severe global catastrophes due to climate change, taught the world to move from Millennium Development Goals to Sustainable Development Goals thus adding Sustainability to the triangulation of Community, Inclusivity and Participation. These four words have taken centrality of space in the debates on development.

But these words and the processes involved are not new to PUKAR. PUKAR has been practising Community Based Participatory Action Research, CBPAR, since last 14 years, evolving and refining the process continuously. PUKAR's entire efforts are based upon the principle of Development as a Right just as Research is Right. CBPAR has been our robust and validated method to attain sustainable development through distributive justice and equity. And each and every PUKAR project is addressing three or more SDGs.

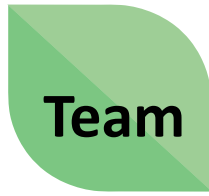
In our flagship Youth Fellowship program, youth fellows like Bhakti, Priyanka, Omkar explored the conditions of farmers who grow vegetable alongside the railway tracks and came up with some policy suggestion to make their farming sustainable, thus addressing SGD of no poverty zero hunger. Utkarsha, Shweta and Komal have been building capacities of tribal youth in Palghar by taking governance to their door steps, pada by pada, Grampanchayat by Grampanchayat and creating social entrepreneurs in the village thus preventing migration. They are addressing SDGs of reducing inequality, strong institutions. Pratiksha, Afsana and Sheeba have been training the 7th grade students in municipality schools about menstrual health, hygiene and gender violence thus nurturing them to become Nirbhayas and addressing SDG of gender equity and good health and well-being. Kajal, Nizam, Bali and Saira have been helping poor migrants of Mandala slum to take charge of their Diabetes by visiting them every two weeks and cajoling them to follow nutrition and physical activity so they don't face health crisis that pushes them under poverty line addressing SDGs health and well-being.

PUKAR's Barefoot Researchers for Better Communities actually give sustainability to each and every developmental project of PUKAR, creating local youth leadership, social entrepreneurship, transforming attitudes, changing paradigms and helping youth to become conscious and contributing citizens of their communities and country.

We believe in that famous Ubuntu Saying.

“I am because We are”

Dr. Anita Patil-Deshmukh
Executive Director and Program Facilitator



Founder Patron

Carol A Breckenridge (1942 - 2009)

Founder Trustee

Arjun Appadurai

Advisors


Arjun Appadurai, Rahul Mehrotra, Zia Modi


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