

2020 2021

Annual Report

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Bringing Wholistic Wellbeing to villages of Punjab

Wellbeing is about the health of your body. Wholistic Wellbeing is about the health of your life. It's a positive, proactive approach to the mind, body, spirit, and the world we live in, that brings hope, learning and growth. RoundGlass Foundation was created to bring the power of Wholistic Wellbeing to all of Punjab, helping people and

communities from every social and economic background achieve their full potential. By helping individuals and communities build self-reliance, co-existence and eco-sustainability, we're not just redefining how people in Punjab define wellbeing, we're creating a Wholistic Wellbeing blueprint for a healthier, happier and more joyful world.



Our Impact

The year 2020 brought the world to its knees as Covid 19 swept through our lives. Organizations across the world were affected and their plans were disrupted irrespective of geography and industry. 2020 made us innovate and tweak some of our programs. We thought out-of-the-box to keep bringing wellbeing to Punjab.

-Vishal Chowla

Leader, RoundGlass Foundation

Many of our regular programs got derailed during the year 2021. RoundGlass Foundation team however stayed in touch with our stakeholder community including the District Administration, Panchayat, and School Authorities. With our understanding of the situation on-ground, we were able to plan and implement our Covid Relief campaign smoothly. Amongst other things, we supported the daily wage workers

with rations in more than 400 villages of Punjab.

Our learning program at SOLE labs was tweaked to make it accessible to children virtually. Our team also innovated and created Learn Challenges and Circle Time programs which were equally engaging and effective.

While we were able to tweak the learning program, our programs on

sustainability, sports and gender equality took a hit due to lockdowns and restrictions.

The year was difficult for everyone, but we could overcome the challenges with the support of our stakeholders.



The year we won't forget

Overcoming challenges, we reached
a few milestones.



Learn Punjab

Learn Challenges

Circle Time

Sports Centers – 210 new Sports Centers engaging 5827 children



Her Punjab

1 new sanitary pad making unit launched employing 4 women.
Now, a total of 3 sanitary pad making units employ 12 women through our
Self Help Group programme.



Sustain Punjab

Waste management units set up in 69 more villages. 69 jobs created for waste
collectors in our Waste Management programme.

447 Villages, 329659 saplings planted, 235 Mini Forests created with Plant For
Punjab initiative.



Relief Punjab

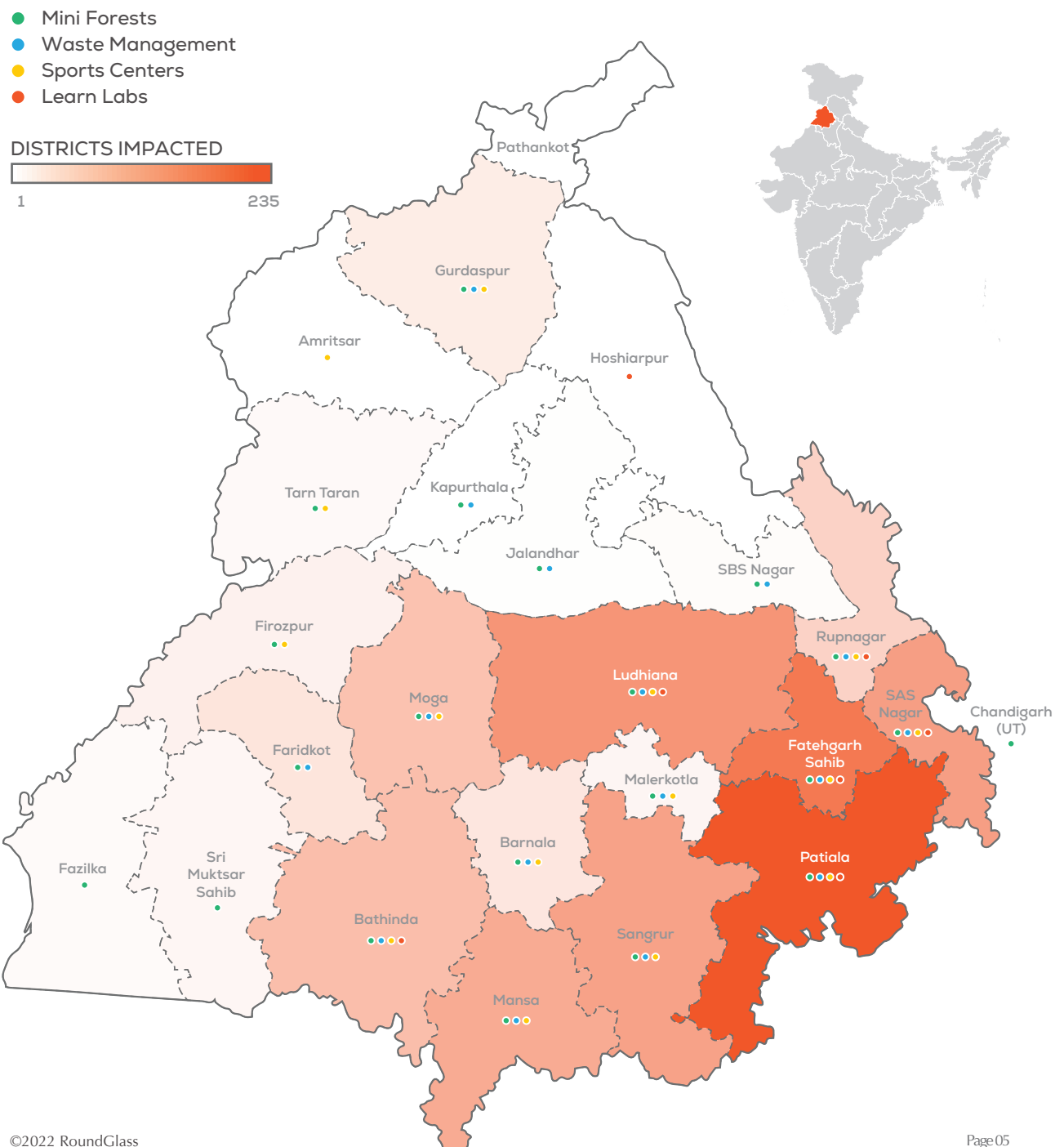
Distributed ration in more than 400 villages impacting 59,000 lives in our
Covid Relief Campaign

Bringing Wellbeing to Punjab

More villages transformed

Though a major part of the year was spent under lockdown, till March 2021, RoundGlass Foundation had spread its work to 700 more villages.

We touched the lives of 700,000 villagers last year. Through our work, we aim to transform all 12,700 villages of Punjab.



Wholistic Wellness for everyone.

In 2018, RoundGlass Foundation made a promise to Punjab to bring back its lost glory and to create a vibrant wellbeing ecosystem for individuals, communities and the planet to thrive.

True wellness begins from within. It's a state of wellbeing in the mind, body and spirit, at a very personal level. At the same time, this feeling of contentment can't be restricted to a few. Individuals pass it on to their surroundings. From the surroundings, it spreads to a community and then it grows to engulf everyone, irrespective of caste, creed, religion and gender.

That's been our steadfast belief at RoundGlass Foundation, where we work to bring wellness for the individual and to the community at large. All our initiatives are thoughtfully designed with that intent in mind, which we call Wholistic Wellness.

For instance, our Learn Labs program created an environment of learning and wholistic development for the children of rural Punjab. The program has so far engaged 5827 children in 22 villages of Punjab. Not ignoring the role of physical fitness, our Sports Centers are training young girls and boys to pursue a career path in sports. Her Punjab is creating an equitable society for women by encouraging active participation in sustainable livelihood, starting self-help groups, and creating new opportunities for earning a livelihood.

We sincerely believe that our

collective wellness is closely tied with nature. Our Plant for Punjab and Waste Management initiatives have brought communities together to save their forests and living spaces. We are not just planting trees but creating mini forests that are reviving native trees and creating ecosystems for small birds. It's heartening to announce that in times of rapid brick and mortar constructions we have created 235 mini forests and are working hard to create more of them. With that, we are marching steadily towards planting a billion trees in Punjab. Every little success gives us the assurance that the path we have chosen is right.

The yearly roundup won't be complete without a mention of Covid-19. The pandemic did put a forceful full-stop in all our lives. But at RoundGlass, we reached out to our brothers and sisters stuck at home with livelihoods lost. We distributed ration to 59,000 families in 400 villages. We remained in touch with children and ensured their learning did not suffer. Our volunteers and team members need a special pat on the back for the constant innovations they brought on-board.

With honesty at heart and service as the driver,

we have embarked on the journey to bring Wholistic Wellbeing to all the 12700 villages of Punjab, so that no community, no matter how remote, is left untouched. The light of positivity and hope should reach not one but all. These are not mere words but a goal that we work towards every day, 24X7. Wholistic Wellbeing is a journey where success lies within the path itself. It is a journey we are proud to be on with our amazing family of associates, volunteers, partners and beneficiaries. We look forward to your continued partnership and support to rebuild Punjab and rejuvenate Punjabin. Here's to the spirit of humanity.



Our story in numbers

Learn Punjab

Learn Labs: Offer an experiential, self-paced, technology-led learning solution for children; conducted at school.

**Children –
6 to 14 years**

- 47000+ Learn Challenges completed by 3800 students in 4 months
- 1323 children completed 1478 session of Circle Time
- 210 new Sports Centers engaged 5827 children

Her Punjab

Women's Self-Help Groups (SHG): Motivate, educate, equip, and enable women in villages to support themselves through sustainable livelihoods.

Women

- 3 sanitary pad making units established, employing 12 women

Sustain Punjab

Waste Management (WM) Program: Promotes a decentralized model of waste segregation and composting for efficient, cost-effective, sustainable waste management for rural settings.

**Village
communities**

- 69 WM Units set up
- 49192 households impacted
- 69 waste collector jobs created

Afforestation and Mass Tree Planting Program: Promotes responsible environmental practices and care for biodiversity, creates germ-plasm conservation banks, and reduces carbon output, protecting against future ecological degradation.

**Village
communities**

- 329,659 saplings planted across 447 Villages creating 235 Mini Forests

Regenerative Farming: Drives awareness and adoption of regenerative farming practices while creating market links and collaborations for sustainable and eco-friendly farming.

**Village
communities**

- Planned for 2022

Relief Punjab

Distributed ration to COVID-19 affected families living Below Poverty Line (BPL) during the 2020 lockdown.

**COVID-19 hit BPL
families**

- Distributed ration in more than 408 villages impacting 59,000 lives



**“The sky has no limits.
Neither should you.”**
– Usain Bolt.



Learn Punjab

All programs implemented under Learn Punjab are aimed at creating global citizens. The children not just learn from books but are exposed to tech enabled experiential learning. Through frequent discussions about

global affairs, awareness levels are raised. The learning modules are strategically designed to foster creativity, ignite critical thinking, and encourage cognitive flexibility.

Learn Challenges

During the lockdown, most children in the villages could not continue with their learning. Lack of high-speed internet connectivity proved to be an obstacle. Added to it was the stressful environment in many homes with resources being limited.

The trainers at Learn Labs came up with an innovative solution. They created learning modules that could be circulated through WhatsApp groups. Named Learn Challenges, the goal was to ensure high student participation and a joyful learning experience. Children learnt online how to plant saplings, feed animals, use waste materials to decorate their homes, solve an issue, among others. They then carried out these activities in their homes.

Through Learn Challenges, we reached out to 4167 children in 55 schools through 400 WhatsApp groups. While the children stayed indoors, they engaged in purposeful activities using materials available at home, like kitchen supplies, recycled materials and natural resources. The result was better than we hoped for. 46,800 projects received congratulatory texts from Learn Labs team. We have also noticed that the projects established some long lasting habits, like morning yoga practice, amongst children.

In short, the program achieved the purpose of engaging children in positive activities and learning during the lockdown.

Learn Challenges Aman Kaur from village Hulka of SAS nagar

The story of Aman Kaur stands testimony to the positive impact of Learn Challenge. After involvement in activities of positive reinforcements like feeding animals and being mindful of one's surroundings, she has become sensitive towards stray animals and birds. She had never fed animals earlier, now she carries food for strays whenever she can and advocates compassion towards animals among her friends. Inspired by her, Aman's siblings have also begun caring for stray animals in their community. This is just one of the many stories of change. The Learn Challenges are designed to address environmental and community issues affecting the villages of Punjab.

Children take a look at these common issues and are sensitized to solve them permanently.

Children who participated in Learn Challenges became more aware of themselves and their surroundings. They learnt to acknowledge their own feelings and use simple coping skills when necessary. They became confident, environmentally conscious, and bonded better with family. Their parents couldn't have agreed more. From Bhagwantpur village, Sharanjit Kaur's mother tells us that her child is now more helpful towards her and displays a positive outlook. Her daughter is now more open to ask questions, shows her gratitude to her parents and understands every critical situation. Sharanjit Kaur studies in Class 8 at Singh School, Bhagwantpur.



Circle Time

Covid lockdown impacted children as much as adults. They too felt isolated, stressed, anxious, and found it hard to cope with the unpredictable situation. Circle Time helped them navigate through difficult emotions.

Learn Labs team created the program Circle Time under the Social Emotional Learning framework. Circle Time was short conference calls with children to check-in on their mental wellbeing, helping them feel safe and protected while preventing future breakdowns. Adult volunteers from India and North America, Learn Labs team and RoundGlass Educators

engaged with children from 40 schools over calls in this 3-week program. The conversations were directed to help children understand and manage their emotions and their reactions to the emotions of others.

Through Circle Time, RoundGlass Foundation reached out to 1323 children and their siblings. The number of sessions held till date are 1478. Students learnt to acknowledge their feelings, express them, ask questions and inculcate an attitude of gratitude in the precarious times posed by the pandemic to prevent mental health issues in the future.

Circle Time Impact Story

Meet this power couple – Ratish and Srishti Sharma, who while staying in two different cities volunteered to engage in heart-warming phone conversations with children of rural Punjab. The duo, who have always wanted to give back to their community, quickly grabbed this opportunity of getting a chance to interact with children on phone.

Finance professional Ratish was quite inspired by the children who would wake up at 4 am every day. This encouraged him to go back to his morning yoga routine. On the other hand, his spouse Srishti, who is pursuing PhD in Gurudwara and Dera Paintings from the Department of History, Jamia Millia Islamia, was mesmerized by the positive outlook of the village kids. "Our intention was to help them but who knew they would end up helping us by making us realize the importance of staying positive. Also, my perception of the village kids changed – rural kids are as aware and informed as any city kid. However, they are more affectionate towards their families, which we hardly see here," says Srishti whose work on Gurudwara frescoes has been published in international web journals.



Sports Centers

Our Sports Centers are reviving sports culture in rural Punjab. These centers help identify and nurture local talent and provide a space for young athletes to hone their skills in football.

In an environment where playing fields and parks are few, dependence on electronic devices is high, and safe places to play are scarce, our Sports Centers engage children in active, outdoor playtime, indulging their natural enthusiasm and inclination to play a sport.

Throughout training they get guidance on technicalities and build on their potential. We provide free footballs

and equipment to players from villages and training and certification for our trainers. Since March 2021, we have held eleven 3-day training programs for the trainers in 80 villages. Informal trainers with a sports background and passion for the game are often involved to motivate children to get out on the field and learn to play football.

Inter-village football tournaments give young players the opportunity to showcase their talent, learn from each other, and build confidence and ambition in a healthy and competitive environment.

Sports Centers Impact Story

What do you do when you can't pursue your dream? Sandeep says you help others to do so. Sandeep's life journey has been fascinating.

Football was his passion as a child. But he couldn't pursue it for lack of resources. Today, this 31-year-old farmer from Ghawaddi village moonlights as a security guard and teaches football to children in the morning.

Seeing his passion and dedication, RoundGlass Foundation associated with him to open one of the XX RoundGlass Foundation Sports Centers in Punjab villages. He no longer has to worry about funds.

He is also encouraging girls from his village to play football at the RoundGlass Foundation Sports Center. He says, "Most people feel that girls can't do anything. I always

wanted to bring more and more girls on the ground to set an example. After associating with RoundGlass Foundation, I have managed to encourage 35 girls of my village to play football."

Jasmeet, a student of class 9 in the Government High School in Aloona Tola runs to the football club for kids early every morning. She says, "A man is going to turn our house into a shop soon. My father has a drinking problem and my mother, she is always unwell. Actually it's fine. My coach sir says that if I play well and represent Punjab, or even India, then the Government will build us a house of our own. I'm thinking I should start playing a little seriously now."





“We’ve begun to raise daughters more like sons...but few have the courage to raise our sons more like our daughters.”

– Gloria Steinem.



Her Punjab

The Wholistic Wellbeing of a community depends on enabling everyone to feel empowered, inspired and capable of making great change. Our programs in women's

health, education and entrepreneurship are helping women and girls play a more active and impactful role in creating a more inclusive and equitable Punjab.

Women's Health

Women's Health has been a core area of work for us. The foremost pillar of the program brings women's healthcare education and solutions to girls in under-resourced communities.

We focused on training coordinators to conduct workshops. The training module covered the role of women's health and hygiene on wellbeing, discussions on relevant psychological issues, and busting popular myths. The workshops aimed to start a dialogue where

young girls and women could openly ask questions about menstruation and women's health without fear of judgement or censure. Conversations that questioned unreasonable social restrictions were encouraged, leading women to choose freedom and opportunity to work towards their dreams.

The wellbeing of women in rural communities relies not just on physical or technological solutions, but also on open, honest and supportive conversations.

Self Help Groups

The purpose of the initiative is to create opportunities for financial self-sustainability for rural women. RoundGlass Foundation has worked with and set up a few Self-Help Groups (SHGs) in different parts of Punjab as a pilot program to test the efficacy and sustainability of the business model. RoundGlass

Foundation has provided seed capital, technical expertise, guidance, and distribution support to get some of these SHGs off the ground. By the end of financial year in March 2022, 3 sanitary-pad-making units were fully functional employing 12 women.

Self Help Groups Impact Story

Self Help Groups (SHGs) and their work got severely affected during the lockdown. They could not manufacture pads because the unit had to be shut, and there were unsold stocks too. RoundGlass Foundation intervened and started an online fundraiser. We raised INR 1,34,031 for sanitary pads. The money went to SHG members, and the sanitary pads from their stock went to 279 underprivileged women of Punjab.

The women working at SHG have not only changed their lives and role in the community, but also the financial conditions of their homes.

Manjeet Kaur was an agricultural laborer till 2019. Eight hours of back-breaking work would get her meagre earnings. Since she joined the sanitary pad manufacturing unit, her awareness levels and self-confidence have gotten a boost. She contributes INR 6000 toward her household expenses and has also managed to save enough to purchase a buffalo for her own dairy venture.

Manjeet and many other women with the SHG today take pride in their work and have become an inspiration to other women in the villages to take charge of their lives.



Yoga initiative for villages of Punjab

Started during the lockdown, the Yoga Program inculcated a healthy habit in the villagers. We practised yoga with different segments of the society, from children to women at home, to teachers, to frontline workers of the Punjab Police.

Yoga Day Celebration in June

3000 children from Learn Labs participated in a 10-day yoga program

Yoga Webinar in July

45 school principals and teachers practiced yoga with us for 21 days

Healthy Living Sessions July 2021 to February 2022

180 village women were educated about healthy food habits, nourishing lifestyle, socio-emotional balance and yoga

Yoga Certification for Trainers July to December 2021

RoundGlass Foundation Yoga Trainers completed theory and practical training

Wellbeing Through Yoga Webinar September to December 2021

Punjab policemen participated in 3 yoga sessions of 5 day each

Yoga for women and children July to December

25 Circle Time Challenges for children and women

Yoga Awareness Program January 2021 onward

Program covered the following villages: Dakala, Green Ghagga, Bela, Railon Khurd, Dirba, Gurney Kalan and Shri Chamkor Sahib





**The Earth is a fine place
and worth fighting for.**
- Ernest Hemingway



Sustain Punjab

We are only as healthy as the environment we grow in. Giving the spaces that shape our lives the care, attention and time they need to

recover not only makes us healthier, it ensures those spaces will be here and healthy for future generations too.

Plant For Punjab

Through Plant for Punjab initiative, we are rebuilding Punjab's natural ecosystem by restoring its green cover through afforestation.

We are partnering with local village communities and Panchayats to educate them about the need for planting trees and their contribution to it.

We have invested in our own nurseries where we are growing various varieties of saplings including native trees and also some species which are on the verge of extinction. We provide these saplings to potential locations at our own cost. Saplings are cared for by RoundGlass Foundation for a full 2 years, ensuring survival and sustained growth.

We have created 450+ mini forests and planted 5,00,000 + native trees through this initiative.

Our mini forests are created by planting sapling clusters of indigenous shrubs and trees that grow faster and are more bio-diverse than conventional plantations. These dense green areas act as the lungs for the village, restore habitat for birds and animals and help fight climate change. By increasing the green cover, we're creating a cascading effect of restored ecological balance. At RoundGlass Foundation we understand that cleaning the air, rooting the soil, providing food and shade to revitalize forests are essential for our wellbeing.

Mini Forests Impact Story

These before and after images are from the mini forest we created at Badochi Kalan. If you ever visit any of our mini forests you will realize that they are populated by a combination of indigenous shrubs and trees. Together they grow faster than conventional plantation and are rich in their bio-diversity. These dense tree clusters soon become the lungs of the villages, restore habitats for birds and animals, and aid climate correction. It has been reported by villagers that mini forests have brought back many birds. Small sparrows, parrots, white sparrows, owls, baya weavers, butterflies and bees are now spotted more frequently.

130 different kinds of plants ranging from native, ornamental, medicinal

to fruit, are planted in these mini forests. Sixty of these are plants native to Punjab, like desi kicar, rahooda, desi beri, reru, jhand, van, farmah, falahi, etc. These varieties have mostly disappeared or are on the verge of being extinct.

The plantation is successful when saplings planted grow into trees. To ensure a high survival rate, RoundGlass Foundation involves 6000 volunteers, village panchayats, youth club members, MGNREGA workers and our on-ground team to take care of the saplings. Our efforts bore fruit, we achieved 90% survival rate of saplings.

Slowly we are increasing the green cover of the state.



Waste Management

Our Waste Management Initiative aims to create a zero-waste rural society in Punjab. With waste management units set up in villages, clean and disease-free villages are not a distant dream.

On-ground team members educate the villagers to segregate their household garbage into dry and wet waste. Two different dustbins are provided to each household. A villager is hired for daily door-to-door garbage collection. Recyclables are processed and wet waste is converted to compost.

Over time, the awareness level towards appropriate disposal of waste has significantly improved in the villages, leading to behavioral change. Villagers are no longer disposing of garbage outside their homes or in unoccupied pieces of land. Littering in lanes have also reduced. Job opportunities have been created for the villagers in these waste management units. The compost produced is used by the village farmers in their farmlands.

Our villages are now cleaner and healthier.

Rongla village Impact Story

Between these before and after pictures from Rongla village, Jasveer's life changed for the better.

Jasveer Kumar lived in a house adjacent to this pile of garbage for the past 20 years. He had been struggling to remove the heap but had been unsuccessful. The daunting fear in his house of an outbreak of diseases made his wife leave him.

In 2020 RoundGlass Foundation set

up the Waste Management Unit in Rongla in collaboration with the village panchayat. They cleared the pile of garbage under the initiative. Jasveer is now living a healthy and prosperous life with his family. He says, "My life changed and improved for the better. The waste-collector of our village got a job as well. The waste management unit brought dignity to us both." When we manage to touch people's lives positively, we know we are on the right path.





**We are here to
help each other.**
– W. H. Auden



Relief Punjab

RoundGlass Foundation's Relief Initiative aims to build a system of solutions for emergency response at the grassroot level for the villages of Punjab. The objective is to make the villagers self-reliant as first responders in the advent of a disaster. They are trained to mobilize resources, forge partnerships, and use technology to help affected

individuals and communities to regroup, rebuild, and recover. The module is designed as a practical approach based on feedback from RoundGlass Foundation's on-ground team, as well as village stakeholders such as panchayats, youth club members, volunteers, and the local administration.

Covid Relief

When the lockdown was first imposed in April 2020, RoundGlass Foundation created an emergency Covid19 Relief initiative. Covid Relief initiative provided support to impacted communities and families throughout the duration of the lockdown.

Work began with the distribution of essential item packets to 400 villages in 13 districts. RoundGlass Foundation provided food and essentials to families across Punjab. Our teams along with our partners reached out to approximately 60,000 families in 400 villages across 13 districts providing them with food and personal care products. Our association and partnership with the government machinery / district administration enabled us to reach

the most marginalized and needy communities including women-led households, widows, children and elderly with no support system, daily wage-workers, people living with disabilities and terminal illnesses.

The Covid 19 Relief initiative is not our success alone. Relief also came in the form of immense support to the initiative from village sarpanches, panchayat members and the youth of the villages. Together with our on-ground team, all rallied around to help in sourcing necessities to distribute them to the needy while strictly following safety protocols. All in all, the initiative was a classic example of the message of #WeAreInThisTogether.



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Building a Better Punjab



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