

Hemraj Goyal Foundation

Enriching Lives

2019



Reaching out to help



HEMRAJ GOYAL
FOUNDATION

Hemraj Goyal Foundation

Annual Report 2019



HEMRAJ GOYAL
FOUNDATION

Foreword from the Trustees

Avnish and Anita Goyal

2019 was a big year for the Hemraj Goyal Foundation, as we supported **30 charities** globally, took part in **12 project visits**, hosted **three** of our most successful personal development workshops ever, and sponsored the release of Anita Goyal's book and our first charity book - Voices from Punjab.

As we approach our 10th Anniversary this report looks back at 2019 and the impact we supported around the globe.



Impact



Progress

2019 has been a year for celebration, across so many areas of our work and vision.

The completion and release of Voices from Punjab has given us an opportunity to create ties between generations and cultures, while the rollout of the Partition Museum project highlights the vast importance we should be placing on our history and the education of our children.

The launch of the HGF School on Wheels brings together two years of fundraising and collaboration, culminating in a safe haven for children of the slums to learn and play safely; and the HGF-funded partnership between Bower Park Academy and the Outward Bound Trust creates a union that we look forward to nurturing and growing well into the next decade and beyond.

Our vision at HGF is for every person, regardless of age, gender or upbringing, to be safe and happy and to have access to the most basic of human rights.



"Together we can make a difference to our family; united we can transform our communities; collectively we can serve humanity"

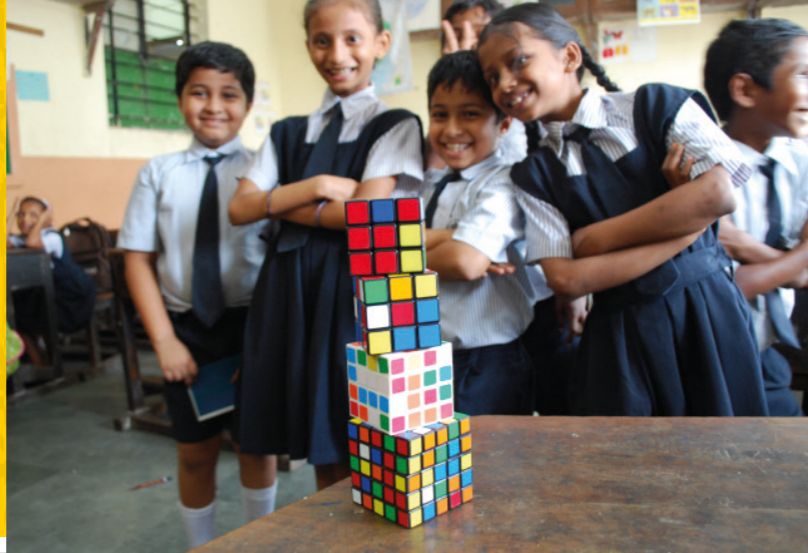
- Avnish and Anita Goyal

So much of our work in 2019 has centred around education, and supporting charities and projects that focus on education and development as one of the key sustainable development goals for philanthropy.

Our highlights in 2019 include:

- Creating valuable partnerships between charities and projects; namely Bower Park Academy with the Outward Bound Trust, and BINTI International with schools in India.
- Supporting Simran S with her next generation venture to raise awareness of deadblindness, with an experiential event targetting the next generation; in aid of Sense International.
- Funding the rollout of a number of educational projects globally, including the Partition Museum Schools Visit programme, and the IN2UK medical school workshops.
- Having the opportunity to visit as many of our funded projects as possible; meeting beneficiaries and project workers, and further understanding our impact.

2019 Report Contents Page & Acknowledgements



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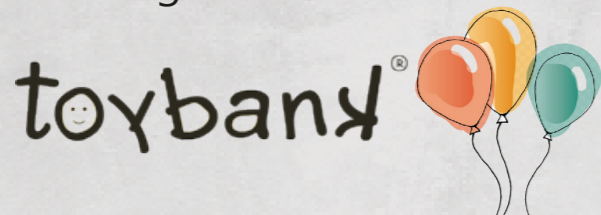
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A note of Congratulations...



A massive congratulations to our friends at Toybank, who won the Global Good Award in 2019 for Best Education.

The award, which was received by Child Action Founder Seema Sharma and one of her 2019 fundraisers, Manu, pays homage to the incredible work of the Toybank Centres across India which are bringing education through play to the forefront of communities around the world.

We are delighted to have been supporting Toybank for the last few years, and look forward to continuing our work together towards providing education for all children.



2019

Charity Partners

Global



Developing excellence in response to FGM and other harmful practices



BRITISH ASIAN TRUST TRANSFORMING LIVES TOGETHER



Our funding has benefitted thousands of individuals across the world in 2019, from the UK to India, Kenya, Mexico and Nepal.

We have funded a number of educational projects, including Sikh's Helping Sikh's, Toybank, Sense International, Apnalaya and Vatsalya.

Nearly 250 individuals have been reached through the Avnish&Anita personal development workshops, and we have supported livelihood programmes and work around anti-trafficking through a series of partnerships.

We have supported two next generation events and celebrated the launch of our first charity book, Voices from Punjab.

A day in the life of the HGF Team

Global



2019 Empowerment Day Workshop for families

Joining BINTI International on the annual car rally in April gave us an opportunity to visit a number of our different projects across Nepal and India all while learning more about menstrual dignity and the training that the charity delivers to girls all over the world.

The next generation have played a big part of HGF's development this year, as we endeavour to engage young people in philanthropy and charitable opportunities across different areas of our work. A study later in this report will showcase the impact that a project visit had on next generation philanthropist Simran Sehmi, and how it inspired her to host immersive and educational event SENSES.

With significant donations made to 30 different charities, this year has seen our vision expand through new projects such as Sense International in Kenya, Oaxaca sponsored by the Cherie Blair Foundation, in Mexico and the Partition Museum in Amritsar, India. With an ongoing focus on education, we were delighted this year to see the HGF-funded school on wheels launch in Mumbai, India; in partnership with Doorstep School and Child Action. Having received fundraising support from Just Bollywood, Ensemble Couture and Child Action, this bus is true testament to the power of collaboration and we are proud to showcase the names of all who supported us alongside our logo.



HGF-funded School on Wheels, launched in 2019



The Key Goals for HGF



Celebrating 2019 with our Charity Partners



4 QUALITY EDUCATION

As a Foundation we have also committed to Sustainable Development in the following areas, as we seek to provide Philanthropy and lasting impact through our partnerships and work:

Quality Education, Gender Equality, Reduced Inequalities, and Partnerships for the Goals.

The sustainable development goals (SDG's) are the blueprint, created by the United Nations, to achieve a better and more sustainable future for all by 2030.

They address the global challenges we face, including those related to poverty, inequality, climate change, environmental degradation, peace and justice.

This year we share our impact through a series of stories, relating back to real-life beneficiaries from some of our biggest and most significant projects this year. By stripping these charity projects back to a single 'Day in the Life' we hope to raise awareness of and share the stories that exist behind our funding.



5 GENDER EQUALITY



10 REDUCED INEQUALITIES



17 PARTNERSHIPS FOR THE GOALS

sustainabledevelopment.un.org

A day in the life of an FGM Support Worker

Barnardo's, UK

In 2018-19, there were **4,120** newly recorded cases of FGM in England and Wales alone.

Barnardo's and the National FGM Centre are working to end all new cases of FGM in England by 2030, through the three-year FGM Appeal which began in 2018, with Anita leading as the Honorary Chair.

Barnardo's are also working with the National FGM Centre to combat CALFB (Child Abuse Linked to Faith or Belief), which includes cases of witchcraft and spirit possession, and in 2019 affected at least 2,000 children in the UK alone.

Believe in children
Barnardo's



Developing excellence
in response to FGM and
other harmful practices

"Based in one of the outer London Local Authorities, every day I face new challenges as part of the Multi-Agency Safeguarding team. Our role is to raise awareness against harmful practices of FGM, breast flattening and child abuse linked to faith and belief, and we work in partnership with agencies, children, young people, parents, carers and the community to ensure this is achieved.



A large part of my role is to receive all referrals where there are concerns around any of the above practices. It is my job to assess each referral and make a decision on the outcome and how we will respond. In many cases, this requires attending team meetings, training and liaison sessions with other agencies – for example FGM clinics and specialist midwifery meetings.

One of the biggest challenges I face is the cultural significance that these practices are born from.

In one of my cases, I worked with a pregnant woman who has undergone FGM as a child in her country of origin.

She was referred to me after midwives became concerned about the way she spoke of FGM, and upon further conversation I understood that it was her intention to have her own daughter 'cut'. On questioning her about this, it was clear her response was based on her culture and her own life experiences, as for her it is the norm for girls to be cut as babies.

I had to use an interpreter in our meetings as this woman had only been in the UK for one year and spoke no English. Though I didn't immediately understand what she was saying, it became immediately clear that she had no idea FGM was illegal in this country. I went on to explain to her the health consequences of such an act, to make her aware of what she would be putting her daughter through. Through this conversation **I acknowledged a change in the mother's views of FGM**, and was relieved that upon meeting her over the weeks after her daughter's birth, the risk of FGM was determined to be low.

Not every case is this positive, and far too often we receive reports of children who have been taken out of the country to have FGM performed on them. Part of my role – and the role of the National FGM Centre as a unit - is to deliver awareness sessions to social work teams, children centre staff and early years teams.

The more people we can educate about the dangers of FGM and what to look out for in girls who may be at risk, the more girls we hope to save."

- Lauren, FGM Supporter Worker



Since the FGM Appeal launched, the National FGM Centre has recorded the following impact:

4 Specialist FGM Social Workers

16 community outreach events

3,500 Multi-Agency professionals reached through FGM & Harmful practices training

860 individuals reached through HGF's collaborative events with Barnardo's and the National FGM Centre

"The FGM Social Worker at the Centre was really easy to talk to. She made me feel safe and I didn't have to be scared anymore.

The way she spoke to me, the positive energy and positive thoughts. She didn't judge our family and she spent time with all of us to help us understand" - Yasmin, age 14



A day in the life of a parent

Sense International, Kenya

Ann and Michael from Kenya face a daily struggle to get by while taking care of their two-year-old daughter, Tamara. Tamara has cerebral palsy and as a result suffers from visual impairments, a stiff neck, and a curved spinal cord. Ever since she was a baby, Tamara has spent a great deal of her childhood in hospital - leaving her parents borrowing money to pay for her care and missing time at work in order to look after her.



The launch of the Sense International project in Kenya

With financial challenges and already facing the difficulty of raising a child with disabilities, one of Ann and Michael's biggest woes was the stigma their daughter faced due to her condition.

Living independently is not an option for Tamara, and she will never be able to attend school or learn on her own.

Sense International have revolutionised life for Tamara and her parents. The family have been receiving support since 2017 and Tamara now attends free therapy sessions on a weekly basis to develop her ability to sit and support herself. The family benefit from a dedicated occupational therapist as well as various assistive devices in their home including a tablet computer loaded with therapy videos, and sitting and standing aids to strengthen Tamara's core.



Tamara and her mother



The changes Tamara and her family have seen have been the result of continued therapies, visual stimulation, deep massage, trunk strengthening and proper positioning on a portable roller. Things have changed for the better, and there is hope that Tamara will benefit from the HGF-funded Kenya education project when the time comes for her to enter the educational system.

Our impact

Our 2019 funding enabled **100 children** with complex disabilities, like Tamara, to learn through inclusive education.

With the funding covering areas of all planned activities, we are delighted that our support will directly impact not only these 100 children but also the **317 education professionals** who will receive the necessary training in order to provide the support needed.



Simran S visits the Sense Int. centre in Kenya

A day in the life of a survivor: Sunita

Prerana, Mumbai

A child goes missing every 8 minutes in India*.

That's up to 65,000 children every year.

The Prerana project in Mumbai supports the children of prostitutes working on the streets with residential night care centres, giving them somewhere safe to sleep, eat and learn. Children living in the red-light district areas of Mumbai are deprived of their basic rights, and without the safe haven provided by Prerana, would be at serious risk of being inducted into the brothels themselves.

LILY FOUNDATION
AGAINST HUMAN
TRAFFICKING



"Sunita was sold into the sex trade when she was a young widow, trying to look after her young son Jeet. Persuading Sunita to allow Jeet to join the Prerana shelter was a challenge as her trust had been completely shattered by her experience. She was lonely and desperate and had no way out of the industry she had been tricked into joining. She wanted her son to have a different life from the one she had been forced into; one where he wouldn't be exploited and where his talents could be recognised.

Prerana provided Jeet with somewhere safe to spend each night while his mother worked, and helped support Sunita in paying the fees for Jeet to attend a private school, where his intellect could be nurtured. Sunita has also received the vital help she needs to get out of the sex industry and earn herself a job where she can properly support her child".

- Lady Mohini Kent Noon, Founder of Lily Against Human Trafficking



Through our funding, HGF helps support **288** children through these residential night care centres in Mumbai.

The education support programme was established to enrol children in schools, deliver evening study classes at the night care shelter homes, and provide activities such as youth mentors and a summer camp.

The Prerana programme also provides:

Life skills education

ID cards for children

Vocational training

Reliable friendships

Stress management

Self-Safety workshop

* according to data from the National Crime Records Bureau.

A day in the life of a survivor: Ranju

Samarpan, Delhi



Ranju, a Samarpan beneficiary



Through the Samarpan Foundation, we have been able to support women through the Aria and Jama Masjid Centre's in Delhi, India.



Our Impact

The funding from HGF has allowed Samarpan to locate a training centre close to the area of residence for many of its beneficiaries.

60 women registered for training.

20 women enrolled for a part-time income generating programme.

Women are empowered with not just economical avenues, but also with assistance through healthcare support, counselling and nutrition, as well as promoting their confidence and social independence.

Love. Peace. Happiness. Kindness.

The women at the heart of the conservative community of Jama Masjid are eager to learn and move forward in life but are unable to because of limited resources and a severe lack of opportunities as a result of the traditional mindset of the community.

The Samarpan Foundation provides global support and assistance where there is need, with a particular focus on providing education and livelihood training for women and girls from financially and socially disadvantaged backgrounds.

Ranju is a mother, a wife, and a budding creative; yet her talents could never be recognised before due to resistance from the men in her community to her pursuing her own interests. Thanks to ancient views of the role of the woman, many women in communities around Delhi are confined to the home and the traditional mindset surrounding their duties.

With the help of the Samarpan project which is located at the heart of her community, Ranju has been gifted the opportunity to make bridal bags – for which she is paid per piece she completes. Not only does this allow her to ignite her passions and work close to her two young children, but she can also earn some extra money to support her family.

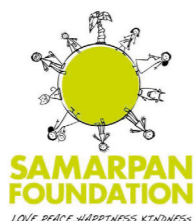
- Lady Mohini Kent Noon

"Our LILY charity has touched over 200,000 lives so far, including victims, their families, villages and communities."

- Lady Mohini Kent Noon



**LILY FOUNDATION
AGAINST HUMAN
TRAFFICKING**



A day in the life of a survivor: Shabana

Vatsalya, Jaipur



Shabana, Vatsalya beneficiary

Since 2000, Vatsalya has been working towards the rehabilitation of orphaned and abandoned children, through contact with women and children in the most marginalised sections of society.

The most significant and permanent impact on society that these projects can have is to provide a safe environment for women and young girls across society, and this is achieved through livelihood training, treatment of sex workers and establishing rehabilitation facilities for their children.

The Vatsalya project shortlists women from resource-poor backgrounds, focussing on those who have expressed a genuine interest in learning.

Shabana's story is a tale of poverty, illiteracy and lack of opportunities. Her father, a daily wage labourer, found his own escape in Opium and Alcohol addiction, which left the family with nothing to eat besides the limited offerings purchased using Shabana's small wage from her work as a Maid for an affluent family.

Life was difficult - until the Vatsalya project came along.

With the help of the Vatsalya project in Rajasthan, Shabana was able to learn how to stitch; gradually building her skills into those of a capable tailor. Shabana hopes one day to be financially independent with her own tailoring business; and is finally able to do so with the ongoing support and skills training provided by the Vatsalya project.

- Lady Mohini Kent Noon



Our impact

With the help of our funding, **270** women and girls have been enrolled into the Vatsalya training programme in 2019, with 12 women already progressing into making a living through their stitching.

As well as the training, women received a workshop on menstrual hygiene, access to a health camp, and a workshop on Vatsalya's International Ethics Policy.

7 students have also been enrolled in formal sports training.



"I am always shocked by how little it costs to buy a human being; a buffalo costs more. I am also astounded by how easy it is to ignore the whole issue."

- Lady Mohini Kent Noon



A day in the life of students and teachers at Bower Park Academy

Outward Bound Trust, Wales

Bower Park Academy in Romford sent a total of **87** students to Wales in November 2019, as part of an Outward Bound Trust course to build their confidence, develop their character values, and unlock their potential.

HGF was proud to support Bower Park's partnership with the Outward Bound Trust, particularly focussing on developing the students' **LORIC** skills:

Leadership, Organisation, Resilience, Initiative, Confidence.



Mr Erison with his group of students



Marianne Lesage is the Director of Learning at Bower Park Academy, and she was the Lead Teacher who enrolled the students to develop their skills. She remembers how the week began with some contentious relationships and reluctance to engage, however by the end of the course she was amazed to see how the pupils rallied together to cheer on their peers and encourage each other to succeed.



"This course has been truly invaluable to the students who make the most of the opportunities handed to them. It's a pleasure to get to know students outside of a classroom situation. They are different people and this experience allows them to develop in numerous ways unbeknownst to them. Thank you."

- Mr Puncher, English teacher



The Outward Bound Trust and HGF have worked together to change over **600** young lives through these powerful courses in the great outdoors over the last few years.

Here are a few thoughts from the students and teachers at Bower Park Academy:

"I learnt to be a good leader and how to be a good team player. I also learnt how to communicate"
- student aged 12

"My opinions do matter and I shouldn't shy away"
- student aged 13

"I should try harder before I say I can't do something, because I might be able to do it if I try"
- student aged 14

"Your sponsorship truly has changed the confidence of young people and created opportunities that they wouldn't have"
- Mr Kenlin, History Teacher



A day in the life of a woman entrepreneur

Cherie Blair Foundation, Mexico

“What I sell is what I eat tomorrow”.

The Southern state of Oaxaca is one of the poorest in Mexico - 66% of the population live in poverty. With a severe lack of formal employment options, and limited time due to varying responsibilities at home, many women earn their living by running micro-enterprises. However, due to limited opportunities, many of these women lack the knowledge and skills required to grow their business and make a profit.

The Cherie Blair Foundation's Oaxaca project in Mexico seeks to plug this gap in knowledge; providing training for 100 women micro-entrepreneurs over a three-year course and giving them a common support system that they can rely on for friendship and guidance.



Mrs Guadalupe lives in Oaxaca; a community built on the land surrounding one of Mexico's largest landfills. With challenging surroundings and a lack of industry opportunities outside of working in the landfill business, employment options are limited.

In the face of such difficult conditions, Mrs Guadalupe is forced to work across three different businesses in order to earn enough money for herself, her husband, and their three children.

Her life as a businesswoman began suddenly and out of urgency, when an accident left her husband unable to perform the manual work necessary for his job.

Desperate for money to feed her family and to keep her children in education, Mrs Guadalupe started a popsicle shop, runs a firewood selling business, and now provides an embroidery service as part of a women's business collective.

Mrs Guadalupe joined the Mujeres A.V.E. programme because she recognised the importance of understanding how money administration and cost calculation works. Completing the training in 2019, she is now able to implement the practice she has learned to her business.

While these women possess the passion and drive to run their own businesses, what they lack is the business acumen and administrative skills that see them turn a profit.



In the first year of the Oaxaca project, the Foundation established the One-Stop-Shop; finalised the curriculum, trained the trainers, and began sessions for three groups of participants.

A monitoring and evaluation system was also established and tested, to ensure women's needs are being met.

In the second year of the project, the programme team will continue to deliver training, strengthen awareness of the One-Stop-Shop, and support women with market access and ongoing project monitoring.



“Championing women's economic empowerment is not only the right thing to do, it's the smart thing to do. Together, we can achieve a future where women are economically equal to men and the world is uplifted as a result”

- Cherie Blair CBE

A day in the life of a Trustee

One Family & Maiti, Nepal

There are just 23 border checkpoints on the Nepal-India border, which spans a total of 1,758km. With over **20,000** women and girls being trafficked across the border every year, that translates to just one checkpoint for every 76km.

An estimated **12,000** Nepalese children are taken to Indian brothels for the purpose of sex work every year. A fifth of these girls are younger than 16 years.

Maiti Nepal was founded by Anuradha Koirala in 1993, with a vision to protect girls and women from crimes like domestic violence, trafficking for flesh trade, child prostitution, child labour and other abuse.



Anita Goyal, Bishwo Khadka, Mala Agarwal, Anuradha Koirala, Saad Awan, Avnish Goyal and a volunteer

By 2050, there will be a further three billion people living on this planet, all in need of food, water, education, health care and income. With billions already living in poverty and dying from the consequences of global inequality, we need to act now to look after each other – today and for future generations.

This is the mission of One Family Global, under the leadership of CEO, Saad Awan.

Maiti is one of the largest anti-trafficking sites that One Family works with, providing support and funding to a HIV Hospice, Rehabilitation Centre, Transit Home and to some key Interception points on the border of Kathmandu. Our visit in April also included a stop at the construction site for One Family's latest partnership venture, the Maiti Café, a social enterprise run by trafficking survivors and victims of domestic violence, the proceeds of which help Maiti Nepal rescue more women and girls.



Avnish with Anuradha and Anita



"Just imagine what would happen if your daughter was standing there. What would you do, how would you fight? So you have to join hands, you have to take each child as your daughter. Soon you will feel their sorrow and then you will feel the strength that comes out of you to protect them."

- Anuradha Koirala, CNN Hero



Over the last year, Maiti Nepal has successfully intercepted **3,202** girls and women at risk.

250 victims have been rescued and **1,220** missing people have been located.

Facial recognition smartphone apps, situated at the border checkpoints, capture and cross-check individuals with Maiti Nepal's database of missing people. Once rescued, victims are temporarily housed in safe transit homes before being reunited for their families or moving them to a long-term safe place.

As a result of the rehabilitation work conducted by Maiti Nepal through counselling and life skills training;

10 women have been trained at prevention homes

40+ women have received training at rehabilitation homes.

"These services are crucial, absolutely crucial, and I am proud to be supporting One Family on the work it is doing to achieve so much in such a short space of time"

- Avnish Goyal

A day in the life of a Trustee

Street Child, Sierra Leone / Kathmandu

Hassan is 12 years old and is a beneficiary of Street Child's 'Girls Speak Out' UK Aid Match Appeal.

Through funds raised by the appeal, Hassan's family were given a family business grant and support under Street Child's Family Business Scheme, which allowed them to restart their milk selling business. Through income generated by this business, Hassan's parents can now afford to send Hassan and her five siblings to school.

Hassan attends a Street Child supported school in Sierra Leone, which has benefitted from renovations, teacher training and the provision of learning materials.



"Last year, my mother and father's business fell through so we ran out of money. I live with my five siblings and they could no longer look after us. Street Child helped my parents restart their milk selling business. Now we are all in school and we don't need to worry anymore. I have lots of best friends at school and I look forward to it every day. One day, I want to be a lawyer".

- Hassan, Street Child beneficiary



In April 2019, we visited Street Child in Kathmandu as part of the project's tour. During this trip we had the chance to learn more about the early learning schools in the Kathmandu Valley.

Susan Johns inspired Avnish and Anita to visit the brick kiln where the classrooms were built, in a response to provide education for the children of the workers.

"Connecting with a cause that you're passionate about enhances your purpose - these visits revive us." - Anita Goyal



A day on the road

BINTI car rally, India

88% of women in India rely on a dirty rag when they menstruate.

23 million girls drop out of school in India annually, due to lack of hygienic menstruation facilities.

The cultural shame attached to menstruation and a shortage of resources stops women from going to school and work every day, all over the world.

Celebrating 5 years of BINTI, we took part in an annual rally race across North India; racing in the Pad Car which was covered in pads and stickers from all the charities supporters - including the Hemraj Goyal Foundation. Over 15 days, we covered 9 cities, 11 schools, and delivered 1300 reusable pad kits.



Delhi, a street school in Gurugram

"Our BINTI car rally became a spiritual journey with loving volunteers who shared magical moments and the wonder of India. We assume that menstrual education is just something that girls should have, but I think it's really important that we take the boys and the men with us on this journey and that's something the Hemraj Goyal Foundation is helping us to do."

- Manjit Gill, CEO of BINTI



RBKS school in Udaipur



Vatsalya in Jaipur with Founder Jaimala Gupta



EDUCATING GIRLS IN SCHOOLS...

ACROSS CITIES...

Gurugram - Ranthambore - Kotputli - Jaipur - Udaipur - Moga - Chandigarh

11 schools, educating over **1300** students and providing reusable pads to all schools involved

MAKING A DIFFERENCE.

"Being able to introduce BINTI and Vatsalya, and subsequently spark a collaboration for menstrual education, has somehow enhanced our experience with both charities immensely. Connection and collaboration is key."

- Anita Goyal

A day on the road

BINTI car rally, India

“The rose stands tall, a deep red in its bloom; Arising from the centre a sweet perfume.

The red of the rose stands for the menstrual blood; The petals that bloom like an opening bud.

Turn the rose upside down; show the petals your feet; And share BINTI’s message – at the roses we meet.”

Poem by Chesca Douglas

Binti. Dignity. Period.



Celebrating the end of the car rally with Manjit Gill, Parmjit Rai, Anita Goyal and Rajasthani women



Teachers of a street school in Gurugram, India



Anita and Avnish with the Pad Car



SD Girls School in Moga, India



The Pad Car

New in 2020...



Partnership with the Khalsa Academy in Wolverhampton, as official BINTI School Ambassadors

Students of a street school in Gurugram, India

A day in the life of a Head of Programmes

British Asian Trust

Jaipur, India



Art Therapy at the Taabar project shelter



Bal Basera shelter

"As the **Head of Programmes for India within the British Asian Trust**, my job is to take the charity's vision and translate it into action on the ground. We have defined goals and visions for each of the priority areas we work in, and my job is to ensure that we are set to achieve this vision – mainly by finding the right partners and programmes that can effectively deliver our work." - Karan Malik



Ramesh Paliwal, Founder of Taabar (middle) with Karan Malik (right)

An estimated **73** million of the 168 million child laborers globally are doing hazardous work, with 19 million of them under **12 years old**.



"The anti-trafficking project in Jaipur is one such project, and we are honoured that this has received support from the Hemraj Goyal Foundation.

The British Asian Trust has come together with other partners to launch a hugely ambitious project, which progressively eliminates child labour in Jaipur through a united strategy involving businesses, the state government, enforcement systems and communities. Under the Child Labour Free Jaipur (CLFJ) initiative, we are positioning Jaipur as a city with unprecedented commitment to stopping child labour.

I am particularly proud that recently the CLFJ programme was part of the first child trafficking conviction, where the accused has been sentenced to life in prison alongside a substantial fine. Convictions for trafficking in India are rare and usually only result in small fines, so this sentence is a remarkable milestone and huge victory for child rights."

- Karan Malik



A day in the life of a play centre General Manager

Toybank, India

Toybank sets up play centres in the premises of partner organisations. Play centres are spaces where children can have play sessions, which consist of playing with educational games.

These play centres host a series of sessions every day, where children can play educational games based on their developmental needs.

These play sessions aim to reduce absenteeism, boost cooperation between children and help them to learn better.

toybank®

Giving back the Right to Childhood
www.toybank.org



Using toys as education tools

"During one of my Play Sessions, I had the privilege of interacting with five uniquely distinct children. They were talented in their own way, and each of their struggles were different from the others. We played a puzzle called 'Playing with Colours', where the task was to group identical coloured puzzle pieces together, and then join them up.

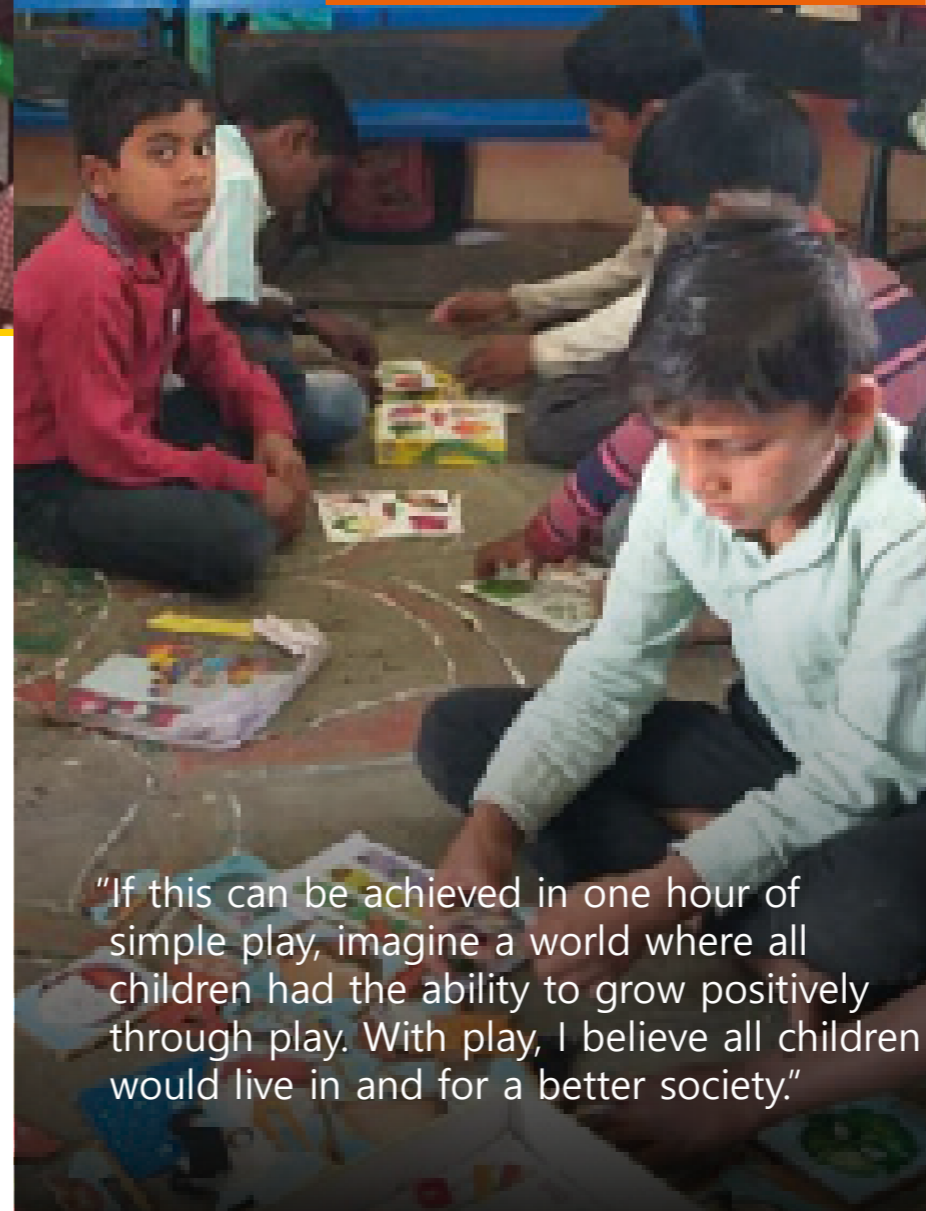
At first, each of the five children found it hard to understand the workings of the jigsaw. They weren't aware of the self-correcting ability of a puzzle, or that they had to try various combinations before getting it right. Each child faced and had to overcome their own challenge, including hand-eye coordination, anxiety, and a lack of cooperation.

- Madhulika, Toybank General Manager



"We have seen how play can bring about behavioural changes in kids. However, development through play is not something that India promotes."

- Sweta Chari, Founder of Toybank



"If this can be achieved in one hour of simple play, imagine a world where all children had the ability to grow positively through play. With play, I believe all children would live in and for a better society."

"These behaviour patterns are not unfamiliar to us. We see these things throughout our Play Centres and across most of the children in our society. It is these behaviour patterns that can emerge as roadblocks to success as these children grow into adults, and so our role is to create positive development through play."

- Madhulika, Toybank GM



There are currently **285** Toybank play centres in operation across India.

Over **43,719** children are impacted every single day.

HGF's funding supports the field activities for Toybank in Beed; where **24 Toybank play libraries** impact hundreds of children every day.

A day in the life of a Saheli

Apnalaya, Mumbai, India

How does a typical day look for an Indian girl? Wake up, eat, go to school, play, study and sleep? This isn't the case for the girls living in Shivaji Nagar.

Leading difficult lives, many of these girls come from families living below the poverty line. They have the odds stacked against them - with gender and social norms restricting their education, their movement, their attire, and the very way they live their lives.



The school Saheli programme

Anjali is 14 years old and lives in the congested lane of Padma Nagar with her parents and 3 younger siblings. Last year, Anjali was nearly forced to drop out of school as her mother fell sick and there was no one else able to take care of the house. Her Father works in a garment factory as a daily wage labourer, and her mother is a homemaker who does embroidery on the side.

The School Saheli programme encourages and enables the Saheli's to develop their competencies; understanding the value of education, time management, teamwork and other life skills.



"The School Saheli initiative aims to encourage adolescent girls to complete their school education – delaying the age of marriage and building a necessary foundation to pursue higher education and livelihood opportunities"

- Annabel Mehta, Chair of Apnalaya



Now, Anjali's day starts at 5am when she gets up to help her mother cook for the family, gets her siblings dressed, and then heads to school.

Anjali returns home at 2pm, where she begins with her household chores, taking care of her siblings and helping them do their homework.

At around 5pm Anjali has a tuition session to revise the work done at school that day, before returning home to cook dinner for her family.

Sunday is when a Saheli has Life Skills sessions with their respective mentors. These mentors are young women pursuing higher education, already trained extensively under different projects of our Citizenship programme. It is these women who make the real difference to girls like Anjali.

- Apnalaya Project Team

Our funding has helped to provide 140 adolescent girls with the support of 14 dedicated Saheli mentors.

A day on Mumbai's School on Wheels

Doorstep School, Mumbai, India



The HGF-funded school on wheels



Early in 2018 was the first time that HGF visited the Doorstep School's School on Wheels in Mumbai. Driving through the streets of Mumbai, we were hit by the quantity of families living in the slums by the railway lines, with no safe place for children to play and learn.

"The progress of the world depends almost entirely on education"

- George Eastman

In 1989, Bina Lashkari founded the Doorstep School charity, with a vision to provide mobile education to children living in these slums.

Doorstep School were able to enrol **581** children in formal schools in 2018-19, and this number will grow with another school bus.

In response to the obvious need for additional funding and more space to learn, with only 25 students able to use the bus at any one time, HGF committed in Summer 2018 to fundraise for a brand-new school on wheels, to open in 2019.

"We are delighted that HGF have commissioned a second School on Wheels with Doorstep School. This will double our reach and impact at Doorstep School, and I am so proud to see another School on Wheels on the road."

- Seema Sharma, Founder of Child Action

And so, we did.

The HGF bus was launched in the Western suburbs of Borivali and Kandivali in Mumbai. Thanks to the fundraising efforts of Just Bollywood and Ensemble Couture, and match-funding from Child Action, HGF have been able to support Doorstep School with the launch of the new School on Wheels, and provide running costs on an ongoing basis.

This bus will deliver primary education for children up to the age of 14 years, acting as a safe library among various communities outside of class time.



One School on Wheels provides:

- Education to 2 or 3 different locations every day, with 20-25 children in each session
- Social skills in hygiene, health and safety
- Problem solving activities for children
- A mobile reading room for children
- Access to a variety of books and learning equipment



A day in the life of a British-Punjabi woman

Voices from Punjab

On 2nd December 2019 we brought over 180 guests together to celebrate the official launch of Voices from Punjab. A charity book created by Anita Goyal and Aastha K Singhania, Voices from Punjab brings to life the strength and resilience of 15 Punjabi women living in the UK, by sharing their life stories.

Available online at Amazon, Waterstones, Foyles, and WH Smith.

All author royalties from the sale of Voices from Punjab will go to the Hemraj Goyal Foundation, to support a livelihood project for vulnerable women and children in Punjab, India.



Back row left to right: Seema Malhotra MP, Aastha Singhania, Dr Kamel Hothi OBE, Rita Chowdhry, Baroness Sandip Verma, Kalbir Bains, Lady Mohini Kent Noon, Parmjit Rai
Front row left to right: Anita Goyal, Kuljit Kaur Sharma, Dr Mandeep Rai

2019 marks the centenary of the Jallianwala Bagh Massacre, and Lady Desai and Baroness Verma highlight this in their chapters. The Partition of India and Pakistan in 1947 impacted the lives of some of the families. This book shares their real life stories.

"These 15 women have given us an incredible gift; not just for me and for Aastha, but for the world. After all, how else do we make sure we don't lose heritage and culture and the way life was? We can only tell our stories and hope others hear them."

- Anita Goyal introducing Voices from Punjab at the book launch



WOMEN CHAMPIONING WOMEN



What inspirational women think...

"As women we wear many, many masks, in order to integrate and be accepted by society"

Dr Kamel Hothi OBE discussing her chapter at the book launch



"By thinking about women's livelihood, you are thinking about how to make their lives better, and that is what these stories do." Chetna Sinha, a Social Activist and founder of Mann Deshi



"We all have an inner strength; we just need to learn how to unlock it."

Rita Chowdhry discussing the challenges she has overcome in her life at the book launch

"We have to be the change within. A dialogue, which leads to a discussion, helps bring about change. It is when we speak of our miseries that the other person gets the courage to face their own."

Extract from Kalbir Bains' chapter

A day in the life of an HGF Volunteer

Divya



Divya Parikh has been a valuable member of the HGF team for a number of years, dedicating her time to volunteering at as many of our events and workshops as she can. Here's her story with HGF.



Whenever I am in a difficult situation or facing a new challenge, I think of this quote:

"Life is always happening for you and not to you."



I was on Facebook when a video of Simran Goyal sharing her vision board experience popped up. This inspired us to book a seminar, as we were immediately drawn into the idea that it was something our children could get involved in as well. After attending one seminar, we continued to attend the subsequent workshops that year. The more we learnt, the more we wanted to continue on this journey.

We were taken with Avnish and Anita from the first time we met them; drawn to what they were trying to achieve in sharing their knowledge so as to make a difference in the lives of others. Just being in their presence is an experience in itself.



Being able to help at the seminars is a huge honour for both Krish (my son) and I. Not only does it reinforce what we have previously learnt, but seeing individuals transform on the day is ever so rewarding. Since we were first introduced to HGF, I feel it has grown immensely. From a seminar perspective, the number of attendees has more than **doubled**, and the content gets better every time. Many of those who do attend are coming through referrals, which really shows the success of these events.

For me personally, HGF has helped me find my own passion and purpose. One of my skills has always been to help and coach others, and crewing at the seminars gives me a chance to use and develop this skill.

For Krish, just being there at these events is motivating him to be the best version of himself. He uses some of the things he has learnt as a reference point in challenging situations and has developed his strength in communicating with others.

- Divya Parikh

A day in the life of the HGF Founder

Avnish Goyal



The Hemraj Goyal Foundation, founded in 2010, will be celebrating its ten-year anniversary in 2020. As I look forward to this monumental celebration of philanthropy, I am reminded of the first day - the day when I decided to start the Foundation in honour of my Father - Hemraj Goyal.



My Father moved us over to the UK 50 years ago, in search for a better life for his whole family. This vision, as well as his hard work and determination, has inspired not only his children but his grandchildren, friends and extended family to have boundless ambition.

Over the last ten years, the Hemraj Goyal Foundation has dedicated time, finances and resources to help women and children across the globe through a series of charity partnership and projects.



Santosh and Hemraj with their family



Hemraj and his wife, Santosh

I am absolutely thrilled to have witnessed the steady growth of the Foundation year on year, as it has developed from the initial seed that we planted almost 10 years ago.

The first day was a long time ago, but I regularly find myself reminded of it when I look at the progress we have made alongside charities like Barnardo's, the Outward Bound Trust, and Lily Against Human Trafficking. We have also grown in other areas; hosting our own charity events, conferences and educational workshops; and the launch of our first charity book, Voices from Punjab.

HGF is passionate about building and supporting a sustainable future, whether through funding, skills training or next generation philanthropy work. The rise of our young leaders over the last year has particularly stood out for me as a vital stepping stone in the growth of the Hemraj Goyal Foundation and I am proud that HGF is the beneficiary of many of their own passions and enterprises.

Here's to the next ten years.

- Avnish Goyal
Founder and Trustee of Hemraj Goyal Foundation



A day in the life of a Principal

Partition Museum, Amritsar, India

The Partition of India in 1947 was recognised as the largest forced migration in human history, with estimates suggesting that up to 18 million people lost their homes and a further 2 million lost their lives.

It was one of the most violent acts in the history of humankind.

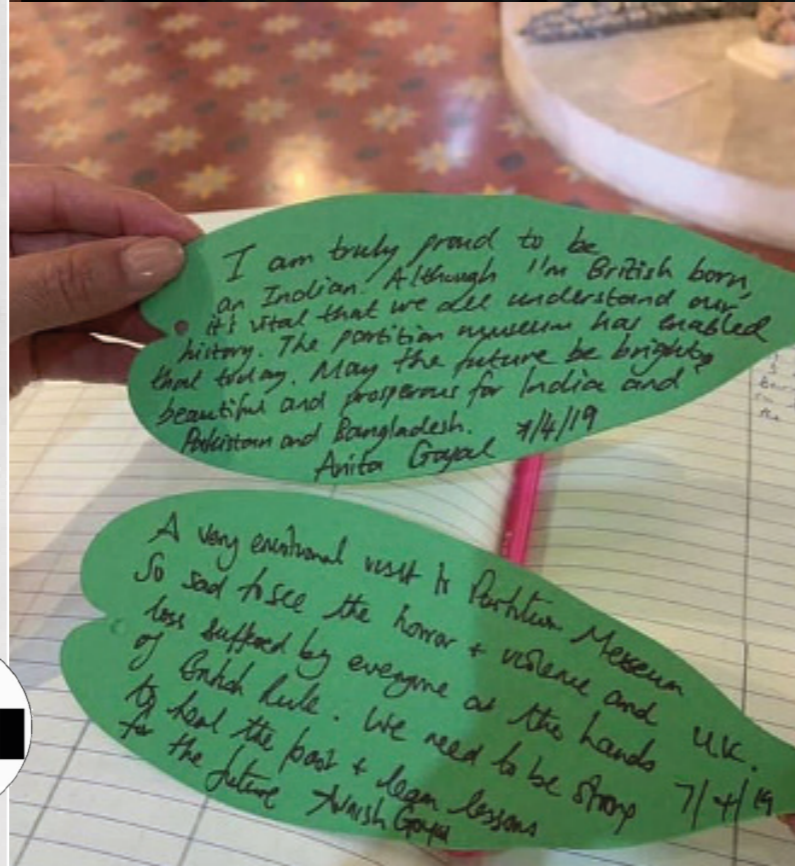
The Partition Museum opened its doors in 2017 to share these stories. People visit the museum to learn about the plight of the refugees and the freedom struggle, and the launch of the education project in 2019 enables students from the poorest developed communities to visit the museum and enhance their learning. HGF are proud to support this project.

PARTITION MUSEUM

-HGF-



"In order to inculcate patriotism and appreciation for their freedom within children, it is important to support programmes that educate and safeguard the patriotism which will otherwise be lost"



I am truly proud to be an Indian. Although I'm British born, it's vital that we all understand our history. The partition museum has enabled that today. May the future be bright, beautiful and prosperous for India and Pakistan and Bangladesh. 7/4/19
Anita Goyal

A very emotional visit to Partition Museum. So sad to see the horror + violence and loss suffered by everyone at the hands of British rule. We need to be strong to heal the poor + learn lessons for the future. Avnish Goyal

"As the Principal of a school for the Government Middle School in Katra Jalia, being given the opportunity to visit the Partition Museum with a group of our students was a fantastic chance to experience education in a more personal way.

The Partition Museum brilliantly showcases, in great detail the period of Partition, migration, plight of refugees, and the freedom struggle. The children have learnt a lot. Before this experience, they had only really studied using their books, and so this gave them a chance to really see what their ancestors went through to attain freedom.

Following our visit, we told all the children to write down their views and present them during assembly, and I think we were all amazed at how deeply the children felt about Partition as they faced up to the immense difficulties their ancestors once faced.

In my opinion, the patriotism within the children was disappearing, as even though they are taught about our history in school, we found this did not make that much of a difference. What really affected them was their visit to the museum where they saw and felt the difficulties for themselves; fully understanding what it was and what it meant for India."

- Principal at a school in Amritsar, who had the opportunity to visit the Partition Museum in 2019



Avnish and Anita with Mallika in Delhi at the Commemoration exhibition



A day inside our project folder

Exploring global projects

There are 38 UK-based members of the Tiffany Circle, supporting 12 different projects globally.

The Tiffany Circle has raised over £1 million in 2019, to support those who need it most, and HGF were proud to help fund the disaster-resilient communities project in Bangladesh.

16 women squads made up of 368 women in 16 communities, have been set up to support each other psychologically, socially and economically.



Tiffany Circle

At the end of 2018, Anita Goyal became a member of the Tiffany Circle when introduced by Pinky Lilani CBE, DL. The Tiffany Circle is a collective of women committed to making a difference to women and girls across South-East Asia, Bangladesh, and the UK. As part of her membership, in October 2019 Anita was asked to speak on a panel for the Young Tiffany Circle, to educate and inspire the next generation.

Speaking not only about her own experiences as a philanthropist and female leader, but drawing on her experiences of working with HGF's many charity partners, Anita successfully communicated her vision for a sustainable future for women and girls everywhere, based on acceptance, empowerment and social change.

"Connect with a cause that inspires you to do something, then creatively design an innovative solution. You may not always succeed, but at least you tried"

- Anita Goyal



Sikh's Helping Sikh's

Manpreet, a student at Khalsa College, had always faced challenges in her studies due to her challenging situation at home. In early 2019, HGF committed to providing funding for girls who required financial support with their studies – either due to being orphaned, living with a disability or living below the poverty line – and Manpreet was one such girl.

Thanks to the support that HGF's funding provided, Manpreet is now passing 6 out of 9 subjects at school, with a solid system in place to provide Manpreet with the support and tutoring she needs to obtain a pass for all 9 subjects. Regular physical check ups as well as examinations ensure that Manpreet and other students in need are being monitored, both in a physical and mental capacity, with report cards provided to their families that outline their progress.

Thanks to HGF, their lives are now a little easier.

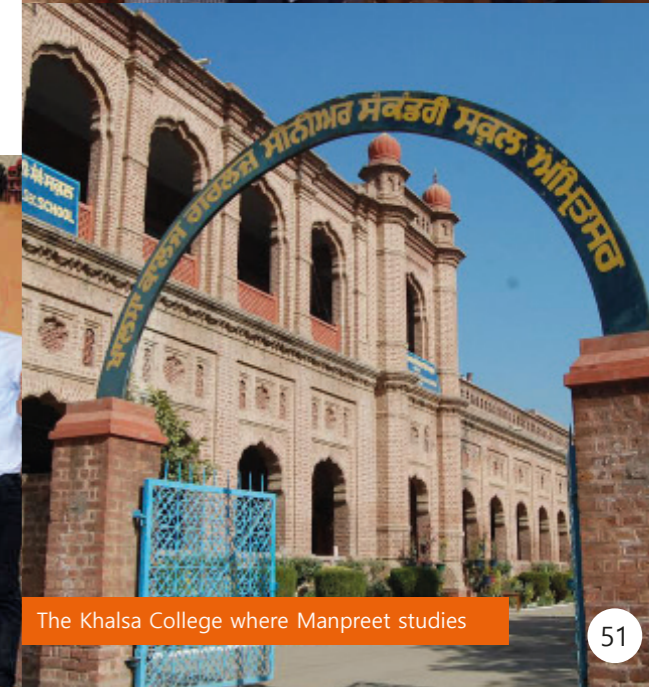
HGF will be funding the schools fees for 100 children in 2020.



Sikhs Helping Sikhs



Meeting with Sikh's Helping Sikh's



The Khalsa College where Manpreet studies

A day in the life of a next generation philanthropist

Simran Sehmi

There are over **100,000** people living with a severe form of deafblindness in Kenya.

“Given my own challenges, I knew I wanted to do more to help those without the support that I have had. The event was designed not only to raise funds but also to raise awareness amongst other young people, about the importance of charities such as Sense International” - Simran Sehmi



Guests experienced varying and unique sensory experiences



Engaging young people to be involved with the event and cause



Simran G and Simran S, presenting Richard with HGF's donation

In December 2018, Simran S joined her family on the Foundation's trip to India, visiting some of our longstanding charity projects in a bid to better understand how HGF's funding is directly impacting beneficiaries around the world. One such project was Sense International – a deafblindness charity which works with deafblind children and their families to support the challenges they face every day

“As you are aware, in the countries we support children with deafblindness desperately need to receive education and healthcare. Without this, many will lead short, lonely lives. In moving this to the forefront of your guest's minds at SENSES, you have helped bring awareness to the unique challenges faced by people with deafblindness – thank you”

Richard Kramer, CEO of Sense International

Touched by what she saw in India at the centre, Simran identified with Sense International more than most, having struggled with her own visual challenges earlier that year.

The experience of learning **tactile sign** and the daily challenges that young people with deafblindness experience, gave a brief insight into a world that we cannot imagine.

SENSES was designed as an immersive and highly experiential event, hosted at specialist AV venue Aures London in the iconic Leake Street tunnels.

With a vision to impact guests by enveloping them in the five different senses, Simran and the HGF Team secured a series of different experiences linked to Smell, Sound, Sight, Touch and Hearing. Over 140 guests attended and engaged in the cause.

“Working in philanthropy builds your character. It enhances your leadership and organisational skills, and enables you to network with people of diverse backgrounds which in turn improves your interpersonal skills.”

- Simran Sehmi



Testimonials

Charity Partners
around the world



EMPOWERING

"The unparalleled support from the Hemraj Goyal Foundation makes such a vital difference to the work our team is able to do stop this hidden crime from happening in homes across the country. With your support we are moving closer towards our goal of ending new cases of FGM & Harmful Practices by 2030. With your support we can continue to lead the way in being a centre of excellence in FGM and Harmful Practices - both nationally and internationally.

- Philanthropy Manager, Barnardo's



EDUCATING

"When we met last year, we talked about the huge benefits that [your support] could bring to the young people, and the feedback I have received shows this to be true. They were faced with many challenges, not only through the activities but also the weather, but came through showing a huge amount of strength of character"

- Bower Park Academy Principal, on HGF's Outward Bound Trust funding partnership.

With thanks to our charity partners, supporters, friends and family, without whom the Hemraj Goyal Foundation would not be able to positively impact so many lives around the world.

SUSTAINABLE DEVELOPMENT GOALS



"... the fact that we have an incredibly diverse range of partners who have all joined their efforts to make this a reality - from private foundations to companies to police and government to ordinary citizens - showing that while change is messy and complex, it is not impossible."

- Karan, British Asian Trust



PROTECTING

"Anita and Avnish have taken the time to visit our projects in Delhi, Mumbai and Jaipur, a world away from the salubrious life of London, and engage personally with them.

You have been generous with your time and with funds, which are sorely needed for tragic children.

... Education as a preventative is an integral part of our efforts, to help prevent the trafficking of the illiterate and the poor."

- Lady Mohini Kent Noon



CELEBRATING



ENRICHING

