



Ladli Foundation
A National Award Winning
Non-Profit

JOSH

Impact Assessment Report

A Unique Initiative to Involve Young Boys in Volleyball, Yoga & Fitness Dance Training for Prevention of Drug Abuse & Crimes



Supported under Nasha Mukt Bharat Abhiyaan by National Institute of Social Defence,
Ministry of Social Justice & Empowerment Govt. of India
in association with Delhi Police & Ladli Foundation Trust

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Thank You



ACKNOWLEDGEMENT

This report has been prepared by the South & East Asia Foundation (SEAF). The report assesses the extent to which the JOSH initiative could achieve its intended results/goals.

The study team has followed the Covid-19 guidelines; the team stood firm together in difficult times. This impact assessment report would not have been possible without the support of community members, beneficiaries, implementing agencies, SEAF staff, and its members.

On every field visit, the stakeholders were responsive, supportive, and welcoming, making the assessment process flow smoothly. We wish to express our gratitude to everyone who gave us their time & support and spoke to us.

The help and support provided by Ladli Foundation Trust have been outstanding. All information was neatly collated, request for additional data & logistics was promptly attended to. Discussions with the Field officers and coordinators was of great help and insightful which helped in the report making process, their enthusiasm and support including late hours on the field was critical in successful completion of the field work and assessment.

The support and cooperation received from the implementing partners were commendable.

We hope that this impact assessment report serves the purpose of making this excellent project even better.



INTRODUCTION

The Ministry of Social Justice & Empowerment, Govt. of India (The nodal ministry for Drug Demand Reduction and creating awareness for prevention of substance abuse) launched the 'Nasha Mukht Bharat Abhiyaan' or a 'Drugs-Free India Campaign' on 15th August 2020 across 272 districts of the country.

Under the Nasha Mukht Bharat Abhiyaan, the National Institute of Social Defense supported "JOSH" an initiative by Ladli Foundation Trust (a National Award Winning organization in special consultative status with United Nations Economic and social council - ECOSOC) to divert Young Boys, Delinquents, and juveniles and at-risk boys from substance abuse and criminal activities by involving them in Sports, fitness dance, YOGA activities and mental health cum career counselling.

In Association with Delhi Police to identify the right candidates, the program started on 1st March 2021. It is designed in a manner so as to reduce access to substance use and crime, render young boys with productive and useful tools, and make them an asset for the society. JOSH being one of its kind, is an attempt to tackle the growing issue of drug use among youngsters and help them with restoring methods to regain their lost energy and develop into better citizens.

The program targeted young boys residing in slums and underdeveloped areas of Delhi due to an ever-growing increase in substance use and crime. The focus also extends to dark hours due to the prevalence of crime and substance use in them and the onset of anti-social activities during the time of day, making it even more impactful.

The idea being choosing sports, dance, and Yoga to divert them from substance use is its recognition as a means of fun and relaxation, attraction of individuals across all age groups, and its scientific significance making the body release hormones such as dopamine, endorphin leading to reduction of stress and anxiety among individuals and instilment of positivity in all.

Currently under the program, 1057 young boys are involved in intensive physical Training and reward-based tournaments and provide a nutritious diet of bananas. Also, to motivate through specially designed orientation, career counseling workshops, motivational & mental health sessions for diverting them from consumption of drugs & substance abuse to reduce their participation in crimes and anti-social activities.

Currently, this program is being implemented in 5 districts of Delhi. Through this Initiative, we envision building a force of young minds that can be given a platform to rise above their current detrimental circumstances and build a life beneficial for themselves and society. The program works to construct a society of youthful minds, physically enhanced bodies, and socially impacted individuals.



SH. R. SUBRAHMANYAM, IAS

**SECRETARY,
MINISTRY OF SOCIAL JUSTICE AND
EMPOWERMENT.
GOVT. OF INDIA**



"Nasha Mukh Bharat Abhiyan has been proved as the most important initiative among all other programs of the Ministry. Since, Nasha Mukh Bharat Abhiyan works with the youth, and it is an investment into the future of the country. This initiative is active in almost 272 districts. The implementation of the JOSH Initiative in Delhi by Ladli Foundation, has had a very profound impact, wherein almost 1000+ youth in different slums were successfully brought on the right path. I wholeheartedly congratulate Ladli Foundation, Delhi Police and all the participants for this wonderful initiative. Now this modal is ready to replicate at different location , We are pondering our thoughts on taking this initiative at big reach "



SH. DEVESH C. SRIVASTVA, IPS

**SPECIAL COMMISSIONER OF POLICE
CRIME & ECONOMIC OFFENCE WING
DELHI POLICE**



With the Support of Nashamukt Bharat Abhiyaan and NISD, Ladli Foundation and Delhi Police have set a milestone by implementing the JOSH program for making drug and crime-free India.

This Program has directly benefitted and transformed the lives of approximately 1100 young boys and their families. We were able to divert them from drugs and crimes by involving them in sports training.

Ladli Foundation works for the upliftment of underprivileged youth at grassroots level by providing them various training for their overall development, which would be an essential tool in crime prevention.

Our aim is to involve these young brains in the YUVA initiative of the Delhi Police to provide them skill development training and employment opportunities. So that they can be an example for their fellows and can become an asset for their family and society



SH. DEVENDRA KUMAR

**NATIONAL YOUTH AWARDEE,
FOUNDER AND CEO
LADLI FOUNDATION TRUST**



"Society is like a canvas. It's you who need to paint it beautifully". Believing in this quote, I would like to thank Nasha Mukta Bharat Abhiyaan & National Institute of Social Defence, Ministry of Social Justice, for giving us this opportunity to serve the nation, especially for directly contributing to the future of India and making it a Drug-free country.

Josh's program has given me a chance to feel proud and know the purpose of my life. Closely witnessing the transformations in the lives of these young boys and making them an asset for nation-building has given many unforgettable and precious moments.

With the support of the Ministry of Social justice and Delhi Police, we were able to enhance the program's impact and bring visible changes in the lives of the beneficiaries. Testimonials from the beneficiaries and their family members have motivated us to continue this initiative and spread it across the country.

Once again, I would like to congratulate all the partners, team members, trainers for their immense hard work and support in making this initiative successful.



दिल्ली पुलिस
DELHI POLICE



प्रशस्ति पत्र
COMMENDATION CARD

I acknowledge the sincere efforts done by **Ladli Foundation Trust** for implementing the revolutionary initiative, "JOSH" in the association of Delhi Police for involving young boys, Delinquents and juveniles into sports, fitness dance & Yoga Activities for diverting them from drugs, substance abuse and crimes which was supported under Govt. of India's Nasha Mukh Bharat Abhiyaan through National Institute of Social Defence, Ministry of Social Justice & Empowerment

The foundation recorded 435 beneficiaries in the south-west district, with approximately 75 Percent of the juveniles in conflict with the law and noted delinquents.

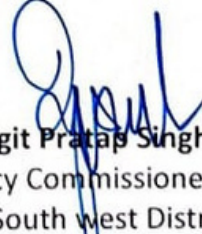
The regular interventions and different activities of the initiative had positively impacted their overall transformation. I have visited the field activities several times and witnessed that the actions were designed to bring a long-lasting change in each youngster's life, and specially designed mental health counselling and motivational sessions created a healthy spirit among them.

The program involved training, competitions, and other recreational activities, which constantly motivated them to be disciplined. The activities are designed in a scientific manner to conduct in evening hours (Dark Hours) activities, Which I found the best way to prevent them from drug abuse and crimes.

The way this initiative is being executed is truly impressive and outstanding, and the coordination and plan of action for implementing this in sensitive areas is remarkable.

I Congratulate Mr Devendra Kumar (Founder – Ladli Foundation Trust) and the entire team of Ladli Foundation Trust on the successful implementation of Project Josh and their extraordinary efforts for making India Drugs and crime-free.

I sincerely give my best wishes and look forward to continuing this long-lasting association with the organization, doing great work to transform the youth for nation-building.


(Ingit Pratap Singh, IPS)
Deputy Commissioner of Police
South west District

INGIT PRATAP SINGH, IPS
Deputy Commissioner of Police
South-West District, New Delhi

To
Mr. Devendra Kumar , Founder

आदेश संख्या
O.B. NO. 1030/Psec/DCP/swd

दिनांक
Dated 27/09/2021



सत्यमेव जयते

PARVINDER SINGH, IPS

अर्ध सरकारी पत्र संख्या

D. O. No. 1579/P.Sec/DcP/OD

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दिनांक दिल्ली 18/10/2021

Dated, Delhi the

Commendation Letter

I place on record my acknowledgement to **the Ladli Foundation Trust** which in association with **Delhi Police**, has successfully implemented "JOSH" initiative in Outer District for prevention of Drug abuse and crimes among Delinquents and Adolocents by involving them in Sports & Yoga Activities.

Local Beat Police Staff of Outer District has also actively participated in the programe in different Police Station areas and helped in registration of more than 175 participants. During the entire pogramme the training that has been given was impactful and has brought about a positive change in the bearing, both mental and physical, of the participants.

During my visit in the program activities, I found it well organized and systemetic, specially with the attention of the trainers and counsellors. The coordination of Ladli foundation with local police staff for ensuring maximum participation was highly commendable.

Community Mobilisation and awareness on drug prevention in slums thorough specialized Street Plays in association with Asmita Theater Group was another feature of the program which had led to a change in the mindsets of the people regarding severe harm of drugs and substance abuse. The implementation of the program was well organized with a holicitic approach towards participants.

Delhi Police encourages such initiatives and is of the view that these programs will help participants hone their skill set and reach greater heights.

I wholeheartedly congratulate **Ladli Foundation Trust** for tirelessly working towards upliftment of Vulunerable and marginalised sections of society, also to **Nasha Mukt Bharat Abhiyaan and National Institute of Social Defence, Ministry of Social Justice & Empowerment, Govt. of India** for their extensive support and assistance which has made this initiative possible.

I extend my best wishes and look forward to continuing this associatiion with the organization in the pious aim of transforming and empowering each section of our society.


18.10.21

(PARVINDER SINGH, IPS)

Deputy Commissioner of Police
Outer District, Delhi Police.

Dy. Commissioner of Police
Outer District, New Delhi

Mr. Devendra Kumar
Founder & CEO
Ladli Foundation Trust



PRANAV TAYAL, IPS

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Dated 29-09-2021

APPRECIATION LETTER

I place on record to acknowledge that "JOSH" initiative undertaken by the "Ladli Foundation Trust" in association with Delhi Police which was supported under Nasha Mukta Bharat through NISD, Govt. of India, was organised in Rohini Distt.

Being a proud associate feeling pleasure on the successful completion of the program where around 350 young boys and delinquents who registered themselves in Rohini District with the support of local police, benefitted from the program which extensively impacted lives of these young boys and helped them proceed to a better living.

The idea of involving them in attractive and intensive physical activities such as Fitness Dance, Volle ball & YOGA was very much effective and was also implemented in a productive manner. A regular interaction by our field police personnel with the youth has revealed that this programme has played an important role in diverting these young boys from substance abuse and crimes.

The program has been executed in a very professional and efficient manner which has made a very positive impact in the families of beneficiaries and local area.

Delhi Police is committed to build a safe and inclusive society by eliminating the criminal practices and the organizations like "Ladli Foundation Trust" are the effective tools for achieving the goal of Drugs and Crime Free Nation.

I sincerely give my best wishes and look forward to continue this long-lasting association with the organization, which is doing great work for the upliftment of underprivileged people.

(PRANAV TAYAL) IPS

DY. COMMISSIONER OF POLICE
ROHINI DISTRICT, DELHI.

PRANAV TAYAL, IPS
DY. COMMISSIONER OF POLICE
ROHINI DISTRICT, DELHI

To
Mr. Devendra Kumar
Founder, Ladli Foundation Trust

EXECUTIVE SUMMARY

Project JOSH was conceptualized in order to constructively engage youth in productive activities. The main aim of the project is to divert young boys from consuming harmful substances and help them to realize their true potential. This project is carried out in collaboration with Delhi Police, National Institute of Social Defence and Ministry of Social Justice and Empowerment. By engaging children and young boys in activities such as sports, dance, yoga and fitness training, we are not only helping them to stay fit, but also helping them to be socially integrated and motivated. Project JOSH provides support to government's initiatives like Nasha Mukht Bharat, Skill India and also supports United Nations Sustainable Development Goals.





To implement this project, we identified 20 locations and 1057 children with the help of the local police. We onboarded them on the JOSH project, and provided them with intense physical training sessions, career counselling sessions and dietary supplements. We have included sports activities to engage youth. Tournaments will be held on a regular basis and vocational skill training will be given by the Delhi Police.

We hope that through this intervention there is reduction in substance abuse and juvenile delinquency. This project will go a long way in not only improving the mental and physical well-being of youth, but also giving them a platform so that they can become future leaders, sportspersons and give back to the society in a meaningful way.



Key Findings :

JOSH as a project could be implemented best to the slums, due to the following reasons-

- Nature of leisure time activities and time and space for leisure varies in slums, in comparison to developed areas. In slums due to inadequate housing and lack of basic necessities, the majority of time is spent outdoors as compared to developed areas where home also constitutes a place for leisure.
- Lack of quality education among adolescents impacts consciousness of substance use among adolescents, with slums being characteristic of lack of mental, social and physical consequences of substance use.
- Awareness amongst friends and family is significantly low in slums when compared to developed areas, hence one of the factors perpetuating drug abuse.
- Physiological effects of substance use are more outright in slums (dilated pupils, lack of control over themselves) as compared to developed areas, where it becomes tough to find out who is a user and who is not.
- Involvement in petty crimes like theft, burglary and mugging is more in adolescents in slums as compared to privileged and well positioned individuals.
- Substance use is more frequent in slums as compared to developed areas because of easy availability, wage work and illiteracy.
- Most commonly used substance amongst rural slums is the local and artificial liquor along with charas, whereas in developed areas the most commonly used substance is beer and liquor.

Conclusions :

- Results of the impact assessment prove that the JOSH initiative was both effective and a sustainable program to decrease the use of drugs amongst the youth.
- Volleyball turned out to be the most effective sport for most of the participants. It engaged all the participants mentally and physically, and encouraged them to pursue this sport further in life.
- Significant reductions in percentage of participants consuming drugs after the JOSH initiative.
- Students who were interested in going to school also increased by also 100 per cent.
- The beneficiaries benefitted immensely from the mental health counselling sessions. After a few initial reluctant responses, the beneficiaries on their own accord approached our volunteers as well as psychologists on ground to talk about their problems.
- After initial reduction in substance use through such interventions, it is highly likely that their bodies relapses and starts the substance use again, therefore the sustainability of our program through phase 2 and 3 will help tackle that as well.
- The program has been successful in the larger aim of counselling the beneficiaries about gender sensitisation, patriarchy, social victimisation, basic human rights, the need to go to school et cetera.
- After a few iterations to the program structure, the success of this pilot program indicates that we can launch this initiative at a larger scale as well.

ABOUT LADLI FOUNDATION TRUST



Ladli Foundation Trust

**A National Award Winning
Non-Profit Organization**

Ladli Foundation Trust is a grassroots-level, National Youth Award winning non-profit organization. It is accredited as Special Consultative Status in the Economic and Social Council (ECOSOC) since- 2020. The Organisation is actively working at the pan India level with its effective community outreach. The organization is a registered entity under FCRA and endowed with the Union and State Governments, District Administrations, and Police Departments. An International wing of the organization has also incorporated in New Jersey as Ladli Foundation USA -A NJ Non-profit Corporation.

Recently the organization was recognized by the United Nations Secretary-General Mr. António Guterres during the 65th Session of Commission on the Status of Women for raising the voice to prioritize the agenda of Women's Health and elimination of Child Marriages in developing countries for achieving Gender Equality (SDG5).

In the past nine years, the organization has gained recognition through its innovative initiatives, especially for empowering lakhs of uneducated, disadvantaged females and persons with disabilities in urban and rural slums. It is also known for innovations, implementation & assessment of grassroots-level Initiatives.

Its Innovative initiatives have directly benefited over one million beneficiaries through Primary Healthcare, Education, Sensitization, Rehabilitation projects and also impacted the lives of millions of people indirectly by creating awareness on most sensitive issues like patriarchy, religious myths, menstrual taboos, child marriages, trafficking

The programs & mega-events of the Organization was witnessed & praised by the Union Home Minister, Union Minister of Social Justice, Women & Child Development, Youth affairs, Department Secretaries of the Government of India, International Diplomats, Bollywood celebrities & other Dignitaries.

Our Mission



Lying at the heart of Ladli Foundation has a mission to build a safe & gender-neutral and inclusive society by enabling access to Primary Healthcare, Education, Skill Training, and opportunities by focusing on bringing a reformative change in the mindsets of the society by eradicating social victimization of women in each sphere to uphold the status of women. It aims at building a community enabled with the accurate use and significance of their traditional practices for achieving UN SDGs' In India.

We initiate to alter and start a dialogue among people about inhuman traditionally inherited practices like patriarchy, myths, taboos, social victimization which are the main hurdles in providing basic amenities, equal rights, opportunities which are prominent causes of vulnerable conditions of women in India. We envision the idea to break the taboos and adopt a safe, secure & sustainable healthcare system that upholds the reproductive rights of women in our society by sensitizing the male population in a way that they become promoters of Gender Equality.

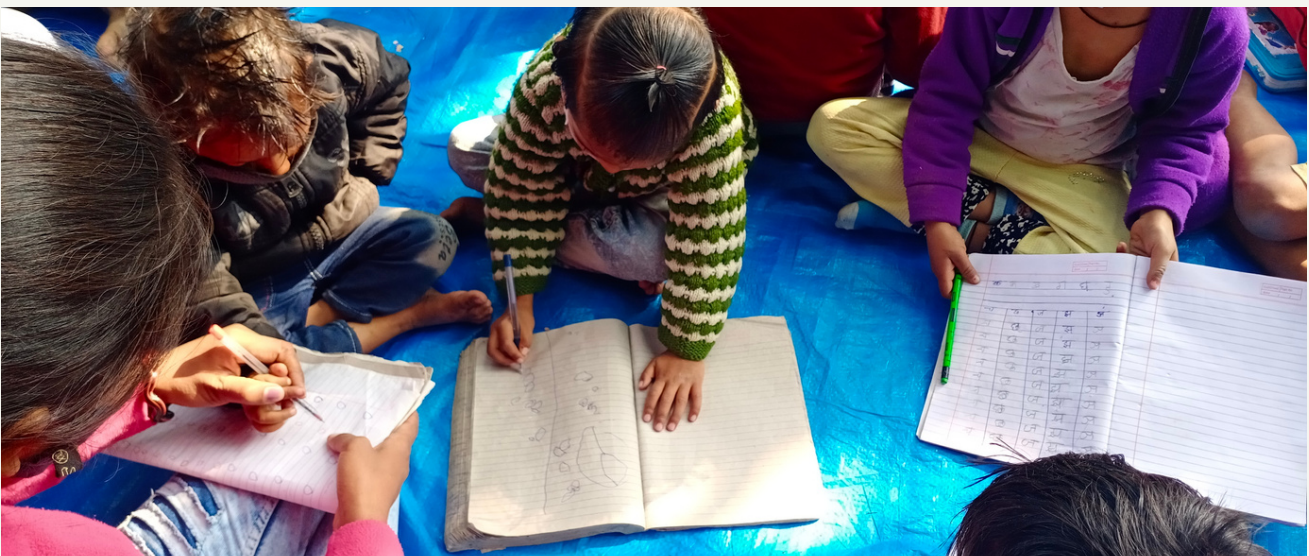
OUR INTERVENTION

Ladli is known for its deep Research about Gender Discrimination, Plight of slum females in India & Implementing its initiatives for providing Primary Healthcare, education, livelihood and sensitization about various alarming issues. Ladli is involved in enhancing the standards of living and restoring the dignity of socially victimized women and has directly benefitted 75000+ unprivileged females and sensitized more than 5 Lac people through its successfully implemented projects at the grass-root level.



OUR GOALS AND OBJECTIVES

Lying at the heart of Ladli is the vision of creating a gender-neutral society by attempting to bring about a reformative change in the minds of the people. For which we come up with projects that not only help Women and Girl Child directly but also sensitizes the whole community regarding a particular issue.



About the Founder



Devendra Kumar, a young man, self-made and having grown amidst extreme poverty but with a "never say die" approach, is the soul behind Ladli!. He was born in a high-crime-prone Slum of Delhi, where he embarked on his journey when he was left alone by his parents at the age of two with an infant sister. At the age of 8, he started working as a child laborer by selling balloons & working as an aide at a clinic for just 4 US dollars Per Month for his survival, by continuing his education in a Charitable School.

During his balloon-selling, he was snatched & brutally beaten by a group of delinquents and drug addicts. These miseries motivated him to uplift his fellow youths by involving them in Sports & community policing initiatives with the Delhi Police and volunteering with saint john ambulance and Indian Red Cross society. In 2010 his struggle with dowry for his sister's marriage led him to found Ladli Foundation Trust.

A social reformer noted for his diverse approach to empowering the oppressed and disadvantaged has received accolades and recognitions in India and the United Nations. During the 65th Session of the Commission on the Status of Women, he was acknowledged by UN Secretary-General António Guterres for raising his voice to prioritize the agenda of women's health and the elimination of child marriages in developing countries.

Under the aegis of Ladli Foundation Trust, he also assisted in the liberation of thousands of women and young girls from sexual abuse and exploitation and subsequently, empowering them to become self-reliant.

A strong believer of gender equality, his creative approach to raising awareness about gender-based violence in various communities and assisting the needy and troubled through relief projects has been very inspiring as well by his life story, Child Labor to National Award Winner..

1. INTRODUCTION

1.1 BACKGROUND

Why is drug abuse so prevalent among the youth ?

Addiction to drugs and substance abuse is one of India's most significant social evils. It significantly affects the youth, which is considered an asset of any nation. But what exactly drives them towards this horrendous practice of drug abuse?

There could be various reasons, including societal pressure and environment, health, family, abuse, neglect, vengeance, poverty, unemployment, and mental stress being a few. Talking about unemployment, it is one of the most crucial challenges faced by our country today. Even the educated and skilled job-seekers cannot earn employment for themselves, and the dilemmas faced by the illiterate are far worse.

The situation prevalent in the slums of India is substandard and unpleasant, owing to the widespread prevalence of poverty and illiteracy in these areas. Unable to cope with the harsh and ruthless realities of life, youth from slum areas, especially the male population, indulge in heavy drug abuse, which has adverse effects on their health. Besides being under the influence of drugs and substance abuse, these unprivileged children instigate social malpractices and heinous crimes, including violence against women.

Adolescents who are involved with wrongdoers or drug abusers often inculcate bad habits. They instigate, engage, and encourage adolescents to consume drugs. Such influence and peer pressure triggers the urge to try the drugs. These are some of the causes of drug addiction among juveniles.

Drugs, substance abuse, and alcohol stimulate parts of the brain to make someone feel good. But after taking a drug for a while, the brain gets used to it. Then the person needs to take more of the drug to get the same effect. Soon, the brain and body have to take those drugs just to feel normal. Otherwise, it triggers withdrawal symptoms, making the person sick and anxious.

1.2 Statistics and facts

Alcohol plays a major role in 40% of all heinous crimes today.

According to the National Crime Records Bureau of India, 37% of almost 2 million convicted offenders currently in jail, report that they were drinking at the time of their arrest. Alcohol, more than any illegal drug, were found to be closely associated with violent crimes, including murder, rape, assault, child and spousal abuse.

About 3 million violent crimes occur each year in which the victims perceive the offender to have been drinking. Statistics related to alcohol use by violent offenders generally show that about half of all homicides and assaults are committed when the offender, victim, or both have been drinking. Among violent crimes, with the exception of robberies, the offender is far more likely to have been drinking than under the influence of others.



Crime by juveniles is a harsh reality in India. In recent times, juveniles were found to be involved in heinous crimes such as murder and gang rape. The following statistics released by National Crime Records Bureau (NCRB) Ministry of Home Affairs Govt. of India in "CRIME in India- 2016 Statistics" provide the evidence. 2499 cases of crimes committed by juveniles including heinous crimes, like murder and rapes etc. under IPC & SLL act in the Delhi in 2016, against 2366 and 1969 cases in 2015 and 2014, respectively. That 56 cases of murder and 83 cases of attempt to murder, 27 cases of grievous hurt and 47 cases of kidnapping and abduction were committed by juveniles in the year 2016.

1.3 Literature Review

Youth is a time that is irreplaceable in a person's life. It is at this tender age that a person's personality is shaped and moulded, which later on decides if that person will prove to become an asset or a liability of the nation. Youth is also the time when the mind is most impressionable, and falling prey to deleterious habits like use of drugs due to peer pressure or certain economic and social conditions is not very difficult.

Research has shown that participation in sports and other extracurricular activities like dance can play an important and positive role in the health and development of the youth. These activities can have a profound impact on the lives of those children whose lives have been destroyed or are not the brink of getting irreversibly affected due to substance use.

One area that has recently been receiving greater attention is the role that sports might play in preventing drug and alcohol use among youth by investing their time, energy, brain and talent in towards constructive activities. A study by UNODC examines the relationship between sports and alcohol and drug use among adolescents.

To date, several systematic reviews have been published on the association between sport participation (primarily with respect to organised high school and collegiate sports) and alcohol, tobacco, and illicit drug use (Diehl et al., 2012; Lisha & Sussman, 2010; Martens, Dams-O'Connor, & Beck, 2006; Mays, Gatti, & Thompson, 2011). Collectively, the reviews suggest that sport participation is associated with a lower use of tobacco and illicit drugs during adolescence.

The positive impact of sports is particularly seen during high school; suggesting that this may be a critical period to reduce or prevent the use of drugs through sport.

People who use substances in harmful and dependent pattern (i.e. suffering from Substance Use Disorders) are in need of help. It is thus important to understand as to what extent people who need help are able to access the same.

Sports may be best seen as a physical activity with an agreed upon structure, or set of rules, that allows for competition against oneself or an opponent. Through sports can be played for many reasons, there should always be an opportunity for a mix of fun, self-improvement and competition that will vary with the players involved and the sport they are playing at a time.

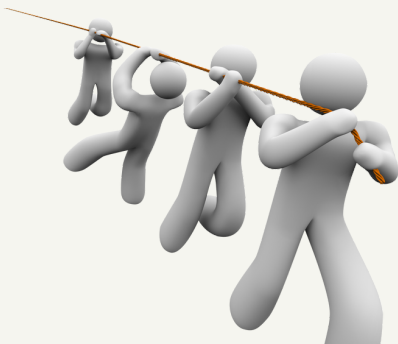
PROJECT - JOSH

2. Objectives

The project aims at diverting young boys & juveniles from Substance Abuse by involving them in Sports, Skill Development and Gender Sensitisation present in high crime - prone slums of Delhi. The project runs on the M.D.I. formula of psychological counseling, i.e. Motivate, Divert and Involve individuals into activities which are psychologically, physically and socially productive.



For the purpose of reduction in the consumption of drugs substance abuse among juveniles and unemployed youth in slums and to divert young boys from crimes and anti social activities, Ladli Foundation Trust with the collaboration of Delhi Police association, has implemented its initiative "JOSH" to involve juveniles and young unemployed youth in motivational counseling with sports training and tournaments in slums of Delhi with the aim of engaging them in such team sports which would make them more disciplined and less inclined towards substance abuse crimes.



The main motto of our programme is to save youngsters at a very young age from clutches of organized crime rackets, who generally involve these boys to fulfill their needs through organized criminal activities by attracting them towards substance abuse.

JOSH is a project working for community development focusing on integrating individuals involved into substance use and violence. We aim to enable a shift in behavioral patterns of drug consumption and violence and replace them with sports. The focus is not just on behavioral change but also on skill development and individual counseling, with the larger aim of making individuals conscious, independent, self-sustained and responsible. We at Ladli believe there is always a solution to what's happening around us, "JOSH" being one such initiative.

OBJECTIVE, MISSION & VISION OF JOSH

- ❖ An effort to involve juveniles & youth in sports activities to divert them from crimes
- ❖ Engage unemployed young boys from different Slums in gender sensitization & orientation program. (Most of these unemployed boys are generally engaged themselves in various criminal activities including eve teasing & other crimes against women.)
- ❖ Purpose of the event is creating sports spirit with discipline to motivate youth to become an asset for society then being liability
- ❖ Public figures to be included to make the event more popular and interesting for the masses & also to convey the message robustly.





The main objective is to divert the time wasted in consuming drugs or alcohol towards sports which provides them with mental fitness, physical fitness and a socially fit personality. Our playgrounds act like de-addiction centers in which children do not hesitate to come.

Volleyball, Fitness, Dance and Yoga act as a therapy and help them to realise their full potential. For youngsters, nothing better than sports and exercise can be helpful to encourage them to give up drugs and adopt a healthy lifestyle.

METHODOLOGY

Object of the Impact assessment study:

- To measure through research and analysis the impact that can be achieved through this programme.
- To assess sustainability and learning.
- To gather data on the effectiveness of the program and whether the objectives of the program were achieved.
- To provide Ladli Foundation Trust with inputs to prepare for future interventions.



Methodology:

- This report is a systematic analytical review of Ladli Foundation's interventions, assessed for the Project - JOSH (2021). Research methodology adopted for this project are:
- Baseline survey, primary & secondary research, conducting one to one interviews of the beneficiaries, questionnaire. identification of impact and outcome level indicators.
- reviewing existing project implementation, evaluation and concurrent monitoring data and reports, using both quantitative and qualitative data.



Baseline Survey

To study the prevalence of crime and substance use among adolescents in Delhi we applied the following steps:

- We used focused group discussions and personal interview methods to find out more about the respondents.
- We defined proper parameters and then tried to identify drug users on the basis of body language and eye contact. The most common symptoms of any form of substance abuse are lack of eye contact, lack of control over one's body and dilated pupils.
- In the interview, we interviewed both drug dependents and people in and around their surroundings.
- Our focus was in understanding, the reason, the frequency, the source and awareness about drugs. We couldn't video graph or record the interview due to the sensitive nature of information and fear of us being perceived as some officials.



SCOPE OF WORK

- Identifying causal relationships between the changes and the program inputs will help in establishing a relation between those two for future initiatives
- Examination of the extent to which each part of the initiative worked individually will help us in identifying which part of the program have better impacts and which have minimal impacts.
- Iterative experimentation using the above results will help in further improving the program in the future so that it can have a bigger impact
- The results of this study can be used as a baseline study case on how to improve the lives of children already in the pits and chaos of substance use and drugs.



Outline of main Activities

The participants are involved in intensive physical training and reward-based tournaments. They are also provided with a nutritious diet of Banana and Black Chana to improve their stamina. They are engaged in specially designed interactive motivational sessions for their mental wellness by reducing their consumption of drugs and alcohol which further reduces their chances of involvement in crimes and anti-social activities.



We included games such as Volleyball in our programme as they require very less equipment and one can play it anywhere, even in small grounds. Often when more players are involved in the game action, the strategy and tactics take on a greater level of complexity making the results less predictable. So, by involving more people into a single game we can make them more friendly towards each other and they will not feel lonely anymore, which is considered as one of the main reasons among youth for consuming drugs.

Pillars of JOSH

FIVE PILLARS OF JOSH



1. **Mental Health Counseling:** One of the essential aspect of this project is to provide counseling sessions to the beneficiaries as this will play major role in reducing/resolving the issues and challenges that they are facing. Getting to the root cause of why someone gets involved in drugs and substance abuse helps in reducing and providing them the right guidance that will help in the prevention of it.



2. **YOGA:** "As a practice, Yoga can elevate your physical body to its peak performance, while calming and de-stressing the mind. Yoga enables a metamorphosis of your body, mind, and spirit. This traditional technique builds a powerful connection between the mind, body and spirit allowing a new you to emerge. Yoga can help you fight the risk of several diseases. It can also support your weight loss process and physical fitness. Yoga plays a significant role when it comes to your mental health. It can help beat stress and may help in keeping the symptoms of mental health issues like depression, anxiety and more at bay".



3. Fitness Training: "Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function.² Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal." - (NCBI)



4. Fitness Dance: Fitness dance offers plenty of benefits for your emotions, intelligence, and relationships. Learning and practicing dance can: Improve Self-esteem, Improve your mood and attitude, Help you meet new people, Ease depression and anxiety, Protect your memory.



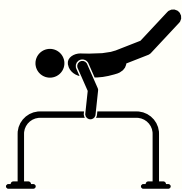
5. **Volleyball:** "Sport can be used to interest and empower young people in becoming involved in improving community conditions". We included sport for capacity building of the beneficiaries and involve them in some physical activity rather than spending their time doing things that were harming them and the people & community around them.



"Sport is the only entertainment where, no matter how many times you go back, you never know the ending."
- Neil Simon

PHYSICAL EXERCISE AND ITS EFFECTS ON BODY

Where one can trace signs of better psychological setup through exercise, its effects on the body are also quite beneficial and scientifically proven. A balanced amount of exercise releases inside the body chemicals which keeps the body positively aware and also helps the individual to involve himself into activities which releases more of those and keeps the body healthy and nourished



Intensive Physical Workout



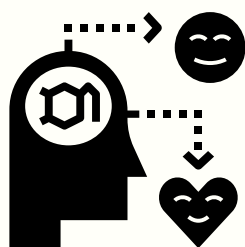
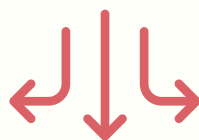
YOGA



Fitness Dance



Volleyball



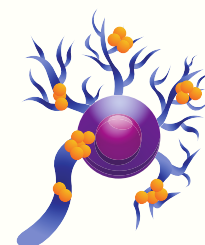
Dopamine

Dopamine is the reward hormone. It's released in the brain anytime we experience a pleasurable moment, as well as when we anticipate or remember them. Music & Fun activities increases dopamine levels, which is also released by spontaneous body movements—like dancing , physical training



Endorphins

Endorphins are the pain-relief hormones produced by the nervous system to cope with discomfort during physical activity, pain, or stress. Endorphins have a number of physiologic functions as well, and are also responsible for our feelings of pleasure. They are released by exercise, as well as other activities like meditation. Endorphins are responsible for what is known as “runner’s high,” and trigger a euphoric feeling in the body,



Serotonin

Serotonin is the key hormone that stabilizes our mood, feelings of well-being, and happiness. This hormone impacts your entire body. It enables brain cells and other nervous system cells to communicate with each other. Serotonin also helps with sleeping, eating, and digestion

Previous Achievements

JOSH 2019

The previous activities of this project in 2019 have shown a very positive impact where lives of thousands of young boys have been changed for the better. The concern for these youth, who were trapped in the vicious circle of drug addiction and criminal rackets, motivated the organization to initiate this project and thus, achieve success in Dakshinpuri slum of South Delhi. Here, as a part of the program, approximately 4000 young boys participated in 4 months training program which included counseling sessions and were motivated by Word Boxing Champion Mrs. Mary Kom and Bollywood Actor Vicky Kaushal. This creatively designed idea of involving drug and alcohol addicted unemployed males into "sports and dance, volunteering in community activities and religious festivals" resulted in significant positive changes in them.

A few of these boys are now also employed in respectable jobs through the YUVA Skill Development initiative of Delhi Police and are living a drug free and respectable life, becoming an asset for their family and society too.



Sustainability

After the 90 Days physical training and grooming, participants are enrolled in skill training and employment opportunities for their socio-economic development. Currently, 1057 Boys aged 16 to 20 are benefiting from this program in association with Delhi Police.

Through this initiative, we wish to build a force of young minds who can be given a platform to rise above their circumstances and build a life beneficial for themselves and society. Each contribution made towards this project will assist us in providing better facilities and assistance to these young boys, leading to a better intervention program.

After the successful implementation of the Projects, eligible participants are provided assistance to enroll for followings:

- Skill training under PMKVY at nearest Skill Center or Delhi Police YUVA Center
- Employment opportunities after completion of Skill Training
- Enrollment in Schools who are non-eligible for Skill Training
- Community Volunteering





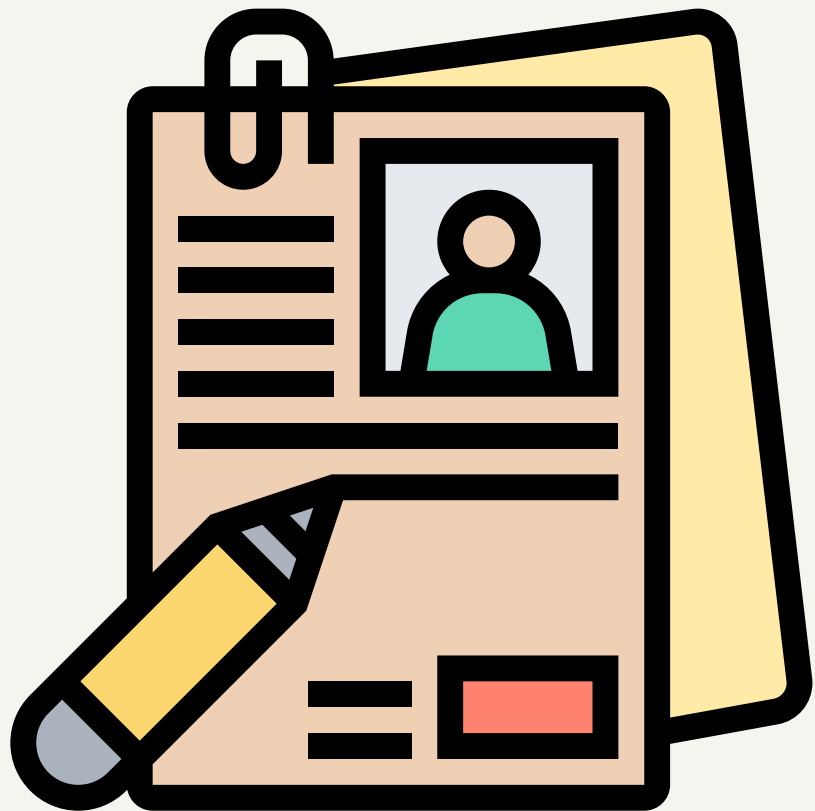
Our aim is to engage all the beneficiaries into other activities, if not sports. Participants who are unable to exhibit their talent in the activities of dance and sports are given a chance to enhance their personal development and knowledge by different mediums. This enables us to provide a fair chance to motivate and encourage the youth, which is the ultimate goal here. The ultimate motive and objective of the organization of such tournaments and activities is not to prove who is the best, but to bring out the best in them and motivate them, so that they continue to put in the efforts, hard work and divert their energy from unproductive activities and channelize it towards productive activities.



Registration Drives

In the month of March 2021, JOSH started its operations for the upliftment of juveniles to give them a positive direction for their bright future. It began with the “REGISTRATION DRIVE” conducted in different locations in South Delhi with the help of Delhi Police. Our prime locations were:

- Ambedkar Nagar
- Madangir
- Dakshinpuri
- Tigri
- Sagarpur
- R.K. Puram
- Shahpur Jat
- Sanjay Colony
- Dakshinpuri
- Harkesh Nagar
- Vasant Vihar
- Vasant Kunj
- Raj Park
- Nihal Vihar
- K.N. Katju Marg
- Chhatarpur



AMBEDKAR NAGAR - On 5th and 8th march, team Josh conducted registration drives in Ambedkar Nagar. In total, there were 57 registrations.



VASANT VIHAR S/W- On 8th march, team Josh conducted a registration drive in Vasant Vihar S/W. In total, there were 47 registrations.



TIGRI- On 8th March, team Josh conducted a registration drive in Tigri. In total, there were 114 registrations.



R.K. PURAM - On 11th March, the team conducted a registration drive in R.K. Puram. In total, there were 100 registrations.



SANGAM VIHAR- On 12th March, the team conducted a registration drive in Sangam Vihar.



SANJAY COLONY- On 13th March, team Josh conducted a registration drive in Sanjay Colony.



SAGARPUR - On 18th March, team Josh conducted a registration drive in Sagarpur. 67 registrations were done on the first day of the drive.



During registrations, our team found out some serious and “heart melting” stories which were based on emotional, socio-economical, financial, psychological and physical aspects.

The participants said that earlier they indulged in substance abuse such as consumption of bidi, cigarette, tobacco, weed, hash, drugs and alcohol.

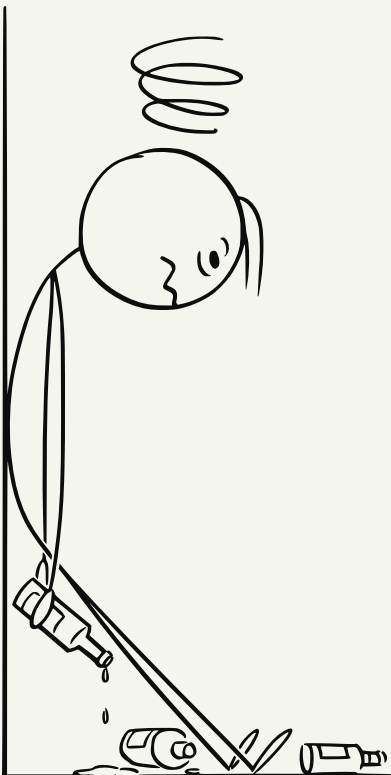
Some even tried to attempt suicide due to the mental pressure they faced. Cutting of hand nerves or blade cuts on different parts of the body were also some of the ways in which these children tried to harm themselves. Some indulged in crimes such as robbery, pick pocketing, snatching etc. Our team saw a positive bright light within them as they took the steps to change their paths towards a more positive and fruitful life.



Overall Findings



- In our interaction with people of all the districts, following observations were made:
- Most of the non-school going adolescents were into substance use.
- These adolescents generally belonged to working classes, whose parents were employed either in construction industry or menial jobs
- Prevalence of substance use was comparatively less amongst school going children.
- Local and artificial liquor, ganja and weed were the most common form of substances abused.
- Elder siblings, local gangs and lack of parental oversight were the major introducers to substance use.



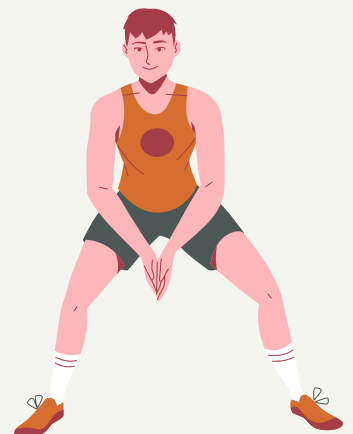
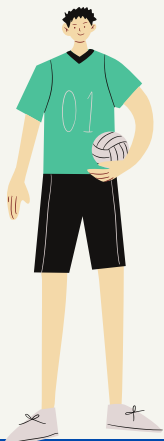
Overall Impact Analysis of JOSH

To get a cogent analysis of the impact of different activities of JOSH we did a random survey of almost 200 participants. The participants were selected by assigning random numbers to all the participants and then selecting a sample of 200 randomly to ensure unbiasedness of the survey design.

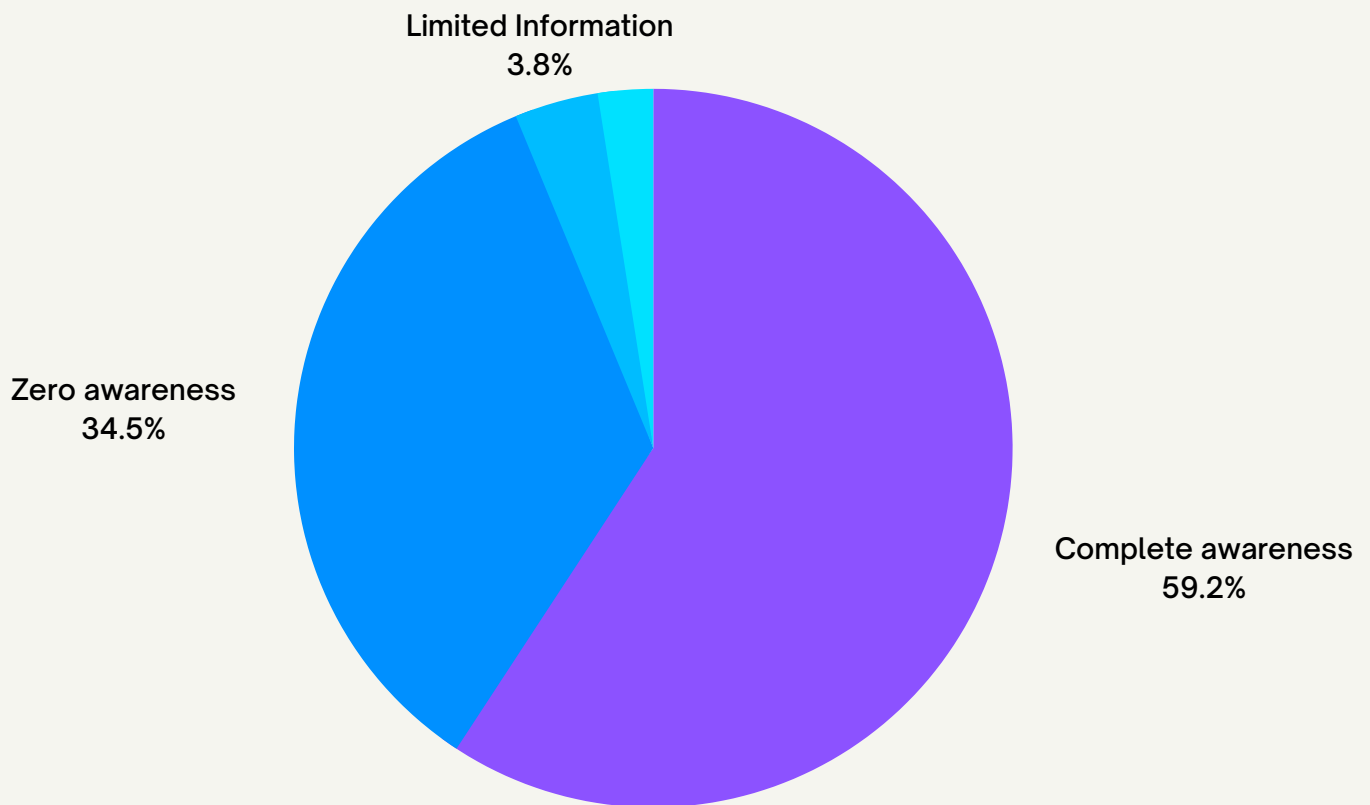
Other than the survey we also asked each participant to fill out a feedback form, wherein they could express how they felt about each aspect of the program, how it has impacted their lives and any recommendations they might have to further improve the program for future purposes.

Overall Observations :

- Most of the participants were happy with the activities of JOSH programme.
- The percentage of drug users after the JOSH programme had reduced drastically, with 95% of the respondents having given up on them.
- The children felt more confident in themselves, and had new aspirations to become sportspeople, and win medals for the country.
- There was an overall increased awareness regarding the harmful effects related to consumption of drugs.



Percentage distribution of participants in terms of substance use

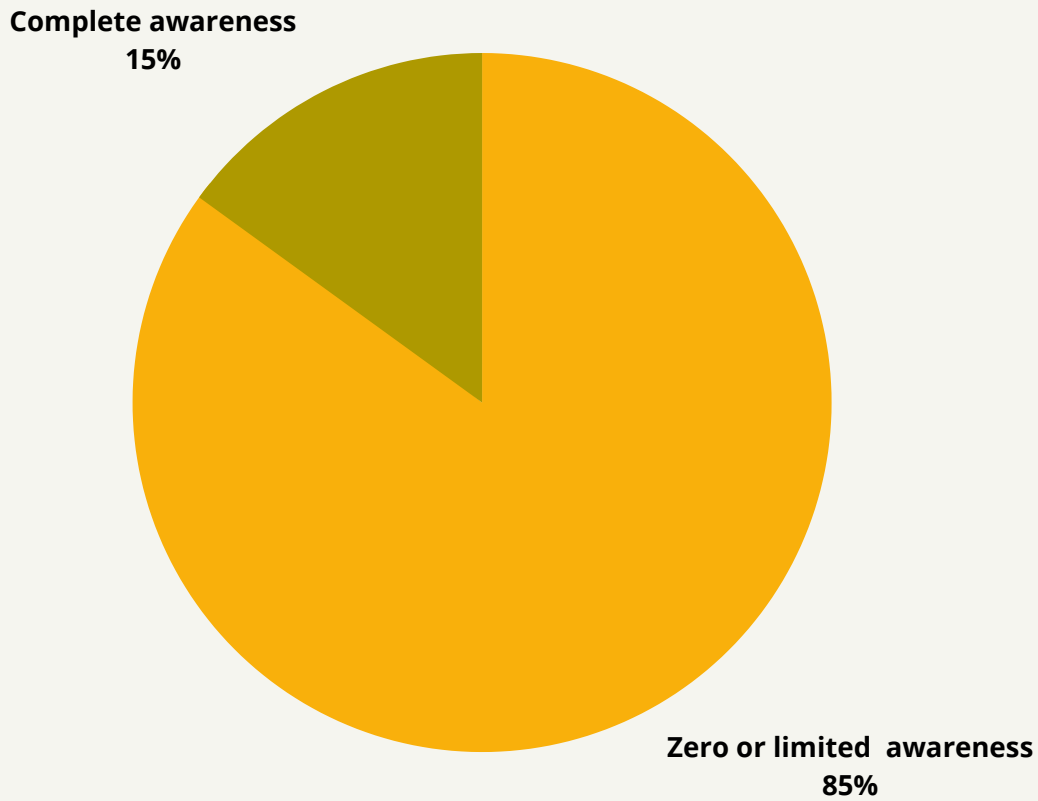


How likely are the participants going to pursue these sports activities after JOSH ?

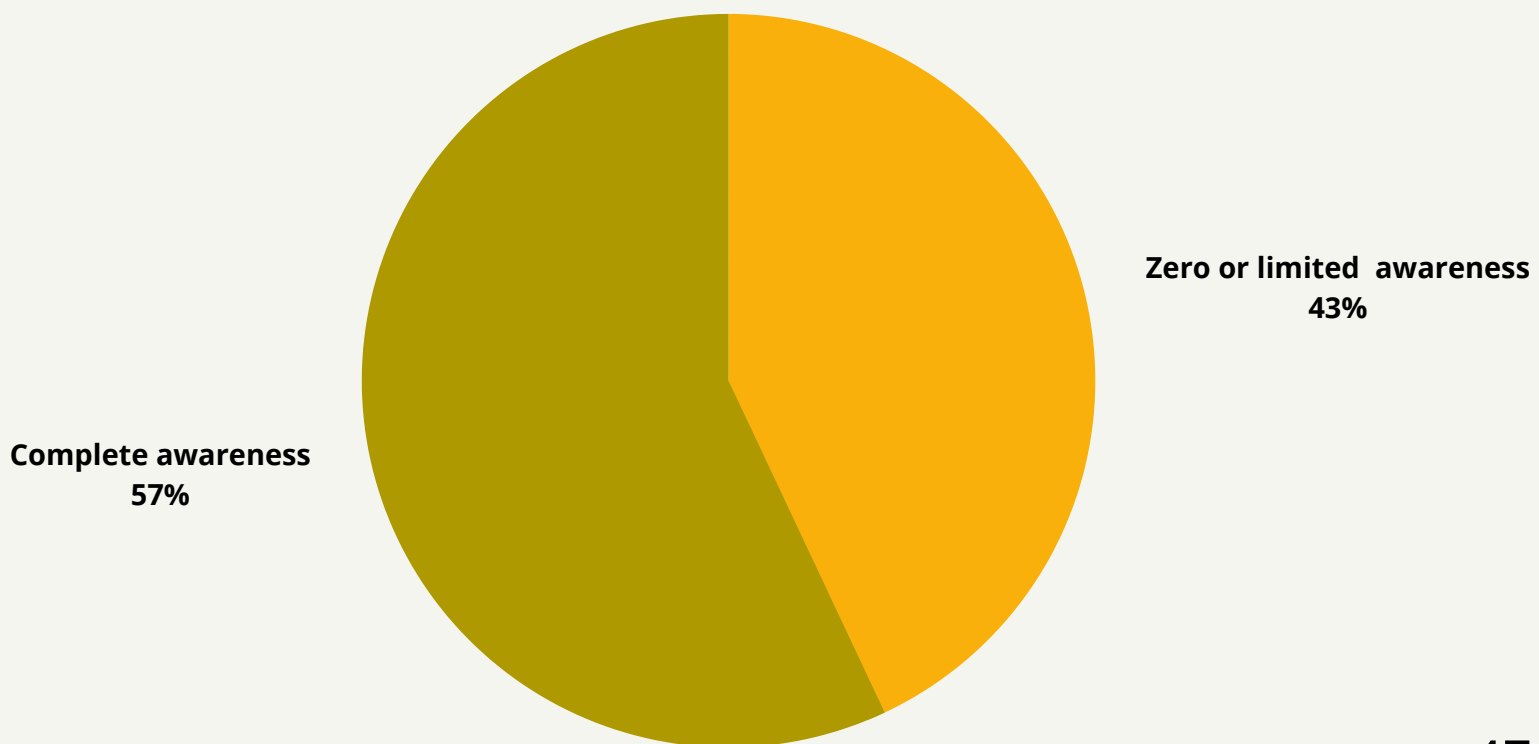


On an average there is a 90% chance that these participants will pursue these activities in the future.

Awareness regarding harmful effects of drug use before JOSH

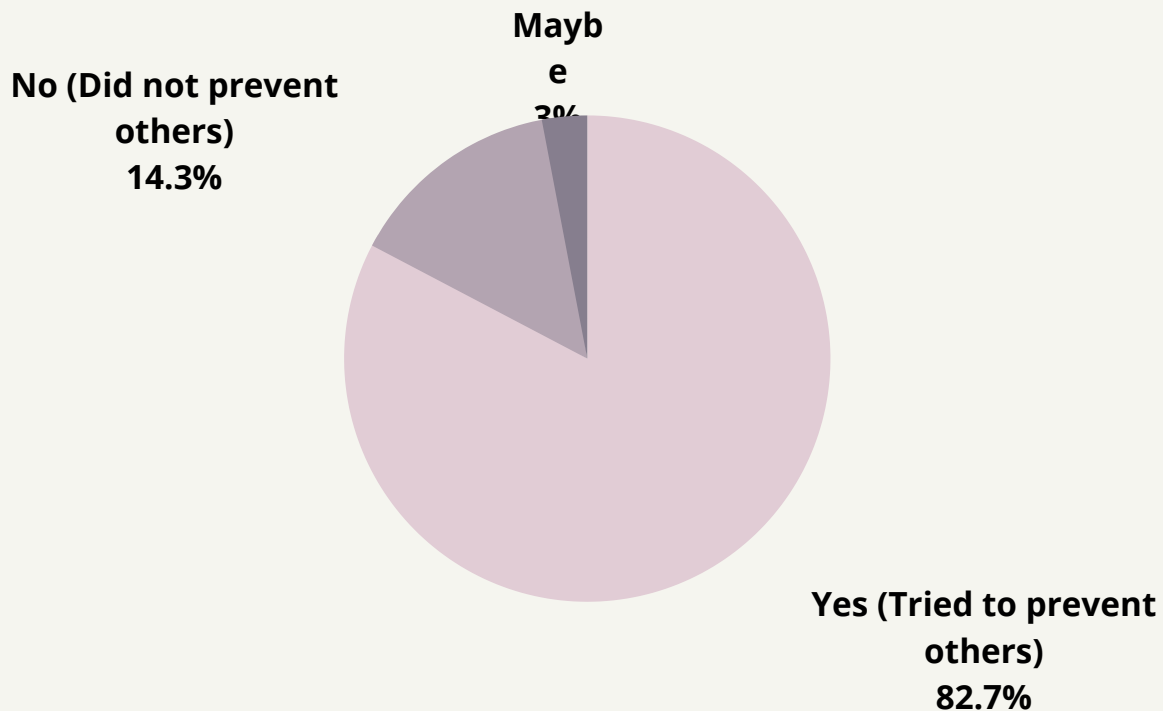


Awareness regarding harmful effects of drug use after JOSH

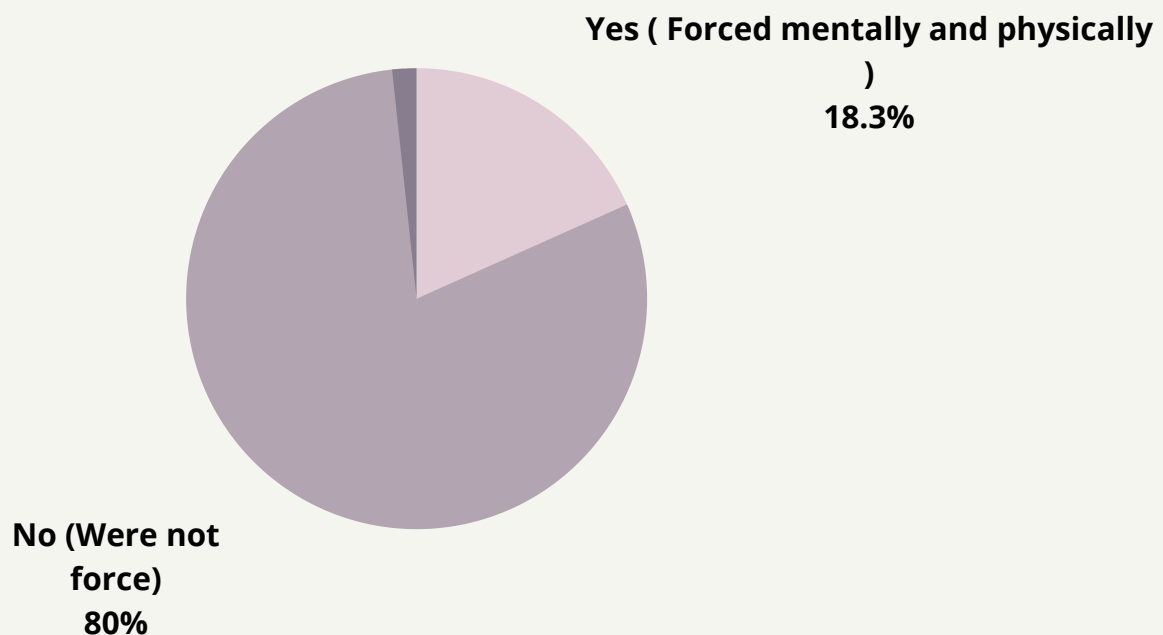


Comparing few more variables to see the impact of JOSH

Percentage distribution of participants who have prevented others from doing substance use.

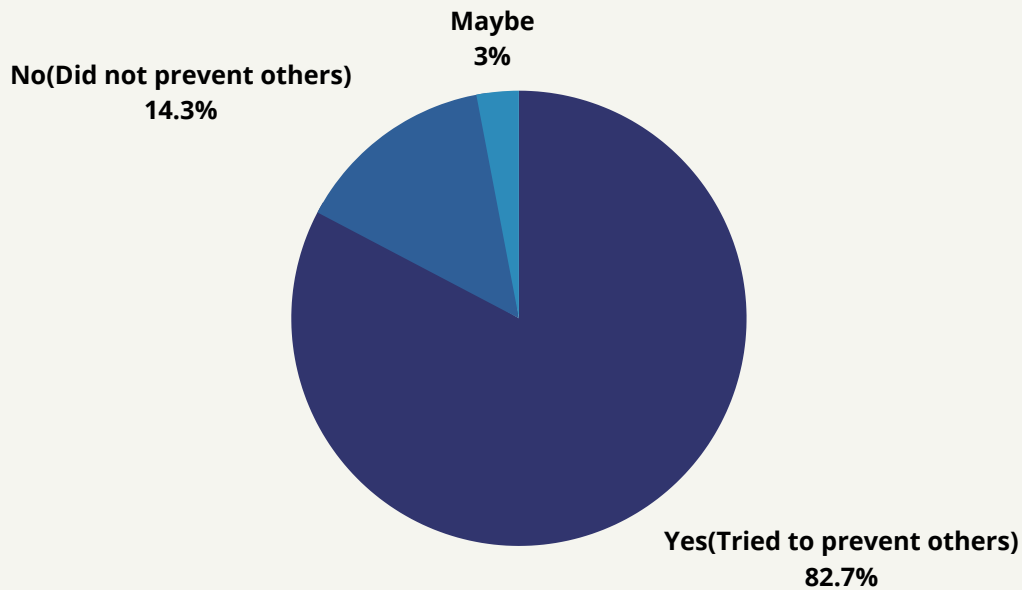


Did someone force them to do substance use again ?

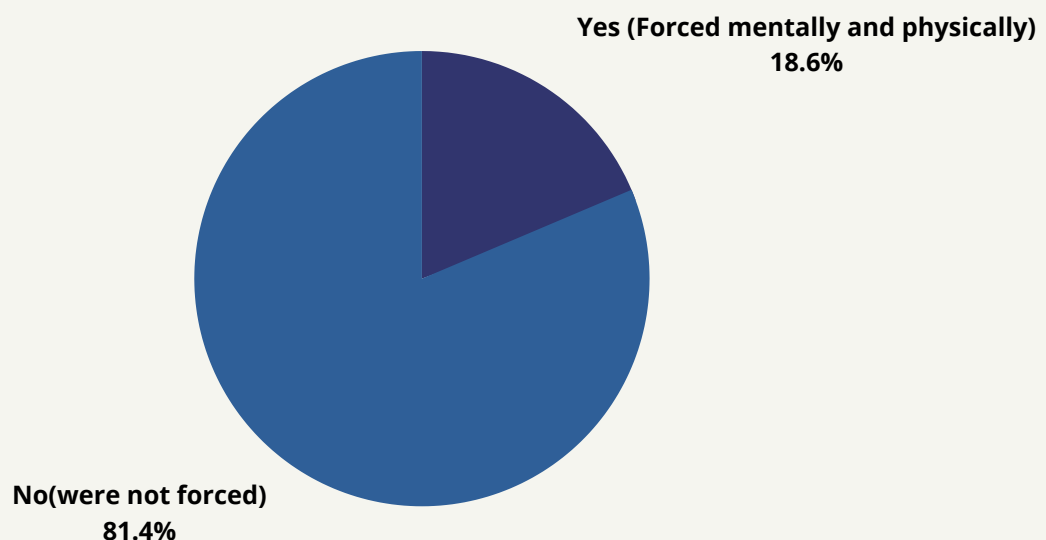


Comparing few more variables to see the impact of JOSH

Percentage distribution of participants who have prevented others from doing substance use.



Did someone force them to do substance use again ?



- **Results compiled after surveying 1057 participants. Through further interaction with participants and direct observation after the implementation of the JOSH programme, we found that 80.2% of the participants now go to school, as compared to the previous 40.5% before JOSH. Trainers and counsellors at JOSH have taken active measures to ensure that the participants are enrolled in schools.**



Closer look at One District

Impact of JOSH in R.K. Puram

Results compiled after surveying 112 participants. Through further interaction with participants and direct observation after the implementation of the JOSH programme, we found that almost 90% of the participants from R.K. Puram had completely let go of their previous life of drugs and crime. With JOSH, they found a new purpose in life, to become successful and to win tournaments for their team. Some of the participants even developed aspirations to become professional sportspersons.



In our interaction with participants from R.K. Puram, we observed:

- The percentage of drug abuse dropped drastically from 66% to 10%
- Many participants reported how they felt happy and joyous after joining JOSH
- Many participants said that they had a new motivation to keep their body and mind fit, fitness became their primary goal
- Sports activities were taken seriously and there were aspirations among the participants to play at national and international levels, representing their country.



Significant Impact made through Volleyball

Results compiled after surveying 200 participants. Through further interaction with participants and direct observation after the implementation of the JOSH programme, we found that Volleyball emerged as one of our most popular sports among the participants. Many participants said that Volleyball helped to distract themselves from notorious activities and keeps their mind and body engaged throughout.



Interviews and Testimonials After Implementation of JOSH

While we organized many events and tournaments, we also conducted interviews and asked trainers and beneficiaries as to how the JOSH initiative has impacted them. Some of the questions that we asked the beneficiaries included:

- How they were liking JOSH initiative?
- What changes they have seen in themselves after being a part of JOSH ?
- What are their favourite activities in this programme?
- Have they learnt something new which they didn't know before becoming part of JOSH?



Testimonials JOSH



Sahil, a 10th grade student from Shahpur Jat area, said, “ My favourite sport is Volleyball and after joining the JOSH initiative I can see myself being more physically and mentally fit. Sports also helps me to interact with my peers and I have changed for the better. The trainers and the entire team of Ladli Foundation have been instrumental in helping me to understand the dangers of drug consumption and I will now spread awareness regarding this in my local area as well.”

Aayush, a 7th grade student from Tigri area said, “ We were playing in a park when we saw a Nukkad Natak being organised. We all saw the play and were quite impressed by the performances and the message it had, that drugs will lead to destruction. We registered immediately to become part of the JOSH initiative and since then, we have been training to play Volleyball and trying to win as many tournaments as possible. JOSH has come as a blessing in our lives and we all are now motivated to make ourselves, our parents and our country proud someday.”

Testimonials After JOSH

Gulshan and Sandip Dey, two trainers who have been training the children for sometime say, “Earlier these children used to consume all kinds of harmful substances including charas, ganja, smack and alcohol. Their parents are often daily wage labourers who don’t have the time to look after the children. The pandemic and lockdown also meant that for many children schools were completely shut. A lot of them could not even get access to online education. Hence, to pass time many of them had started indulging themselves in harmful activities like taking drugs on a regular basis. With the JOSH programme, we not only got the opportunity to train these bright, young children, but also get some of them enrolled in school. It feels great to see that these children are slowly returning back to the path of formal education and finding their life purpose.”



Interviews and Testimonials After Implementation of JOSH

Gulshan, who has been training the children from the start added. “ I have seen the changes that the children have undergone as part of the JOSH initiative. Earlier, they used to consume drugs on a regular basis and now they have completely left that. I have been training the children for over three months now. It is not the children’s fault that they started taking substances, but the environment around them was such which forced them to do so. With JOSH, they have found a new purpose and goal in their lives which was missing earlier. Even parents have seen these changes and are quite happy with them. We have also assisted some children to get enrolled back into school. With the lockdown, many schools were shut but now they are opening. This is a good sign as our children will get to go back into school and their minds will stay occupied.”



Engagement and Mobilization Through Nukkad Natak

Street plays are one of the most effective ways to connect with the common man of the society . Street plays or 'Nukad Natak' break the formal barriers, approach the people directly and address the social/political message head-on with the help of drama. The crisp script, catchy dialogues, local language and loudness help in making a long lasting and powerful impact on the minds of viewers. Ladli foundation collaborated with Asmita Theatre, one of the leading theatre groups in Delhi to create awareness about JOSH and encourage the youth to register for the same.



Nasha, a street play in collaboration with Asmita Theatre Group was organised to spread awareness about JOSH and get more children enrolled in this initiative.

Nasha: The Street play Nasha portrays one of the serious issues in society that is drug abuse and addiction. Drug addiction is becoming a grave problem in society. Those people who fall in the trap of drugs give different reasons for it, some of them get introduced to drugs by their peers, some are from dysfunctional families, some of them use it to look cool. The street play raises the problems caused by drug addiction and through some dialogues it spreads awareness about the legal aspect of drug issues too. It is high time that society should take early and decisive steps to address drug problems. The street play 'Nasha' urges people to prevent and combat drug problems. This is the aim of our JOSH initiative as well.



Glimpse at "Nasha" Nukkad Natak



MOBILIZATION

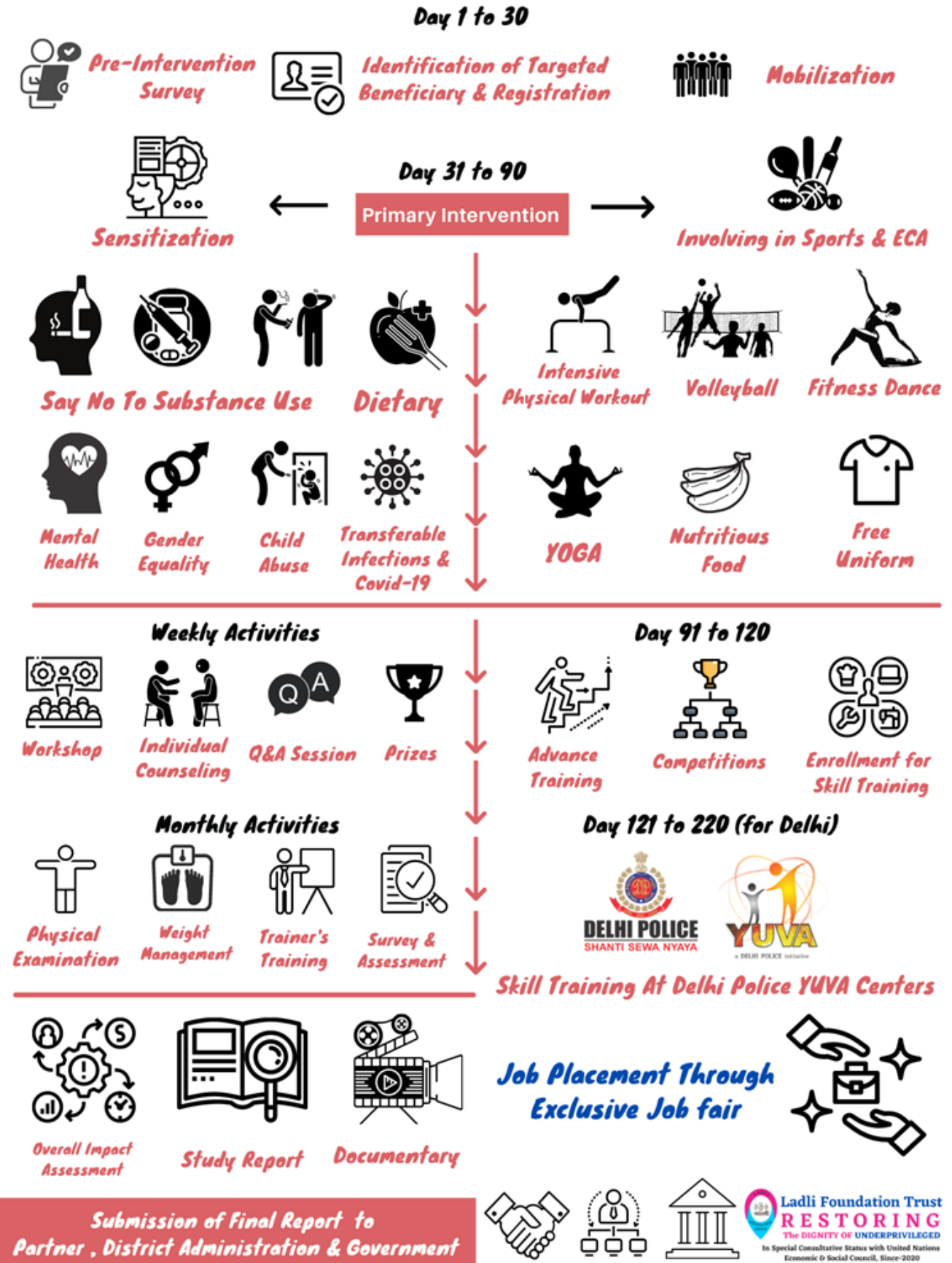
Children who witness violence or threats of violence between parents are more likely to display harmful drinking patterns later in life. Consumption of drugs and substance abuse in juveniles is an epidemic and due to its ridiculously easy availability, criminals commit different types of crimes. Some of them are very major and it impacts the society to a very large extent. We have found out that there is a strong positive correlation between drug consumption rate and crime rates in our locations.



Therefore, mobilization and creating awareness is an important aspect of the JOSH initiative. For this purpose, we followed the flow chart provided below :

Flow Chart for JOSH Project

An Initiative to Divert Juveniles, Young Boys from Substance Abuse and Crimes.



Fitness Training

According to the International Journal of Physical Education, physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. It is important to have a fresh mind before any work, like office work, study or some creative work. The people who make exercise an essential part of their routine are more happy and efficient than others.

Exercise releases endorphins, which create feelings of happiness and euphoria. Studies conducted by researchers at the International Journal of Physical Education have shown that exercise can even improve symptoms among the clinically depressed. In some cases, exercise can be just as effective as antidepressant pills in treating depression. Higher energy levels resulting from exercise help a person in remaining fresh and happy. Following a suitable exercise program can add some fun and brightness to the day. Working out for just 30 minutes a few times a week can instantly boost overall mood. Therefore, we have introduced Fitness Training as part of the JOSH initiative.



Impact of JOSH Fitness Training

Before every game, fitness training is given to the participants. This includes various on the spot stretching exercises, light jogging and jumping jacks. The children are asked to maintain discipline and stand at one-arm distance before the game commences. As a result, many participants have also developed an interest not only in sports, but also fitness. Rahul Negi, a fitness trainer said, “I have seen how these children have grown to become self-confident after joining JOSH. They themselves come up to me and say that they are interested in their physical fitness and want to continue coming to all the JOSH events.”



YOGA

According to the Harvard journal on Evidence-based Complementary and Alternative Medicine, the conceptual background of yoga has its origins in ancient Indian philosophy. There are numerous modern schools or types of yoga (i.e., Iyengar, Viniyoga, Sivananda, etc.), each having its own distinct emphasis regarding the relative content of physical postures and exercises (asanas), breathing techniques (pranayama), deep relaxation, and meditation practices that cultivate awareness and ultimately more profound states of consciousness.

The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psychophysiological benefits of the component practices. The physical exercises (asanas) may increase a patient's physical flexibility, addressed were psychiatric, cardiovascular, and respiratory disorders.



IMPACT OF YOGA

Yoga is known to have many benefits, and hence team JOSH has recruited Yoga trainers who teach the children different Yoga asanas, and the benefits of doing yoga and meditation on a daily basis. Many children have said that Yoga has helped them to keep calm under stressful situations and they find themselves feeling more relaxed. "After doing Yoga on a regular basis, I find myself more calm and composed. Earlier I used to get angry on petty issues and would get into fights, but now that is behind me. I love Yoga sessions in the JOSH programme, said Aayush, a class 7th student.



Volleyball

A study was conducted by researchers at Ordu University in Turkey. The aim of this study was to determine the effect of regularly applied volleyball training on the physical fitness values of High School students. A total of 62 students from three different high schools participated in the study. The students who participated in the study were divided into two different groups; one group consisted of those who did not join in any sporting activities except for the physical education classes at school while the other group consisted of those who played in the school volleyball team in addition to the physical education classes at school.

Ball games require a detailed skill, including physical, technical, mental and tactical aspects. Among these, the physical skills of the players significantly affect their game intelligence and the tactics of the team, because ball games require repeated maximum effort. That is why players need to have physical skills to strengthen their aerobic and anaerobic capacities in order to undertake fast and hard movements, and to have long lasting offensive and defensive efficiency.



Impact of Volleyball as part of JOSH

Encouraging participants to play Volleyball has been one of the most salient features of the JOSH initiative. The children participate in great numbers and thoroughly enjoy the game of Volleyball. This not only helps to keep them healthy, but also helps them to develop team-bonding, interactive and communication skills, and constructively engages them in an activity where they are fully involved. Volleyball as a game also requires a lot of physical strength, and hence is an energetic and fierce game which is enjoyed by our children. Many children mentioned how after joining JOSH, Volleyball had become their favourite sport and they even wished to play Volleyball at a professional level.

Ankur, a class 9th student, said, “It is my dream to represent India at the Olympics and I wish to be part of the Indian Volleyball team.” While interacting with a group of boys at the field site, most of them mentioned that now Volleyball had become their favorite sport, and earlier they didn’t even know about the existence of this game. Volleyball also encourages a healthy competitive spirit in children as they are divided into teams based on their locations and there is zeal and enthusiasm to win the tournament and make their team and trainers proud.



Fitness activities like Dance

Fitness dance is an engaging way to make sure that participants are fit, and at the same time enjoy the process of being fit. Several alternatives exist to getting involved in sports, most of which have the advantage of being cheap or even free and of having no age limits. The most obvious low-cost activities are walking and cycling. Dance fitness is also an excellent way to improve physical fitness and develop social skills, thereby improving mental health, and is something that one can take up early in life.

According to The British Journal of General Practice, dancing encourages people to develop cooperation, either with a partner or within a set. Each type has its own qualities and makes its own demands but there should be something suitable for almost everyone in the area. The benefits to mental health derive from the improved self-esteem which results from moving to music and cooperating with others, as well as from making new friends.



Impact of Dance

Ladli Foundation has incorporated Fitness dance as part of their JOSH initiative, which is thoroughly enjoyed by participants of all ages alike. "Fitness dance is my favorite activity after Volleyball. I thoroughly enjoy dancing to the music with my friends and JOSH trainers. I did not know that fitness dance could be so much fun. It is a great exercise and helps me to stay positive throughout the day", said Rohan, a participant from Sagarpur area. Dhruv, another participant from Chattarpur area said, "Fitness dance makes me happy and healthy, our trainers have been extremely supportive and helpful throughout the programme."



Children enjoying nutritious food after a fitness dance session

Mental Health Counseling

With the ongoing pandemic, the need for mental health counseling has increased manifold. Often, counseling and therapy are expensive affairs, and not within the reach of all. With schools and colleges being shut, students face immense mental health challenges, as they find themselves isolated from their schoolmates.

Socialization of children by attending school is an important process for their overall personality development and mental well being. Even for those students who are fortunate enough to attend classes online, they are not able to interact easily with their friends as they would have been able to do in person. For the students who are unable to attend classes at all, they can be at a greater risk of indulging in delinquent activities.



Impact of Mental Health Counselling as part of JOSH

Ladli Foundation recognized this problem and introduced mental health counselling as part of the JOSH initiative. We have trained psychologists and mental health counsellors on board, who visit the centres regularly and provide counselling and guidance to all the participants. The effects of these could be visibly seen, as students and participants find themselves feeling much positive about their situation and they are ready to embrace their struggles.



Training on Drug Abuse

Adolescents who are involved with wrongdoers or drug abusers and paddlers often inculcate bad habits. They instigate, engage and encourage them to consume drugs. Such influence and peer pressure trigger the urge to try the drugs. These are some of the causes of drug addiction among juveniles. Drugs, substance abuse and alcohol stimulate parts of the brain to make someone feel good. But after taking a drug for a while, the brain gets used to it. Then the person needs to take more of the drug to get the same effect. Soon, the brain and body have to take those drugs just to feel normal. Otherwise, it triggers withdrawal symptoms, making the person sick and anxious.

According to the United Nations Office on Drug and Crime, evidence-based family skills training programmes have been found to be the most effective way to prevent substance use among children and adolescents after nurse home-visitation programmes. These programmes target the whole family and offer skills-building for parents on monitoring and supervision of children's activities, communication and setting age appropriate limits.

Impact Training on Drug Abuse

Ladli Foundation has taken many steps to educate and spread awareness regarding the dangers of drug abuse amongst adolescents. Proper training is given to them, and the harmful effects of drug use is explained with the help of skilled trainers. The participants are asked to also educate their family members regarding the same and spread awareness regarding this menace in their residential areas. With this intervention, many who used to consume drugs earlier have given up on their bad habits and now look forward to contributing positively to their families and the society as a whole.

Capacity building career guidance

Career guidance is very crucial in today's day and age. With a variety of career options open for students, they often find themselves unable to make decisions regarding their career. Earlier, career planning used to start at a later stage, but nowadays, it begins with the school level itself. Skill development is important in today's time where the job market is competitive. Vocational skills are in demand and the government has initiated many steps to promote vocational skill development. For students, who need to support their family members immediately after schooling, learning vocational skills is an added advantage which would help them to land a full-time or a part-time job after finishing their education.

Impact of career guidance

As part of the JOSH initiative, Ladli Foundation has helped hundreds of students to get access to capacity building career guidance. We have collaborated with career counsellors who have provided proper guidance and training to many students and participants of the JOSH initiative. As part of the Delhi Police YUVA initiative, some of the participants who have completed their education are now learning vocational skills and some have even found full time and part time jobs to support themselves and their families financially.

Counseling Motivational Sessions and Youth Orientation

Motivational sessions can go a long way in helping children get through difficult times. Many researchers and theorists now posit that learning is an inherently social activity. Learning in classrooms is not done in isolation; instead, it occurs in the context of relationships with teachers and peers . These relationships, along with the different roles that emerge for students and teachers in various classrooms, strongly influence how students learn. Furthermore, opportunities for social interactions around learning have been shown to improve children's achievement in reading and other areas.

Impact of Counseling Motivational Sessions and Youth Orientation

Ladli Foundation has taken the initiative to provide counseling sessions and orientation to motivate the leaders of tomorrow. As part of the JOSH initiative, we provide regular counselling sessions to children. Providing motivation through games is an important aspect of the initiative. Often, children face neglect in their own homes and these motivational and counselling sessions help them to come out of their shell and become more confident. Many of our participants report higher levels of self-esteem and an overall positive outlook towards life.

Proposed Recommendations

On the basis of the above impact assessment report some following recommendations are proposed :

- Ladli Foundations observed that the implemented program has significant impacts on the lives of the participants. For further effectiveness and sustainability of the initiative such programs should be carried out at a regular frequency.
- So make sure that the participants do not relapse back to their older form of lifestyle regular checkups or surprise checkups are highly recommended.
- Some form of positive reinforcement by the instructors or their mentors will also keep their activities in check.
- Regular meet ups in the local neighbourhood organised by seniors of the group will not only be beneficial of all the participants but will also give a position of leadership to some participants giving them a feeling of accountability and responsibility of others.
- Whatsapp groups can serve as a regular reminder to work towards building a positive atmosphere regularly.

Glimpse of JOSH 2021



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