



RUPCHA

Catholic Health Association – North India



Annual Report 2024-25

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Message

Rt. Rev. Bhaskar Jesuraj
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With immense joy I wish peace, joy and success to all the member Institutions of RUPCHA!

I am indeed happy to know that RUPCHA is organizing its 35th AGBM on 11th and 12th September, 2025 at Ujala –Diocesan Pastoral Centre, Kotdwar. I am also delighted to learn that a relevant and apt theme, **“Quality Healthcare”** is adapted for reflection and discussion for the AGBM. It is of paramount importance as well as need of the hour.

I strongly believe that quality healthcare is to do the right thing for the patient, at the right time, in the right way to achieve the best possible results without any discrimination. Thus, the quality healthcare would ensure the domains of safety, effectiveness, patient/person-centeredness, timely, efficient, equitable-care. As the healthcare institutions are mushrooming, the quality of care is often compromised due to commercialization. The clarion call is to ensure the quality of healthcare for a progressive and a healthy society.

Since its initiation, RUPCHA as an organization has been reaching out to various communities of the northern states of India through its member institutions to uplift the lives of the needy. May RUPCHA continue to grow from strength to strength to be model institutions for others.

Wishing God's abundant blessings on all the member institutions and those who are part and parcel of RUPCHA; and may all the endeavours of RUPCHA, for bringing everyone together under a single umbrella, bear fruit in abundance.



Rt. Rev. Bhaskar Jesuraj
Bishop of Meerut
Ecclesiastical Advisor to RUPCHA



Sr. Reshma
President

Presidential Message

Quality Healthcare

It is with profound joy and gratitude that I pen this message for the Annual Magazine of RUPCHA. Each year this publication becomes a platform for reflection, dialogue, and renewal of our shared mission in the healing ministry of Christ. The theme of this year, **"Quality Healthcare,"** is both timely and prophetic.

In a world marked by inequalities, suffering, and rowing health challenges, the call to provide quality health care resonates with the very heart of the Gospel. Our mission is not simply to treat illness but to bring healing, wholeness, and hope to every person created in the image and likeness of God. The ministry of healing was central to the mission of Jesus. The Gospels vividly portray Him as the Divine Healer-who cured the sick, restored sight to the blind, cleansed the lepers, comforted the broken hearted, and raised the dead to life. He not only healed bodies but restored dignity, built community, and revealed the tender mercy of the Father. His parable of the Good Samaritan (Luke 10:25-37) remains a timeless model for us: to see beyond barriers of race, class, and religion, and to respond with compassion, competence, and generosity to the suffering of others. This, indeed, is the essence of quality health care. For us in RUPCHA, quality health care is not defined merely by modern technology or infrastructure, though these are important. It is defined by the Gospel imperative to serve with love, safeguard the dignity of life, and reach out especially to the poor and the marginalized. Our tradition reminds us that health care must be holistic-embracing the physical, psychological, social, and spiritual dimensions of the human person. To realize this vision, we are called to:

- **Commit to Excellence:** equipping our institutions and personnel with knowledge, skills, and ongoing formation.
- **Uphold Gospel Values:** ensuring that ethics, compassion, and respect for life guide every decision.
- **Embrace Inclusivity:** ensuring that the poorest and most vulnerable have access to our services.
- **Foster Collaboration:** strengthening unity among our institutions and working with civil society for the common good.

Be Prophetic Witnesses: standing against the commercialization of health care and defending the sanctity of life in all circumstances.

The healing ministry today faces numerous challenges-rising costs, shortage of personnel, and societal pressures. Yet, we must never lose sight of our identity: we are not mere providers of services but witnesses of Christ's compassionate love. Every patient who enters our institutions should encounter not only treatment but also the healing touch of Christ.

I extend my heartfelt appreciation to all MIs, health care professionals, priests, religious, and collaborators who, through their dedication and sacrifice, embody the mission of the Divine Healer in our times. You are the Good Samaritans of today, bringing hope where there is despair, and light where there is darkness. I also commend the editorial team for bringing out this magazine, which will undoubtedly inspire reflection and renewal. May this issue encourage us all to recommit ourselves to offering health care that is truly quality-not only in its technical excellence but above all in its fidelity to Christ, who came "that they may have life, and have it abundantly" (John 10:10).

With prayerful wishes and blessings,
Sr. Reshma Mathew UMI
President, RUPCHA



Quality Healthcare: Your Health, Our Priority

In the fast-moving world, we not only witness the technological and technical growth of health sector but also the consumerization, commodification, commercialization and corporatization of healthcare.

Healthcare for all remains an expectation and quality healthcare for all, a distant reality. The gap between the haves and have-nots in affording the healthcare is widening faster. We, the Christian Healthcare institutions, are not expected to join the commercial and corporate rat race but are called to ensure healthcare for all in all dimensions: availability, accessibility, and affordability.

The Christian perspective on health and quality care guided by the Biblical concepts could be enumerated like the following: (1) We are created in **the image and likeness of God** (Gen 1:27) which establishes the inherent value and worth of the person; (2) **The healing ministry of Jesus** serves as a model for his followers to emulate it by caring for the wounded and needy as if ministering to Christ himself (Mt 25:40); (3) **The body that is a temple of the Holy Spirit** (1 Cor 6:19-20) should be treated with reverence and good healthcare practices; (4) **The Good Samaritan model** (Lk 10:25-37) calls us to provide compassionate care to anyone in need; (5) The Scripture and the tradition remind us of our **Christian Social Responsibility**. This underpins the historical and ongoing Christian tradition of founding hospitals and charitable care centres.

These foundational beliefs shape several principles for providing quality healthcare in a modern context. They are the following: (1) **Holistic, patient/person-centric care** which goes beyond technical or mechanical approach to medicine and engaging with the person's full human experience; (2) **Compassion and unconditional reliability**: it emphasizes compassion and empathy to prevent the dehumanization of patients, who can be reduced to their diseases in a task-oriented system; (3) **Human dignity and social justice**: The intrinsic human dignity demands access to quality care, regardless of their ability to pay. This perspective, which advocates for justice and equity in healthcare, is the motive behind many faith-based organizations that provide affordable or free services to marginalized communities; (4) **Integration of medicine and spirituality**: Faith and medical treatment are not opposed. God can heal through both prayer and the hands of skilled medical professionals. The spiritual comfort complements the clinical care; (5) **Servant leadership and mission**: The healthcare professionals are called to be servants who approach their work with a strong ethical framework and a Christ-centered perspective.

Applying these principles, we are called to reassert the moral foundation, i.e. in the market-driven healthcare system we should reemphasize the core principle of human dignity and compassion. Based on the principle of subsidiarity, we should also promote and support local and community-based healthcare initiatives which would be personalized and cost-effective care for all. While focusing on local efforts, we need to network for the common good by advocating for system reforms which ensures availability, accessibility and affordability of healthcare for all. We also need to update ourselves skilfully with the modern medical technology without depersonalizing the care process.

Having Jesus Christ, the healer as our role model and deeply founded in the biblical perspective, let us ensure quality healthcare for all wherever we are and in whatever we do.

Fr. J. John Britto Xavier
Director, RUPCHA



Rev. Dr. Mathew Abraham C.Ss.R, MD
Director General
Catholic Health Association of India

Message

Quality Healthcare

I am delighted to know that the Rajasthan Uttar Pradesh Catholic Health Association (RUPCHA) is holding its 35th Annual General Body Meeting on 11th and 12th September 2025 at Ujala, Diocesan Pastoral Centre, Kotdwar, Uttarakhand. I would like to congratulate RUPCHA for taking up the apt theme of the current scenario for the year, 'Quality Healthcare,' and for bringing out their activity report with the details of the annual activities.

The support provided by RUPCHA to its Member Institutions is truly impressive. Since its inception, it has been reaching out to the people through various health and developmental programs. The current educational initiatives, child development programs for underprivileged children, and community health programs in the slums and villages are truly inspiring. The programs mainly emphasize the improvement of girls, women, and young people.

My special thanks to the President and the Board Members for leading RUPCHA to new heights. Special congratulations and best wishes to the Executive Director, staff, and Member Institutions for your commitment and invaluable contribution to the region. May the Lord Almighty continue to bless you through the intercession of our foundress, Sr. Dr. Mary Glowrey, and all those who followed her, to promote compassionate, affordable, and quality care, especially at the margins of society.

Rev Dr Mathew Abraham, C. Ss. R, MD
Director General
Catholic Health Association of India

Jeevan Dhara CDC at Madangir, Delhi

The project titled 'Jeevan Dhara - Light the Candle' is an RUPCHA initiative aimed at mainstreaming school dropouts and fostering the holistic development of school-age children, particularly females from impoverished slum neighbourhoods in Madangir, Delhi. With the financial and moral support of Light the Candle International Inc., the program was launched in April 2021 and is now thriving. We would like to extend our sincere gratitude to the esteemed organization for its continued kind support



Currently, 75 children are benefiting from our support. All of them have successfully advanced to the next grade, thanks to their strong performance in their activities and good grades in their regular education. Some have even excelled, securing first and second places in their classes. The children and their parents are delighted with their progress. Parents are playing a vital role by encouraging and motivating their children to strive for more, spending quality time with them. Their appreciation and encouragement are unlocking the children's potential. Key support activities include tuition classes, study aids, books, school bags, stationery, and nutritious meals for the kids.

In addition to the ongoing support, the following activities were also organized:

- Regular reading, writing practices and periodic tests according to their syllabus.
- Moral book & newspaper reading to enhance their capabilities.
- Weekend computer classes were offered an opportunity the students in enhancing their digital skills.

- Personality and skill development programs
- Cultural programs and Quiz contests
- Exposure trips
- Quarterly health and hygiene classes were organized and health and hygiene care items were distributed to all students on a monthly basis
- Physical training sessions introduced students to diverse exercises, leaving them happier and more energetic
- Indoor and outdoor games were organized to help reduce stress, refresh their minds, and improve concentration in their studies
- Art and craft activities, including painting competitions, were conducted to foster patience, concentration, imagination, and creativity. Students showcased their innovative skills by transforming waste materials into artistic creations, such as flower pots from plastic bottles, sock puppets, flowers from disposable cups, and dance performance decorations.
- Moral value classes were conducted to instill essential ethical principles and promote personal growth among students
- As a gesture of appreciation, Christmas gifts were distributed to all students, including uniforms, stationery items, umbrellas, school bags, and woolen inners
- Observed over 15 national and international days of significance to raise awareness and educate students about their importance
- A summer camp was organized to keep children engaged and active, featuring a range of activities such as art and craft, hand painting, clay modeling, worksheet solving, and a dart game for sentence building.



Jeevan Dhara CDC at Madangir, Delhi

Three orientation and induction sessions were organized for teachers and parents to discuss students' academic performance. Parents received special guidelines to support their children's growth and development. They expressed satisfaction with the project's objectives and activities. Additionally, 23 follow-up visits were conducted to provide counseling support to both parents and students.

The Jeevandhara project is being implemented at SIDE, the social work centre of SMMI Sisters (Salesian Missionaries of Mary Immaculate) in Madangir, with their support. The project is coordinated by Sr. Anamika Khess.

Primarily labourers who have migrated from neighbouring states for work, they engage in occupations such as sweeping, housekeeping, and small-scale retailing. Socioeconomic and educational disparities, coupled with their precarious living conditions, have hindered their integration into mainstream society.

During his July 2024 visit, Mr. Ben Thomas, State Coordinator of Light the Candle, assessed the centre's operations, program execution, and progress. He engaged with students, teachers, and the project coordinator, evaluating the impact of the program on students and their families.



The target group, comprising slum residents, faces significant vulnerabilities due to low income and limited educational attainment, which adversely affects their children's intellectual and physical development. Most of these individuals are either renters or live in one-room homes allocated by the state government.

The assessment yielded satisfactory results, confirming that the program is making a positive difference.

We're pleased to report that since its inception, the program has significantly improved the lives of our students, empowering them to achieve greater milestones. The initiative is clearly enhancing the children's lives and fostering their growth.





Central Procurement System of RUPCHA

The Central Procurement System was developed as a platform to centralise all of our hospitals' purchases by entering into rate agreements with companies at the RUPCHA central level. This platform sets fixed prices for commodities across all hospitals, ensuring consistency and cost-effectiveness. With over 12 years of operation, the system has been adopted by 54 participating hospitals with more than 4,000 beds.

It encompasses a wide range of products, including hospital consumables, medications, reagents, equipment, and furniture. To maintain high standards, we partner with 3-5 companies per product, ensuring quality, service, and cost-effectiveness. This approach enables us to procure high-quality products at competitive prices, while also providing uniform pricing for all participating hospitals, regardless of size or location. Consequently, smaller hospitals can access quality products on an equal footing.

Periodic review meetings are held at the regional level to facilitate yearly rate contracts with enterprises and major suppliers, as well as to monitor and assess product quality and service efficiency. These meetings bring together hospital administrators, directors, and procurement officials to discuss their experiences with the suppliers. Member hospitals collectively recommend and select high-quality products and reliable vendors.

The group meets with representatives from leading hospital supply companies, who introduce RUPCHA to new products and discuss exclusive pricing, deals, and services. Additionally, Member Institutions are encouraged to leverage the resources provided by these companies to enhance operational efficiency.

At times, the grievances from the both sides are listened to and RUPCHA tries its level best to address it in an amicable manner. This initiative is voluntary in nature and the member institutions having hospitals (beds ranging from 10 beds to 400 beds) could make the maximum benefit out of it. Understanding and acknowledging certain difficulties in the effective implementation of this initiative, RUPCHA wishes once again that member institutions participate in it actively.



AGBM of RUPCHA

The 34th Annual General Body Meeting (AGBM) of RUPCHA was held at St. Francis Monastery in Barlowganj, Mussoorie, Uttarakhand, from July 25-27, 2024. 70 representatives from member institutions attended the event. The theme of the AGBM was "Mental Health Matters: Prioritise Mental Wellbeing Every Day, Every Way". The conference began with the Holy Eucharist at 10:00 a.m. presided over by Rev. Bp. Bhaskar Jesuraj, Bishop of Meerut Diocese. Fr. J. John Britto Xavier, Director of RUPCHA, delivered a brief introduction.

Following the celebration, Fr. John Britto welcomed participants to the inaugural session of AGBM at 11:30 a.m. and handed over the proceedings to Sr. Hima, who served as the Master of Ceremonies.

The session commenced with a prayer led by Fr. Viju Sebastian. Sr. Dr. Preeti Margaret BS, Secretary of RUPCHA, then welcomed dignitaries and delegates, extending a special welcome to the Chief Guest, Rev. Bp. Bhaskar Jesuraj, Bishop of Meerut Diocese and Ecclesiastical Advisor to RUPCHA, as well as other esteemed guests, including Rev. Fr. Ivan J Santhosh Dias, Secretary to the Commission for Health CBCI, and Fr. Sabu PL, Vice President of RUPCHA, who were presented with saplings. She also welcomed Board Members, Rev. Fr. John Britto Xavier, Director of RUPCHA, and all delegates. Additionally, she extended a warm welcome to resource persons participating in forthcoming sessions, including Fr. Mathew Abraham and Ms. Kanupriya from CHAI, Fr. Dr. Thomas Marottipparayil OCD for the scientific session, and Ms. Roopali from CRS.

Rev. Bp. Bhaskar Jesuraj, inaugurated the meeting by lighting the ceremonial lamp, accompanied by other dignitaries.



Fr. Sabu delivered the keynote speech, presenting 'Sustainable Practices for Indian Mission Hospitals in the Era of AI'. He highlighted the current challenges faced by mission hospitals in embracing technology and the future, noting that while there may be reluctance, others have already begun leveraging cutting-edge technologies such as artificial intelligence, machine learning, telemedicine, and robotic surgery. Fr. Sabu advocated for the adoption of new technologies and sustainable practices to propel mission hospitals forward. He also highlighted the challenges faced by mission hospitals, including resource constraints, infrastructure limitations, and environmental impact and offered practical sustainability tips, such as implementing energy and water conservation strategies, cost-saving initiatives, community engagement programs, effective waste management practices, green initiatives and so on.

AGBM of RUPCHA

Fr. Santhosh Dias conveyed a message, sharing his experiences and insights from his work in the Commission for Healthcare.

Rev. Bp. Bhaskar Jesuraj delivered the inaugural address, wishing success to the members in their healthcare endeavors. Following his address, the Chief Guest formally released the RUPCHA Annual Activity Report for 2023-24 by distributing copies to dignitaries and delegates

The inaugural session concluded with a vote of thanks by Rev. Fr. Sebastian Kollithanam, a board member, followed by a photo session.

The Scientific Session commenced at 2 pm, following the lunch break. Fr. John Britto introduced and welcomed Fr. Dr. Thomas Marottipparayil OCD, the main resource person, to the stage. The session's theme was '*Mental Health Concerns in Children and the Elderly: Positive Response through Spirituality and Mental Health*'. Fr. Dr. Thomas began by discussing the importance of mending mental health, covering topics such as the definition of mental health, various mental disorders, sources and causes of mental stress, mental resilience, stress management techniques, and healthy behavioural patterns. He also emphasized the importance of listening to others and explored the biblical perspective on mental health.

The second day's programs began with Holy Eucharist at 7:15 a.m., followed by a training session on 'Perspective Building on Data' at 9:00 a.m., which commenced with a prayer service. Fr. John Britto Xavier welcomed the resource team from CHAI, comprising Fr. Dr. Mathew Abraham, Director General, and Dr. Kanupriya, Program Manager, as well as Ms. Roopali Program Manager, by presenting them with saplings. Ms. Kanupriya initiated the session with a pre-test to assess participants' knowledge of data and information, aiming to evaluate their progress and raise awareness about the importance of data collection and information sharing in the healthcare sector.

Fr. Mathew then took over the session, discussing various aspects of sustainability and soliciting participants' experiences.



He emphasized the importance of information sharing and the art of storytelling, illustrating how storytelling can be used to convey a message effectively. Using a personal anecdote, he demonstrated the power of storytelling and explored topics such as ways of storytelling, creating a story, and social action story elements. Fr. Mathew encouraged the participants to reflect on the social impact of their work.

Ms. Roopali continued the session on the importance of data, delving into its various forms, including structured and unstructured data, as well as primary, secondary, and tertiary data. She explained the MEAL (Monitoring, Evaluation, Accountability, and Learning) process and provided practical steps for implementation.

In his talk, Fr. Santhosh Dias, Secretary to the Commission for Healthcare, encouraged participants to face challenges in social work head-on. He defined a project proposal, shared his own experience, and emphasized that a compelling vision or dream that can drive societal progress makes for a good proposal. He also shared insights on resource mobilization.

Fr. Mathew then discussed leadership and long-term sustainability, exploring potential funding sources, such as individual donations, CSR funds, institutional support, and income generation from infrastructure. He highlighted the importance of data, sustainable leadership, and self-care and burnout prevention.

The program concluded with the vote of thanks by the director to everyone particularly CHAI (Fr. Mathew and team) and St. Francis Monastery, for the grand success of RUPCHA AGBM 2024.





Mainstreaming the School Dropouts at Najafgarh, Delhi

The 'Mainstreaming the School Dropouts & Overall Child Development through Open School Program' successfully completed its second year at the Jeeva Jyoti Child Development Centre Najafgarh in Delhi. Implemented in collaboration with the Sacred Heart Sisters at Najafgarh, the program has been providing vital support to underprivileged children. Recently, Sr. Celine SH took over from Sr. Linet SH, coordinating programs at the centre and continuing to provide essential support to the children.

RUPCHA extends its heartfelt gratitude to Manos Unidas, Spain, for their continued support to the Jeeva Jyoti Child Development Centre at Najafgarh, Delhi.

Heartfelt congratulations to Sangam (90%), Ashif (60%), and Navdeep (52%) on your outstanding 10th-grade exam results! We're incredibly proud of you. Your dedication and perseverance have paid off, and this success is a testament to your hard work.

Significant support has been extended to 90 of the neediest children, particularly girls, from diverse backgrounds who were at risk of dropping out of school. This initiative has led to notable progress in their educational journey, empowering them to reach new heights. As a result, all the students have advanced to the next level, with some emerging as class toppers.

Our primary goal is to reintegrate school dropouts, particularly girls, into mainstream education and support underprivileged school-going children in the locality. We focus on their holistic development, encompassing educational, physical, social, mental, and moral growth. Our support activities mainly include tuition classes, provision of study materials, books, school bags, and other essential stationery items.

In addition to regular school curriculum support, we organize various activities to foster their overall development, including:

- 'Read to Lead' – A library facility to increase their reading habits & learning,
- 'St. Elizabeth Meal – A Food from the Heart' – A weekly nutritional supporting program
- 12 Personal & community level health-hygiene awareness classes & 2 Medical camps.





Elizabeth Meal-Food from the Heart Project at Najafgarh

- Reading, writing, counting practices, vocabulary trainings, grammar exercises, mathematical problem-solving exercises, etc.
- Personality development activities.
- Drawing/painting classes & art & craft works.
- Indoor & outdoor games are organized for physical & mental development, enhancement of observation skills, memory and recall, creativity, confidence and self-esteem.
- Parent-teacher meetings to evaluate their progress.
- Regular revision of lessons is conducted to enhance memory retrieval. Additionally, interactive methods such as memorizing pictures drawing reproduction are used to reinforce learning and improve retention
- Special attention is given to low-performing students to help them catch up and excel
- 45 Observance of national & international days of importance.
- Children's Mela.
- Singing, dancing, fancy dress, speech competitions
- Awareness classes on different topics
- Exposure visits to orphanages & waste to wonder park
- Summer camp
- Monthly Birthday celebrations
- Parents' empowerment programs, etc. The project coordinator and teachers conducted 392 home visits during the period, effectively motivating parents and children to prioritize education.

As a result, the children have shown increased enthusiasm and interest in their studies.

The program has led to a significant improvement in the children's overall performance, encompassing: (1) Academic scores (2) Knowledge (3) Physical and activity levels (4) Creativity (5) Skills (6) Resilience (7) Determination (8) Confidence (9) Critical thinking

This holistic growth has not only enhanced their capabilities but also brought about a noticeable positive change in their behaviour. Moreover, the heartfelt satisfaction seen in their parents is a testament to the program's impact, motivating us to continue our service with enthusiasm and dedication.





Gyan Dhara- Light the Candle at Deen Dayal Puri, Ghaziabad

“Gyan Dhara - Light the Candle” is a child development program implemented in Deen Dayal Puri village, Ghaziabad. Its primary focus is to reintegrate school dropouts and support underprivileged school-going children, especially girls, from neighbouring areas. With the generous financial and moral support of Light the Candle International Inc., the program was launched in September 2023 and is thriving. We are indebted to their support. The program is collaboratively implemented with the Sisters of Destitute at Jeevan Dhara Welfare Centre, Deen Dayal Puri, under the coordination of Sr. Maria SD, who oversees the activities at the centre level.

Through the Gyan Dhara program, we support 50 needy children in pursuing their education and holistic development, encompassing educational growth, physical well-being, nutritional support, social development, mental well-being, moral values. The program has led to significant progress in their lives, empowering them to reach new heights. Key support activities include tuition classes, provision of study materials, books, school bags, and stationery and nutritional food. Additionally, extra attention is provided to students who are not able to cope up with specific subjects. This comprehensive approach fosters a nurturing environment for the children's overall growth.

Regular classes are conducted aligned with the school syllabus, using various teaching methods such as reading and writing practices, chapter revisions, exam preparation, extra attention for low-performing students.

The tireless efforts of our teachers and coordinator have paid off, with one student excelling to the top spot in her class and five others achieving 3rd position in theirs. Moreover, numerous students have demonstrated marked improvement in their academic performance, underscoring the success of our approach.

Beyond the regular school curriculum, we organize various activities to foster their personal growth and development. These activities complement their academic learning, helping them become well-rounded individuals. Some of them are:



- Indoor & Outdoor games: Games such as race competition, Kho Kho, badminton, skipping rope, balls, tennis and football that encouraged participation, teamwork, and healthy competition, contributing to the children's overall well-being.
- Physical training sessions and yoga classes for the children were arranged to enhance their physical development, mental clarity, focus and concentration.
- Monthly gardening activities were provided students with hands-on learning experiences about various plant species and their importance, environmental conservation, deforestation's impact on ecosystems and plant care and maintenance.
- Distribution of school bags, essential study materials and wash items was done to support their education and instill hygiene practices
- The teachers and coordinator conducted follow-up home visits to 71 student households, engaging with both students and parents through personalized interactions and counseling sessions. This initiative fostered stronger relationships and provided valuable guidance to support the students' growth and development.
- Quarterly Parent-Teacher Meetings (PTMs) were organized to update parents on their child's performance, to gather feedback from parents and to foster collaboration between teachers and parents.
- Observance of Important Days such as World Malaria Day, Water Conservation, Mothers' Day, World Environment Day, World Ocean Day, Fathers' Day, International Yoga Day, Elders' Day, Gandhi Jayanti, Children's Day, Christmas, New Year, Republic Day to commemorate and educate the students of their importance.
- Monthly health and hygiene awareness classes on Tuberculosis (TB), substance abuse, cleanliness, and so on were taken up.
- Awareness classes and group discussions on various topics (Childline, good and bad touch, child rights, advocacy) were encouraged.
- Skill training: Arranged various skill development trainings such as Basic language skills, basic mathematics session to learn tricks and easy ways to do the calculations, Art & Craft works, Story-telling, Quiz competitions to improve general knowledge. Drawing activities, Spoken English, Indian Political Map, Rakhi Making Competition, Mental Maths, Card Competition, Diya & Rangoli making competition, Communication, Candle making, Clay art, etc.
- 3-day Summer Camp was organized to enhance the hidden talents of the children.
- Our monthly moral classes covered diverse topics, helping students develop essential life values such as honesty, kindness, and respect.
- Monthly birthday celebrations were organized to mark the special day of students born in that month
- Medical camps were organized to conduct comprehensive health check-ups for students. An educational tour was organized for the students to explore Delhi's rich history and culture.

In July 2024, Mr. Ben Thomas, State Coordinator of Light the Candle International, visited our center along with the RUPCHA team. The visit aimed to evaluate program activities, and the assessment yielded highly satisfactory results. Mr. Thomas also suggested plans for additional medical camps. During the visit, students proudly showcased their talents through singing, dancing, and more, highlighting their creativity and skills.





Mainstreaming the School Dropouts at Loni, Ghaziabad

The child development program, 'Prakash Bhawan CDC' started in 2023 at Pavi village, Loni, Ghaziabad with the financial support of MANOS UNIDAS, Spain. We express our sincere gratitude to 'Manos Unidas' for the generous support. The program has enrolled 75 underprivileged children, prioritizing girls and school dropouts, from diverse backgrounds. This initiative aims to empower them with education and support, paving the way for a brighter future and helping them reach their full potential.

The program's primary objective is to reintegrate school dropout children and support underprivileged students in continuing their education. In this regard, we conduct regular classes aligned with the school syllabus, supplemented by tuition classes and provision of study materials, books, school bags, and stationery items. In addition to academic support, various activities were organized for holistic development, including special attention to the needy, indoor/outdoor games, yoga, gardening, personality development programmes, special awareness programmes on different topics, drawing exercises on different themes, and so on. We also have special training in reading, writing & counting practices, vocabulary trainings, grammar exercises, mathematical problem-solving exercises, etc.

We provided moral story books for better reading and the coordinators made 136 house visits to orient the children and parents.

- Half-yearly orientation meetings were conducted for parents to inform them about the program's aims, objectives and activities and half-yearly medical camps were organized to provide students with regular health check-ups and medical care.
- Important days such as festivals, national holidays, and awareness days were observed to foster cultural awareness and promote unity.

The program is being successfully implemented in collaboration with the Holy Family Sisters at Loni, with Sr. Chaitanya serving as the coordinator.

The parents belonging to the poorest strata of society are helpless to send their children to schools. Among the dropouts, two-thirds are girls, who struggle even more. However, the children take a keen interest in their studies and significant changes in their behaviour has been observed. While visiting the families, heartfelt satisfaction is seen in their parents, which motivates us to continue the service with enthusiasm.





Nukala Sabita Reddy Light the Hope Candle at Burari

An initiative of RUPCHA, the "Nukala Sabita Reddy Candle Project", focus to support & mainstream the underprivileged girl children in the Burari slums between the ages of 5 and 15 into regular or open school programs. The program established in 2021, during the covid-19 pandemic with the help of YPO (Young Presidents Organization). Currently this educational program is being generously supported by Ms. Deepika Reddy in the loving memory of her mother, Shri Nukala Sabita Reddy. We are especially grateful to Ms. Uma Antony, a visionary who has been working with RUPCHA for a long time and who organised the support for the kids.

Bethany Sisters are implementing it locally at the SPARSH Centre in Burari. RUPCHA is grateful to SPARSH Centre's Director, Sr. Dr. Preeti Margaret BS, and her staff for making the event a success. The program is accomplished successfully and achieved the primary target of mainstreaming the children we have taken care of. It enhanced the children's progress in academic, behaviour, and personal strengths.

Besides the educational support, the centre also provided: Mid-day meal to the children, distributed books, school bags and uniform, stationery and winter clothes to 370 families by Ms. Deepika Reddy and SPARSH Centre.

- Organized monthly health & personal hygiene awareness classes and supported with soaps, tooth brush, toilet articles to the children and 12 health camps were organized
- 235 house visits were made to motivate the children and the parents and the parents-teachers meetings yielded fruit.
- Important days were observed and 2 exposure visits to selected schools in order to motivate the children to go to school regularly
- SPARSH distributed study materials like pen, notebooks, geometry box, books etc. to 86 poor children. Other necessary support to build up overall competence and skill development.

Burari is an undeveloped and underprivileged village on the banks of the River Yamuna. The majority of the people are migrants, who came in search of employment from the neighbouring states. Most of them work in agricultural fields and farms. Their socio-economic condition is so pathetic and basic amenities and infrastructure limited. We are grateful to all the supporters for the financial, material & moral support provided for lighting the candles of hope for the children in need.





Enhancing Collaboration

With Government and Scale up Services of Community Health Interventions

RUPCHA coordinate the implementation of community health project of CHAI in 20 villages of Uttar Pradesh and 5 villages of Haryana and reach a population of 44000. 5 MIs are actively involved in the implementation and they are 1) Shanti Niketan, Lucknow, 2) SEWYCA, Kanpur, 3) St. Joseph's Community Health Centre, Mehmudabad, 4) Karunashray Samajik Seva Kendra, Sultanpur & 5) Prabhat Seva, Rohtak. Each MI works in 5 villages to empower the local communities to safeguard their health through health and developmental activities.

It is envisioned that an empowered community will have a vibrant group of people who can discuss their issues, identify the causes of their health problems, and figure out solutions, thereby taking proactive responsibility for their own development and well-being. The MIs facilitated and offered a variety of services that are aimed at the general development of people and communities. A health professional chosen from the local population will serve as a change agent and catalyst in her community.

The program offers comprehensive support to 25 remote villages, including psycho-social support through home visits, formation of self-help groups, medical camps and Tele-health services, Maternal and child health services, linkages to social security and income generation programs, referral services etc.

These initiatives empower underprivileged communities, addressing their unique needs and challenges.

The activities in details are :

- Awareness sessions including dramas, rallies and other events: 418
- Home visits to support ANC/PNC: 2928
- SHG meetings: 293 & Medical camps: 134
- Tele-health awareness programs: 246
- Child health services provided including referral and immunization: 4794
- Linkages to social security schemes: 749
- Linkages to income generation programs (animal rearing, petty shops, etc.): 136
- Referral services with regard to CDs: 1566
- Referral services with regard to NCDs: 5886
- Special awareness & other programs in schools: 32

Tele-health services: By implementing mobile and web-based applications, CHAI has made a successful start. These applications are used by nurses/social worker/community worker at MIs to treat patients in rural areas and those from low-income backgrounds by giving them access to medical reviews and advice from a doctor who is virtually available but located far away. 14 small hospitals and health centres from RUPCHA region actively participate in tele-health services and provided services to 996 patients. Details of patient, treatment and follow-up are easily accessible through the portal. Through a single window, we get specialized services from Gynaecologist, Radiologist, Physician, etc.

RUPCHA extends heartfelt gratitude to CHAI and MISEREOR for their invaluable support. We also sincerely appreciate our dedicated team for their tireless efforts in the effective implementation.

Mainstreaming the School Dropouts at Dasana, Ghaziabad



‘Holy Cross CDC’ aims to mainstream the school dropouts and support the underprivileged school going children from the locality through open school program & their overall development. We express our sincere gratitude to ‘Manos Unidas’ for their generous support. The program supports 75 needy children, prioritizing girls from economically weaker families, and integrates dropouts into mainstream education. Educational materials like notebooks, geometry boxes, pens, pencils, and more are distributed to encourage regular attendance and academic improvement. Awareness sessions emphasize education's importance for future success, benefiting both children and parents.

Regular non-formal classes, aligned with the school syllabus, are conducted, and students enthusiastically attend and participate. They engage in extracurricular activities, fostering overall development, creativity, and skill-building. Teachers track progress, provide special attention to struggling students, and conduct home visits to identify challenges. Additional support includes practice in reading, writing, math, vocabulary, and grammar, supplemented with storybooks. They also observe important days and actively participate in them.

- Organised many cultural programs such as dance, drama and competitions such as speech, singing, fancy dress and the students, staff and parents actively participated in it & performed well.
- Monthly health / hygiene awareness classes were conducted for children on different topics such as communicable diseases & non communicable diseases, seasonal diseases, personal hygiene, environmental hygiene, nutrition, personal care, etc.
- Quarterly medical camps were organized and provided basic medicine to the participants.
- Conducted 5 educational orientation & health awareness meetings to parents. Parents came to know about good parenting, their responsibility towards the education of their wards, need of nutritional food, better atmosphere at home, etc.

RUPCHA sincerely thanks the Holy Cross Sisters at Dasana, Masuri, Ghaziabad, for their valuable collaboration and support in implementing project activities. Special appreciation goes to Sr. Vineeta Kulesh HC, the Coordinator, for her pivotal role in driving this initiative forward.





Member Institution & Diocesan Unit Visits

We must maintain close communication with MIs & DUs in order to function as a cohesive group, and visiting is crucial. This year, we have visited 6 dioceses and 36 member institutions. We have made an effort to meet with each one in the MIs on these visits, with a particular emphasis on meeting with the leaders of the departments and institutions.

We were able to evaluate the needs and requirements of the MIs and have a better understanding of the health activities of the dioceses and institutions. It aided in networking and cooperation as well as encouraging more active engagement in our grassroots-level initiatives. Additionally, it assisted in updating the database at the MI level.

The leaders were empowered and revitalised by the visitation. Additionally, we might discuss our accomplishments and efforts at the regional level, as well as new projects, government programs, and strategies for establishing community healthcare services.

A number of our member institutions have transformed themselves to a professional level, thereby upgrading their status. However, many are finding it difficult to stand up, thus new tactics or the resources that are currently accessible must be used to help them.



They must raise the standard of services and incorporate contemporary technology into caregiving.

We are grateful to the bishops, diocesan social work directors, congregational provincials, and anybody else who took the initiative to set up the meetings, showed up for them, and offered their insightful counsel and blessings for the program.



List of MI Visits

Lucknow Diocese

- Shanti Niketan, Kursi Road
- St. Joseph's CHC, Mahmudabad
- Snehalya, Adharkhera, Kursi Road
- St. Joseph's Hospital, Gomti Nagar
- Fatima Hospital, Mahanagar, Lucknow
- Prabhat Tara Diocesan Social Work Centre
- Jyoti Health Centre, Nigohan
- Amrutkunj, Mohanlalganj
- St. Ann's Hospital, Mohanlalganj
- Little Flower Provincialate, Gaurbagh, Kursi Road

Meerut Diocese

- St. Luke's Hospital, Raza Road Meerut
- Our Lady of Grace Hospital, Sardana Meerut
- St. Francis Hospital, Khatauli
- Holy Family Community Centre, Dasana
- CHF Health Centre, Loni
- St. Joseph's Hospital, Marian Nagar, Ghaziabad
- Jeevandhara Social Work Centre, Deen Dayalpur

Delhi Diocese

- Sparsh Health Centre, Burari, Delhi
- Prabhat Seva, Rohtak
- Holy Family Hospital, Delhi
- Jivodaya Hospital, Ashok Vihar
- Vinaya Bhawan Maternity Centre, Madangir



- Shanti Avedna Sadan, Safdarjung Enclave
- Prem Niwas, Laxmi Nagar
- Jeeva Jyoti, Najafgarh
- Adorers Sisters, Najafgarh
- SEEDS, Madangir
- CFMSS, MG Road, Gurugram

Jalandhar Diocese

- Sacred Heart Hospital, Jalandhar

Bijnor Diocese

- St. Mary's Hospital, Najibabad
- Ujala Diocesan Pastoral Centre, Kotdwar
- Premdham Charitable Society, Sahanpur, Bijnor
- Karuna Social Service Society, Kotdwar
- Holy Family CDC, Meetiberi

- Holy Family Covent, Laldhang.

Allahabad Diocese

- SEWYCA, Kanpur
- Mariampur Hospital, Kanpur





Orientation Program for Staff cum Christmas Celebration

We, the RUPCHA Family, hosted a Christmas get-together cum orientation session for the project staff at RUPCHA Office on 19 December. Every RUPCHA Projects member took part in it. The main guest, Sr. Dr. Preeti Margret, Secretary, RUPCHA, gave a heartfelt Christmas speech.

Fr. J John Britto Xavier, the Director, illustrated the project's goals and objectives. He advised all to work hard to achieve the goal of the project. The activity reports from each centre have been presented and evaluated the benefits and drawbacks of the project activities in addition to orientation. We realized that the children's educational standards have increased; the centres are carrying out extracurricular activities correctly, the purchasing system has been enhanced, and the project comprehension has been enhanced. The implementation efforts and outcomes have pleased the agencies. A few recommendations were made to improve the implementation.

All the participants shared their field experiences, which was well-received by all. To add a festive touch, everyone was given Christmas presents, spreading joy and warmth.





Sparsh: Touch and Transform

'Sparsh: Touch and Transform' program has launched during May 2024 for the rehabilitation of children in crisis in the outskirts of Delhi. Since it is customary for children to not leave their village, the majority of the children here do not attend conventional school, which is located outside of it. However, over fifty kids regularly attend the non-formal education institution. Their parents work in their typical, unwholesome jobs and come from extremely low socioeconomic backgrounds. Here, the kids are frequently left to fend for themselves after being abandoned, neglected, and pushed into the same maze. At summary, the children's overall development is at jeopardy.

The program's goal is to guarantee the kids' general well-being by implementing health and education programs. It will be successfully accomplished through health camps, WASH sessions, non-formal education, and cultural and athletic events.

In order to alter and rehabilitate the unreachable, unaccepted, and untouched members of society—children in particular—it is essential to work with them and concentrate on their education and health. We could make a big difference in the lives of the kids and the community with the sisters' local knowledge and RUCHA's healthcare experience.

In this regard, we encourage parents and kids to pursue normal education and offered counselling. Through the initiative, 50 youngsters are being helped. It serves as a non-formal education centre for children who do not attend school and as a tuition centre for those who do. VIDA is supporting the project, which is being carried out in partnership with the Adorers Sisters (AACC), located in Najafgarh, Delhi.

During the intervention, we faced difficulties with the irregularity of the children attending the child development centre. Thus the focus of the project shifted to enhancing the ability of the girls in the community in cutting and tailoring. The girls asked for the support and with the permission of the funding partner, we began the cutting and tailoring classes for the girls.

Besides the classes, the counselling to the parents and the girls are offered by the Sisters.





UDAAN Child Development Centre, Laxmi Nagar

UDAAN, an educational program at Kissan Kunj slum area of Laxmi Nagar began on August 01, 2024. A total of 31 students, 13 girls & 18 boys are supported through this program. Many of these children were dropouts. They were prepared for the preliminary examination and they were enrolled their names in the nearby government schools. Few children, who don't go to school here, have their names enrolled in the schools in their own native places in Bihar and they go to write the exams there at the end of the academic year.

Regular classes are conducted in two separate batches according to their age and class. The children are regular in the classes and they have good progress, especially in English. Since the children belong to different classes, it is not easy to follow the school syllabus exactly. One of the students, Aditya Kumar won the first prize in his class for the studies and good behaviour.

Most parents in this community are migrant workers from Bihar, employed as daily wage earners or auto drivers, while women work as home-makers or maids. Living in cramped single rooms, they face significant economic challenges. Initially, these uneducated parents showed little interest in their children's education. However, through frequent home visits and counselling, we raised awareness about the importance of education for their children's future.

Now, parents are thrilled to see their children benefiting from improved educational opportunities.

Moreover, the school curriculum, the children observed national and international days of importance, learned songs, dances, drawings and speech both in Hindi & English. The children were taken for a picnic to the National Zoo and Nehru Park where they were able to relax in a clean atmosphere.

The centre is run in collaboration with Canossian Sisters and Sr. Merita coordinates the activities. We are highly grateful to Mr. Anto who supports us through Benevity and the payment platform 'The UK Online Giving Foundation.'





UNNATI – Brick by Brick at Meham, Rohtak

Project 'Unnati: Brick by Brick' at Meham, Rohtak, Haryana is a joint venture of Prabhat Seva, Social Action Wing of the Archdiocese of Delhi for Haryana and RUPCHA which aims to promote and ensure the comprehensive development of the children of Brick-makers through educational and health initiatives. The migrant labourers from Bihar and Orissa come here every year as brick makers. They bring their families with them. Due to frequent migration, the education of the children become a big question. To ensure the foundational literacy to the children and ensure their good health we began this initiative. We support 40 underprivileged children here for their educational and overall development.

Regular classes are conducted in two locations of the area. Physical exercises and other activities are also undertaken. Monitoring visits were made to the project site and interacted with children, parents & teachers. Thanks to Mr. Anto for his support in carrying forward this initiative.

Rupcha & Prabhat Seva jointly initiated a campaign, 'Share the warmth' to collect sweaters and blankets and it was distributed to more than 200 children before Christmas. Most of the families live in an open space here to the needy. It was a great support for them to face the severe winter bravely. We could share the warmth of love during the Christmas Season.





UMEED Child Development Centre, Gurugram

The Project 'Umeed', a non-formal educational project began on 14 October 2024 at New Colony, Gurugram. It is in the premises of Our Lady of Fatima Convent Junior School, New Colony Mode, Sector 7, Gurugram. The school authorities have allotted 3 rooms for conducting the NFE in the evening from 4 pm to 6 pm. In collaboration with Clarist Franciscan Missionaries Sisters (CFMSS) under the coordination of Sr. Vineetha George this initiative is implemented.

Here we support to 101 children for their education and comprehensive development. As a result of education, the children progressed satisfactorily with regard to knowledge on alphabets, sanitation and hygiene, regularity in attending classes, self-confidence, culture, behaviour and discipline. We are highly grateful to Mr. Anto for supporting this initiative.

We have conducted a door-to-door survey in nearby villages to assess the educational needs of the people. We found that there are many children from 5 to 16 years are not going to the school or dropouts. Due to poor financial situation the children are also forced to go and earn some money by begging and working. When parents go for the daily wages, children keep wandering around the place. The parents were motivated to send the children for studies. The health and hygiene issue were also prevalent which demanded awareness generation. Accordingly, we organized awareness programs for them.

These families and children hail from other nearby states or Nepal. They do not have enough money to rent a good home. Either the whole family lives in a room or some live on road sides. Majority of parents are illiterate. Counselling was provided to the parents and the children.

Besides classes, other indoor and outdoor activities and classes on Drawing, Singing and Physical education were also promoted. The winners of the activities were awarded by the sisters.

Success story: Bhanu, a special child, who attended the class regularly, was enabled to hold the pencil and write now. The parents were interested to send the child to the NFE centre. The child was unable to sit in the class, used to make noise and moved around. Now the child is disciplined, listens to the teacher and participates in the programmes and is enabled to face the people with smile.





RUPCHA

initiates

RUPCHA-SAHAYATA MANCH (RSM)

(Connecting the dots)

It is a platform to connect the dots that is to say connecting the needs of member institutions with the resources available inside and outside.

ROLE OF RUPCHA-SAHAYATA MANCH

- 1) Project Planning, Formulation and Finding Funding Partners
- 2) Sharing Verified Information with regard to schemes, campaigns, fund availability, and so on.
- 3) Campaign for any specific cause (individual/community need) among the member institutions and others
- 4) Networking with Like-minded organizations and connecting them with Member Institutions.

ROLE OF MEMBER INSTITUTIONS

Share with us your need or that of the people with whom you are working. We can address it jointly.

Together Towards Tomorrow.

for more details contact us

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