

Rubaroo Breaking Silences Foundation

Awareness | Prevention | Healing

Annual Report

2022-
23

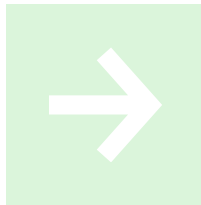
Creating safer spaces for our children.



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Letter from the Directors



This was a year of learning and growth for Rubaroo. We rebuilt our team post the pandemic and were looking to hit the ground running from the get-go. It was our goal to focus on renewing old partnerships and building new ones while strengthening our internal systems.

We learnt to put into place stronger systems and structures to facilitate our compliance better and create more transparency within our procedures and functioning. To this effect, there were external audits and assessments that helped us reflect on, identify and build for gaps in our methods.

Our growing team brought a fresh perspective to our programmes and the approaches we traditionally took to build new partnerships. Using those insights, we were able to innovate and better our outreach pitches and update our session plans.

With all the learning, we dove into action towards our commitment to better serve our beneficiaries as our larger vision is to be more sustainably impactful in our fight against child sexual abuse.

We hope you find our report and our stories from the field insightful.

Lisha and Ishita

Directors and Co-Founder



Vision

A child sexual abuse-free society for happier and safer children.



Mission

We work to eliminate the evil of child sexual abuse (CSA) by raising awareness about it and inculcating greater gender sensitivity in children and adults, and imparting body safety knowledge while providing healing support to children.



“One of the best Rubaroo programmes I have ever attended. Very informative, teachers are always ready there to clear doubts.”

– Student, Gold Crest High, Vashi

”

Success Stories



Teacher Felt at Ease

During a customised teacher training session, a teacher who had handled a case of inappropriate behaviour within their classroom shortly before the session, shared that they were quite distressed because of the case. As a part of our training, we teach participants how to handle their own emotional distress so that they are better equipped to help the children they work with. We further encourage teachers to teach these grounding techniques to their students as well. This teacher in particular conveyed to us that they felt lighter and more at ease post the session.



Success Stories



Children Using the Techniques Taught

Following the programme, a child who had been physically bullied by a senior shared that she had used the techniques learned in the programme to ensure her safety. Our programmes not only help children deal with sexual abuse, but also with other issues, such as bullying.



Student Appreciation

We hold individual sessions post the programme with students, which is a safe space for them to share or discuss their experiences. A student shared that the programme topics were relevant to her, particularly the sex education component and expressed gratitude for the learnings.



Success Stories



Student Showing Academic Improvement

One of the teachers conveyed to us that a child who had been seeking counselling from a Rubaroo counsellor since September 2022, had shown academic improvement and is now better behaved in the classroom than before. We were glad to hear that counselling sessions helped the child in such a significant way.



Our Team Advised on Reporting a POCSO Case

An organisation, who we had previously worked with, reached out to us regarding a POCSO case for which they required guidance. Our team advised them to report the case to the authorities which resulted in the perpetrator being arrested, thus ensuring the safety of the child victims.





“This session is helpful to understand about such kind of activities that are taking place and create awareness about it.”

–Parent,
St. Willobrords Innovative School

Highlights



Sensitisation Training for Attorneys for the Prosecution Department Of Haryana

- We were approached by the Haryana Institute of Public Administration to hold a Sensitisation Training on "Understanding the Mental Health of a Sexual Assault Victim and Giving It Due Regard During Trial Proceedings". This was our first time conducting a programme with stakeholders from Haryana.
- The special training was held for District Attorneys and Additional District Attorneys from the Prosecution Department of Haryana.

Highlights

Supported By Metropolis Foundation

- Metropolis Foundation is the philanthropic arm of Metropolis Health Care limited, which is a well-known pathology laboratory chain in India. They supported us with various programmes conducted throughout the year.
- Metropolis Foundation had partnered with Rubaroo Foundation to create awareness on various aspects of reproductive and sexual health including sexual abuse with stakeholders and beneficiaries.



Highlights

Teacher Training Programme in Srinagar

- The Directorate of School Education, Jammu & Kashmir, invited us to organize a one day teacher training programme in Srinagar on the 25th of July, 2022.
- The teachers mentioned that this was the first time that such an intensive session had been organized for them, on a topic that is much neglected. Teachers of all genders attended this session and participated enthusiastically in activities that were designed to increase their sensitivity and empathy, and equip them with skills to respond to children in need.





“

"The programme was outstanding. We already knew a little bit about this, but following the session, we learnt even more thanks to the programme and the participants' questions."

– Teacher, Gurukul School

”

Whats New?

32 New Partnerships built in the year

- In our effort to reach out to more children, we focused on building long lasting relationships with new organisations to work with.
- In the year 2022-23, Rubaroo conducted programmes with 32 new organisations.

New Geographies: J&K, Haryana, & Bangalore



Whats New?



Provided mentorship to Sheradil Foundation

- Guided Sheradil on nuances of setting up a Not-for-profit organisation and helped them develop their documentation with respect to child protection and disclosure policies.
- Helped them develop an engagement plan for programmatic interventions in the area of child safety.
- Helped them build relations with partner organizations who can help develop their understanding of the legal aspects of the POCSO Act as well as deepen their understanding of casework.
- Advised them on organizational set up and development with respect to programmatic understanding and dissemination on field and hiring relevant staff.

Here is what one of our team members has to say about us...

Rubaroo is creating a significant impact in the mental health space, in particular for children and young adults. Providing a non-judgmental, non-discriminatory and an empathetic ecosystem for individuals to speak about their experiences and express their emotions is crucial to foster mental well-being.

It's wonderful to us that as employees, we are supported in connecting with our inner self and expressing our views openly. Regular check-ins with our mental health can indeed contribute to our journey and help us thrive both personally and professionally.

Keep up the fantastic work of supporting and promoting each other's mental health journey!

- Priyanka, Project Officer and Counsellor at Rubaroo



Outreach Total: 6275 Individuals

3732

Children and young adults reached via our flagship My Body, My Safety Programme.

1714

Adults (Parents and Caretakers) reached via Child Sexual Abuse Awareness Programme.

666

Adults (Teachers and field professionals) reached via the Intensive Training Programme.

163

Adults reached via the special sensitisation programme designed as per specific partner needs.

355

Counselling Sessions with victims of abuse and their family members.



Outcomes

To measure the outcomes of our CSA programmes, we do a baseline and end-line survey with our participants. These surveys contain simple yes and no answer-type questions that help us gauge the knowledge levels of the attendees before and after our session. The shift in knowledge is the outcome.

For each of our programmes, we have various broad indicators. We measure these indicators with the help of the responses we get on our baseline and endline survey.

The outcomes will be presented for our 3 programmes:

**My Body, My
Safety Programme**

**Child Sexual
Awareness For
Adults**

**Intensive Training
Programme**



Outcomes For My Body, My Safety Programme

Some of our programme elements that we cover, changes as per the age groups of the children.

The outcomes are hence divided into 4 sections as per children's grade.

**Grade 1
and 2**

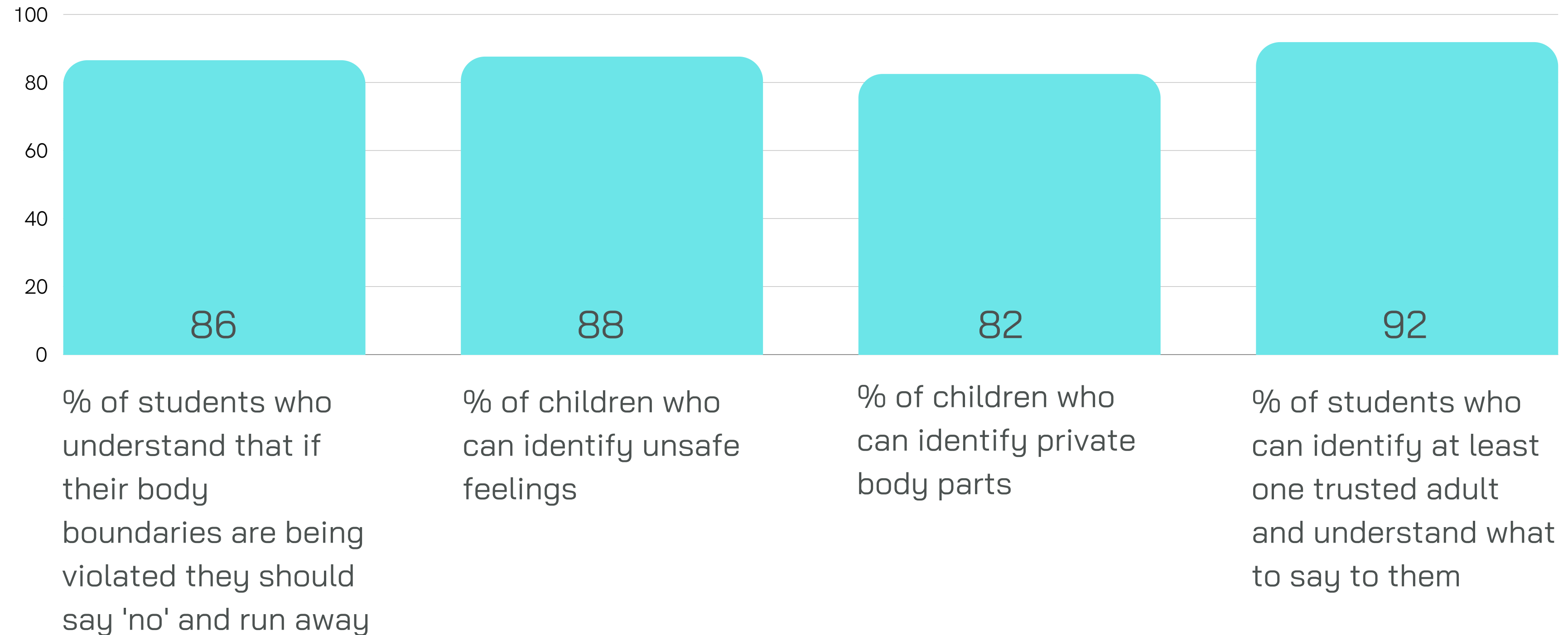
**Grade 3
and 4**

**Grades
5, 6 and 7**

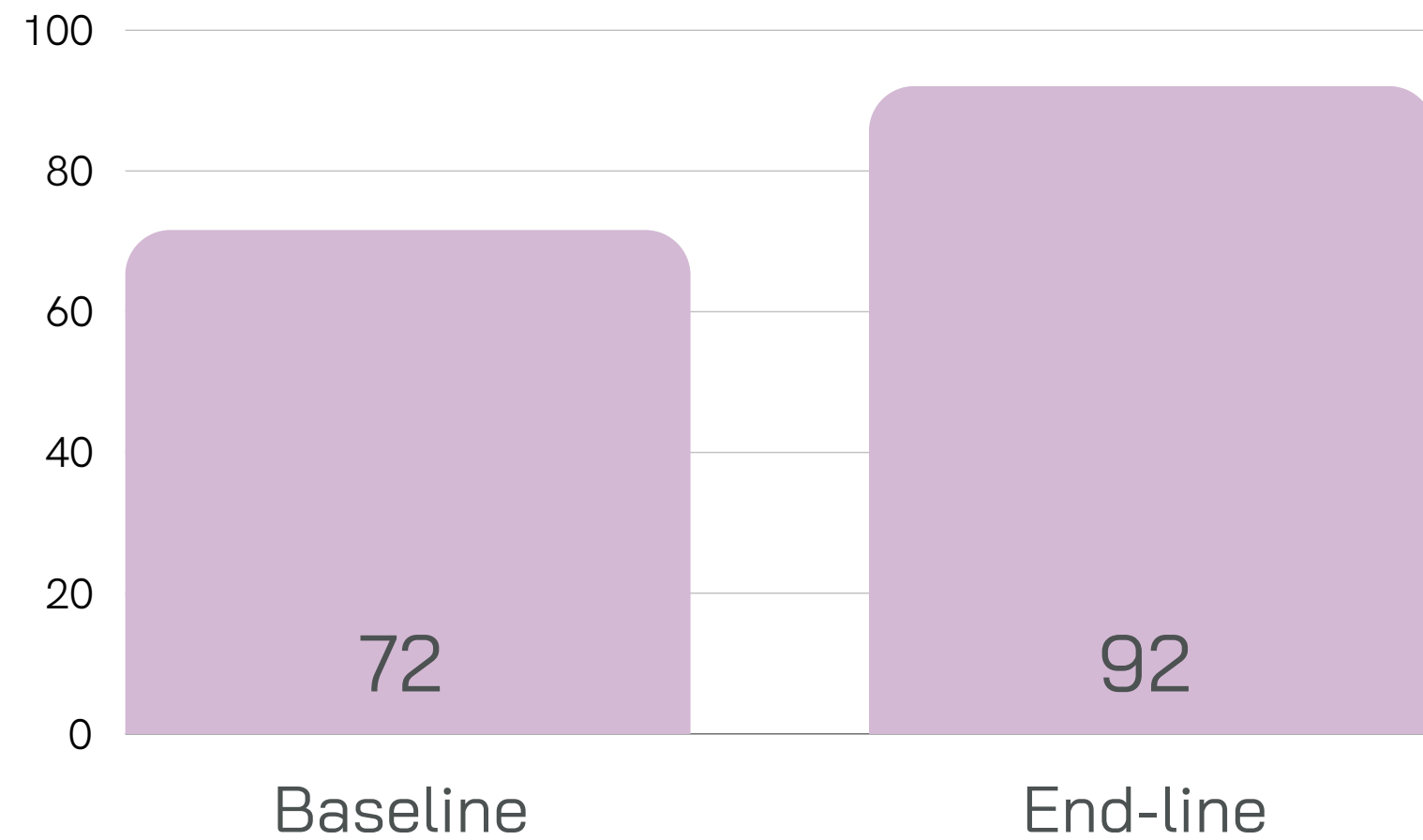
**Grade 8
and above**

Please note: For children of grades 1 and 2, considering their age and after consultation with industry professionals, we only conduct end-line surveys as, their knowledge of the subject matter *before* the programme is usually limited. Whereas for other grades, only a few programme-specific questions are measured in the end-line, all other questions are mentioned in both baseline and end-line surveys.

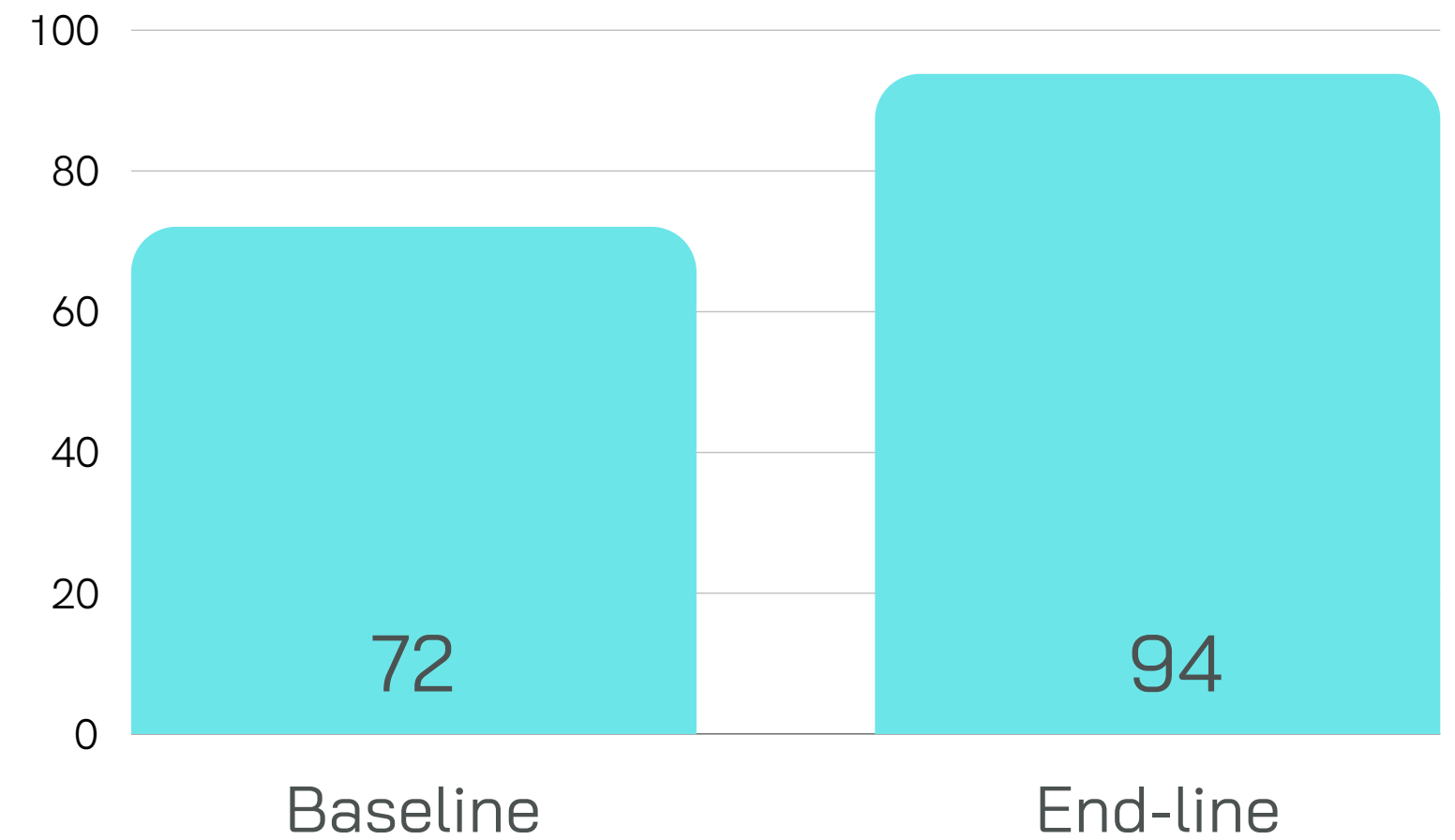
Grades 1 and 2



Grades 3 and 4

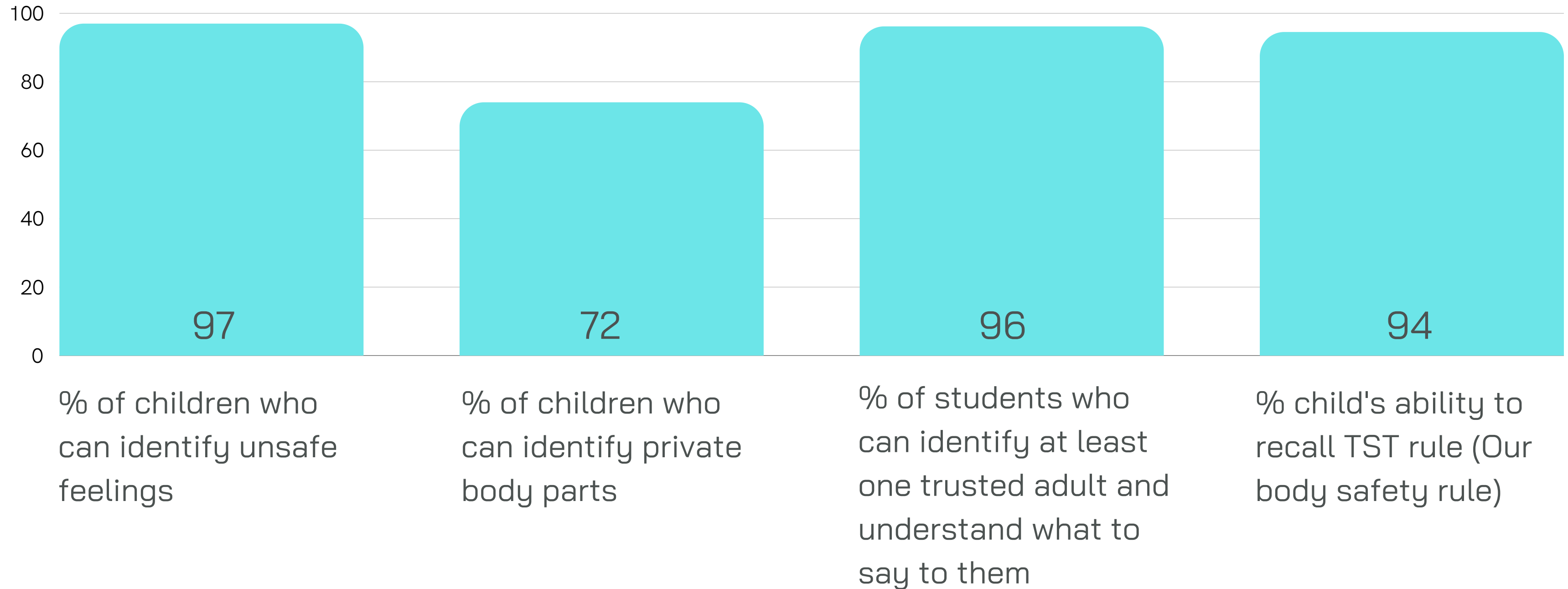


% of students who understand that if their body boundaries are being violated they should say 'no' and run away

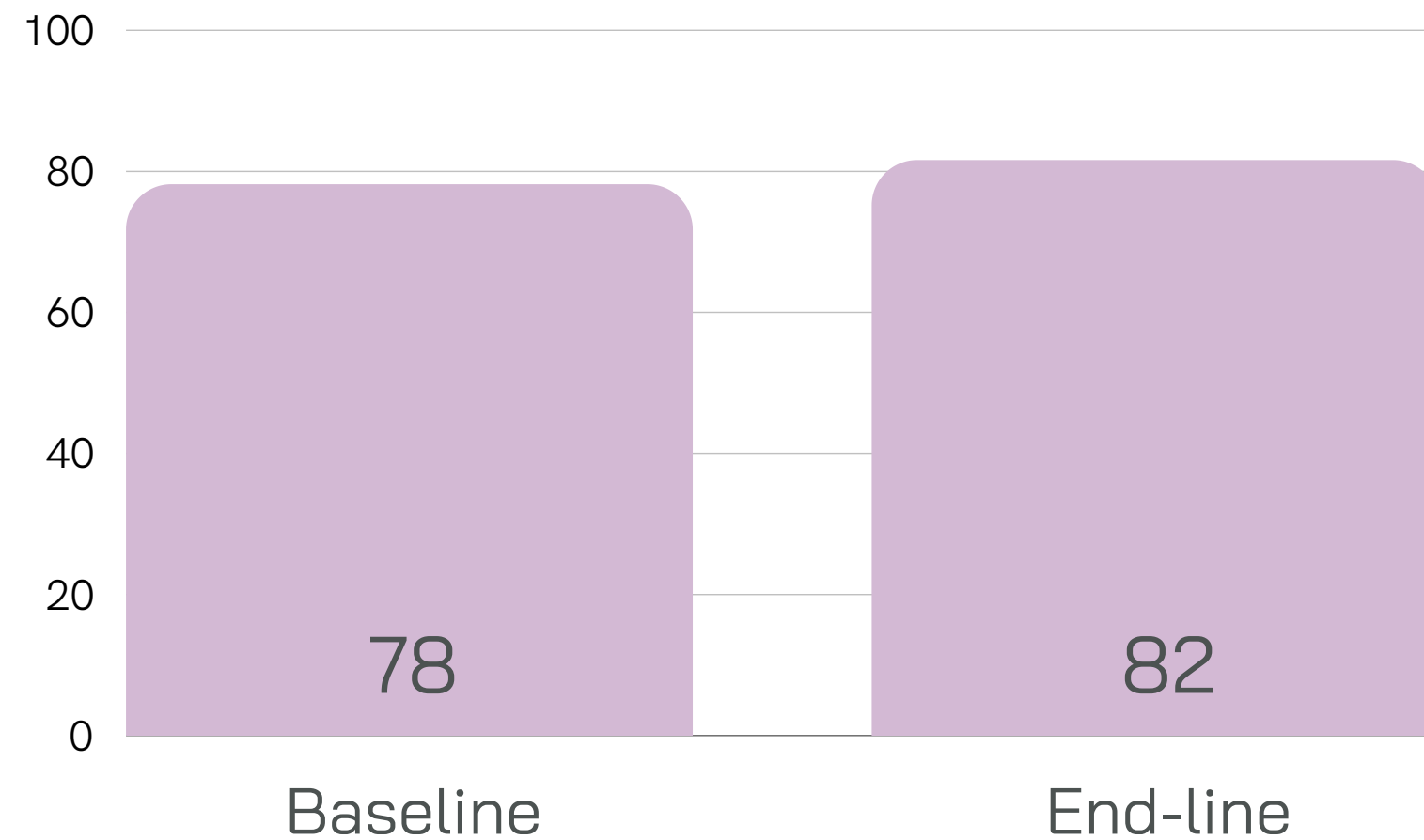


% of students who understand all people are equal

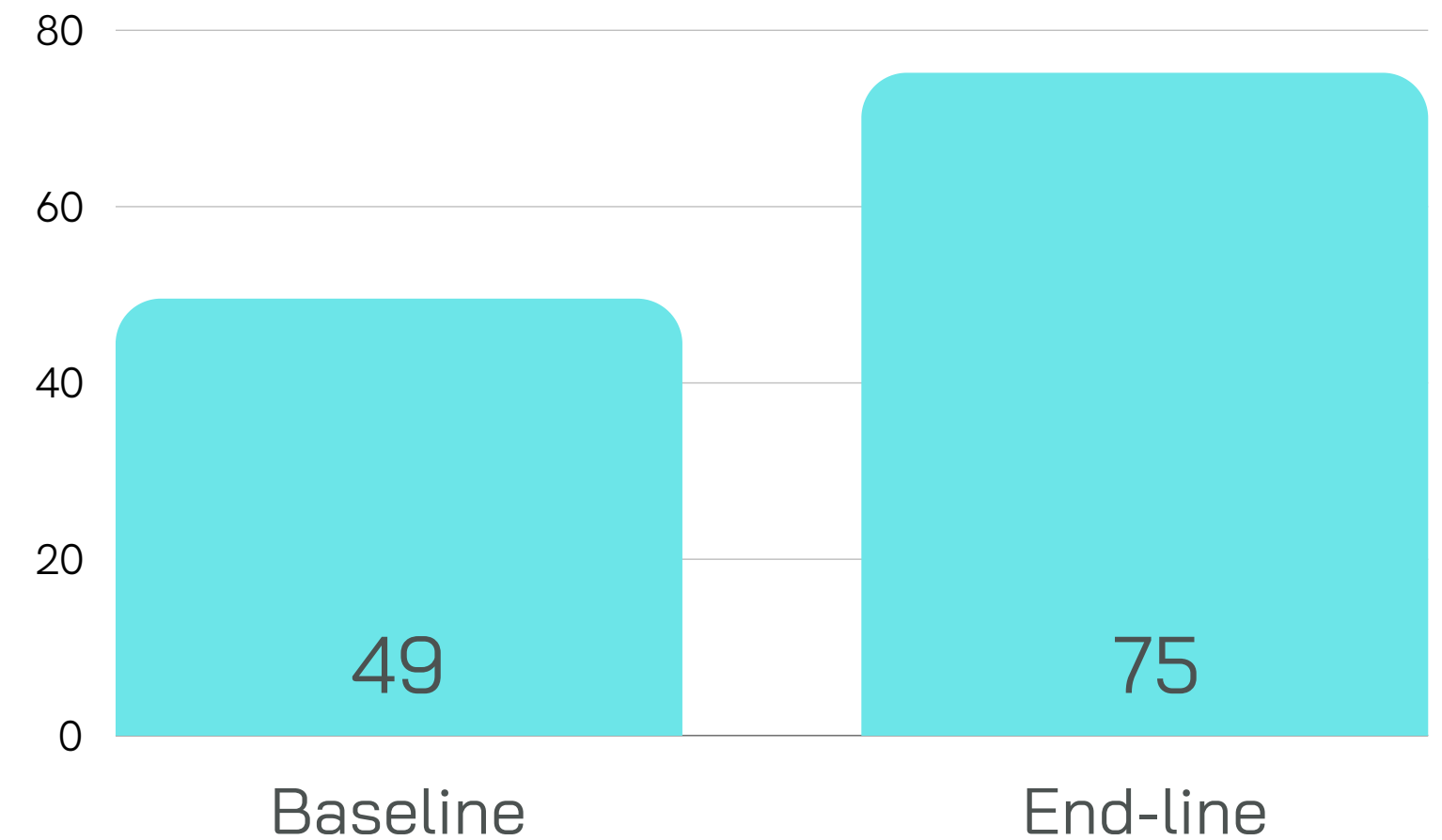
Grades 3 and 4



Grade 5, 6 and 7

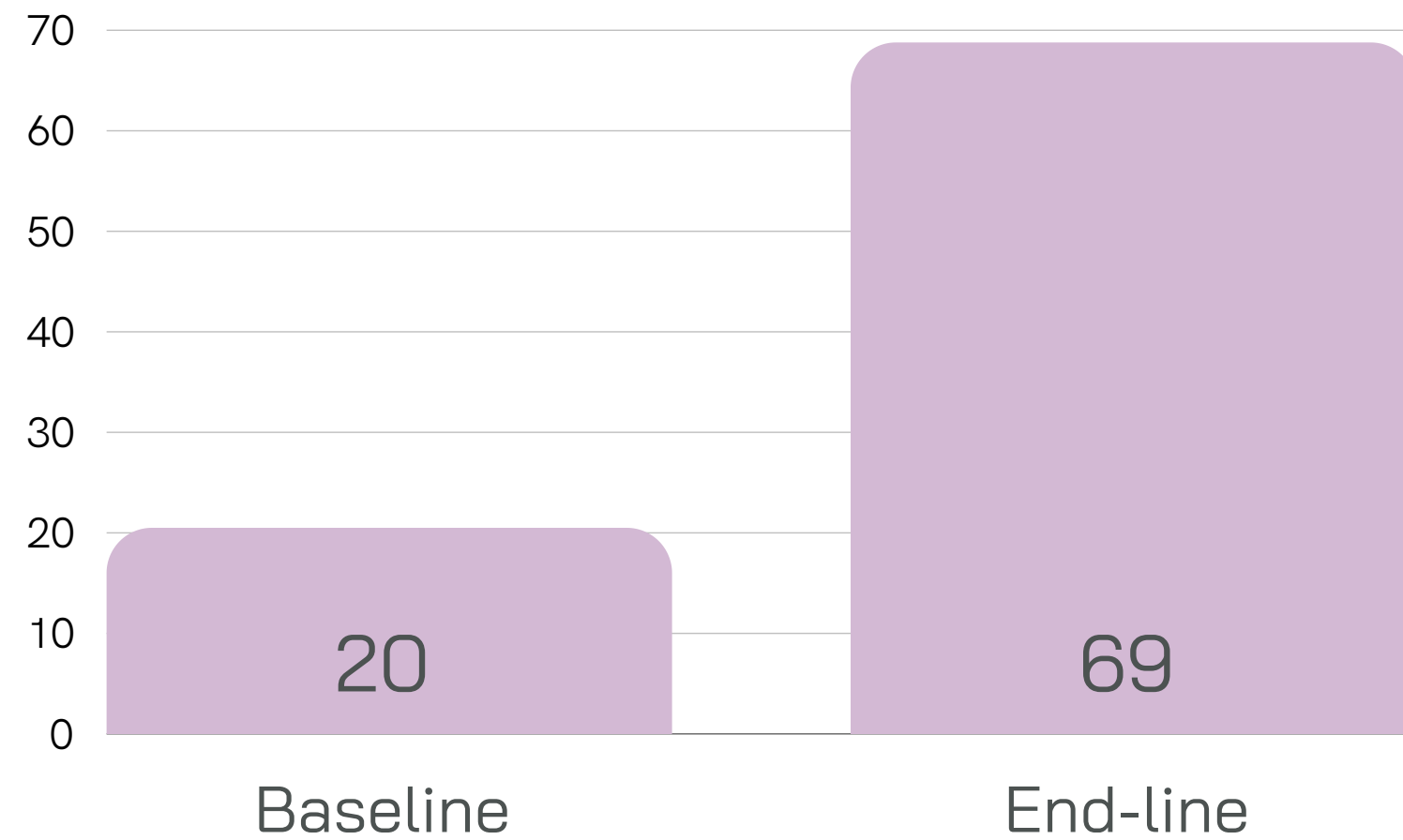


% of students who understand that no one else is allowed to touch, see or talk about their or anyone else's private body parts except to keep them safe and healthy

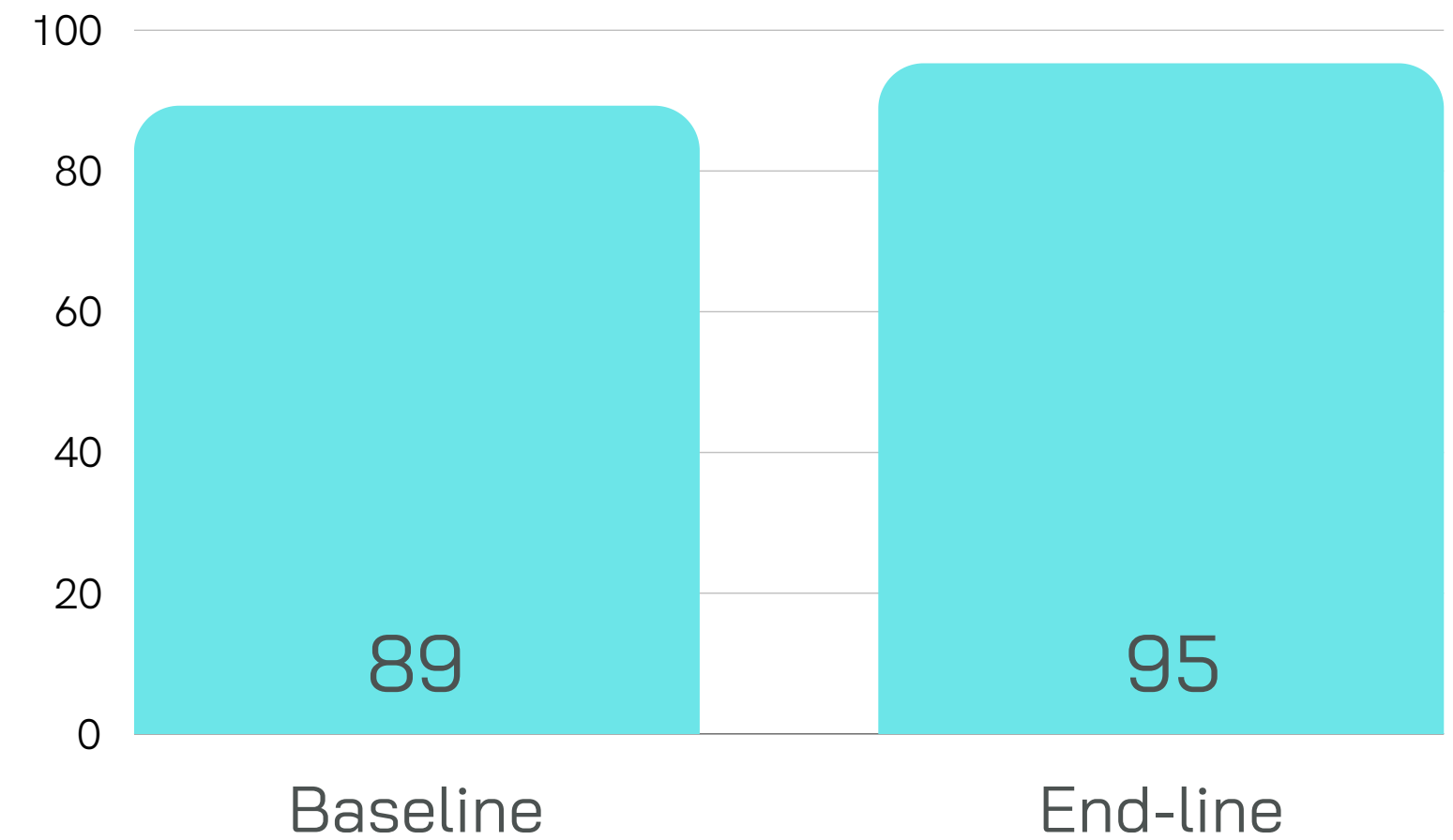


% of students who are able to identify myths and taboos associated with menstruation

Grade 5, 6 and 7

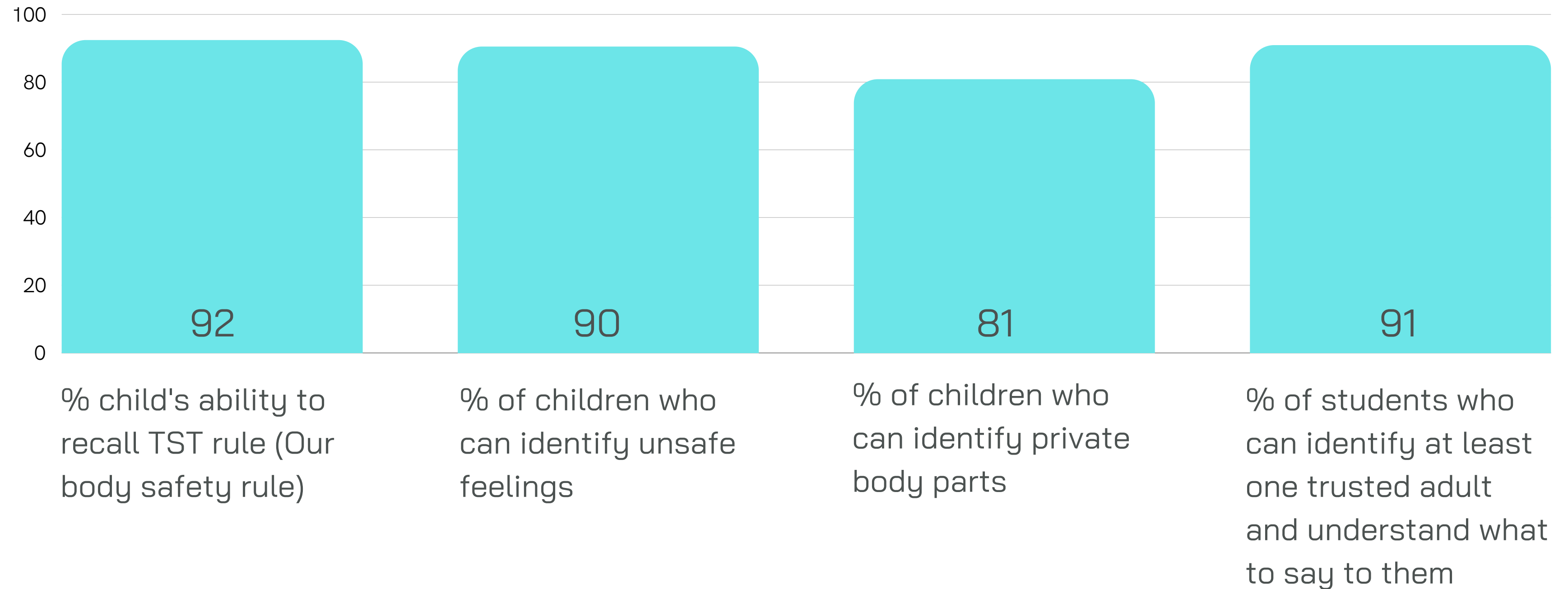


% of students who are able to identify myths and taboos associated with masturbation

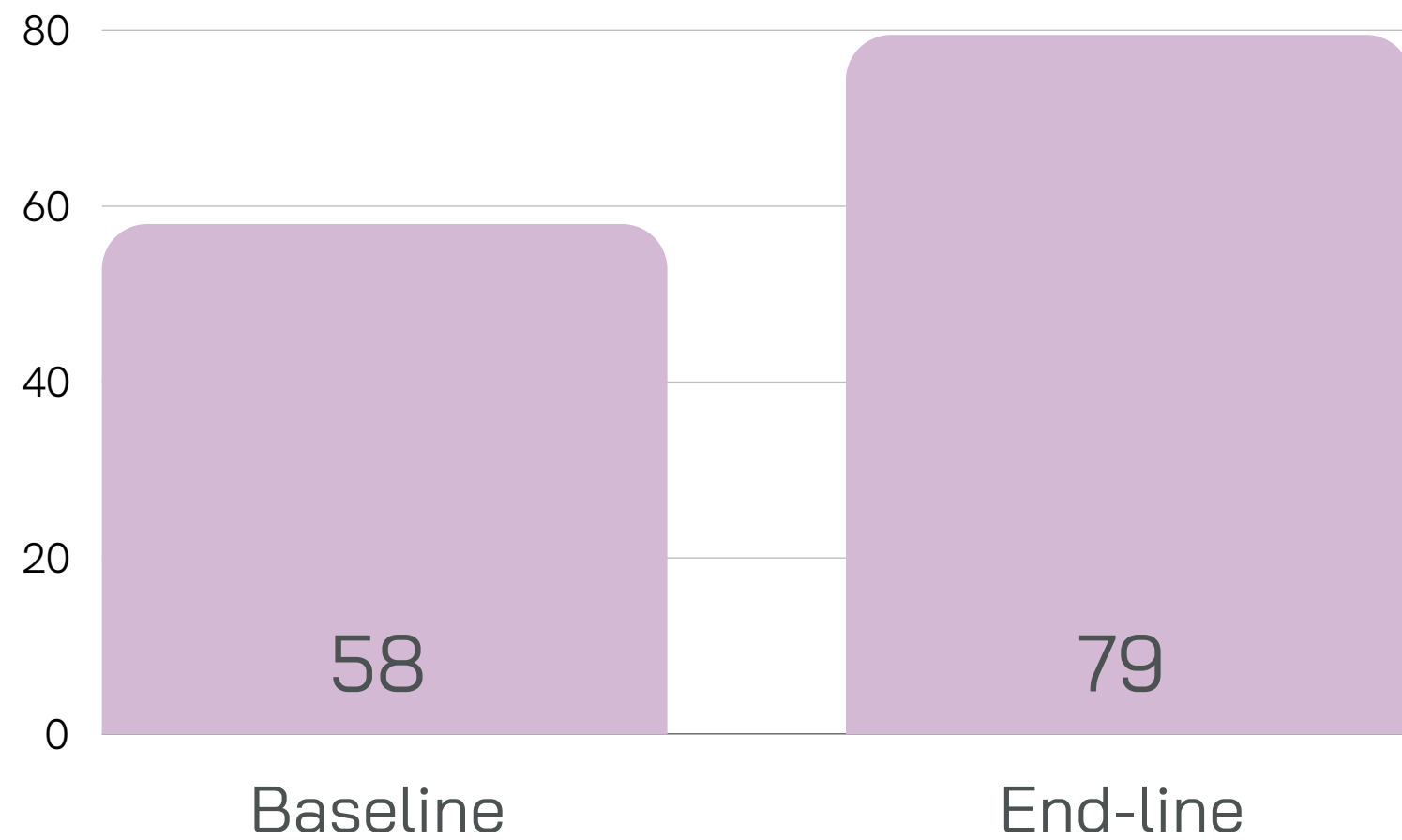


% of students who understand all people are equal

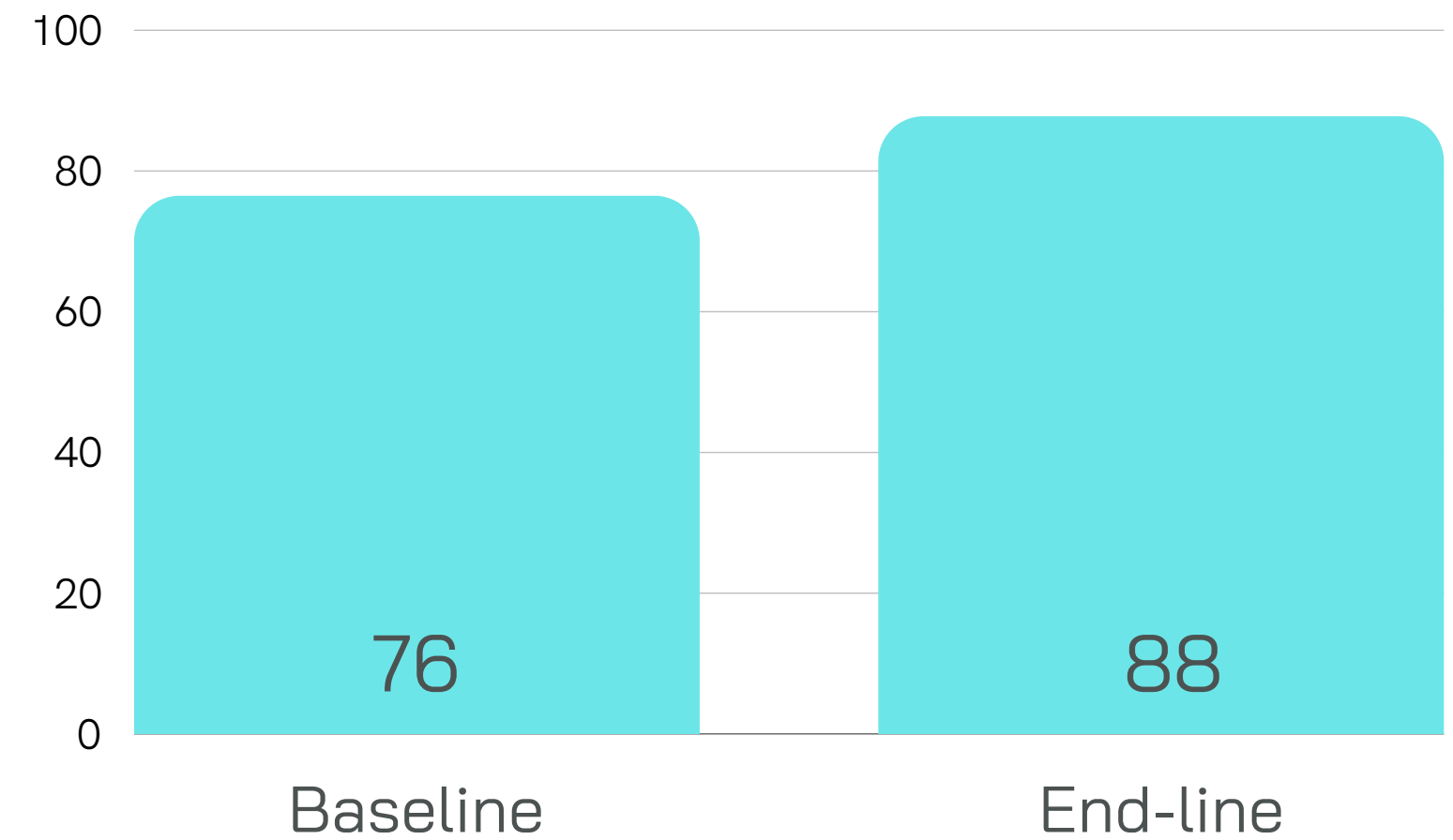
Grade 5, 6 and 7



Grade 8 and above

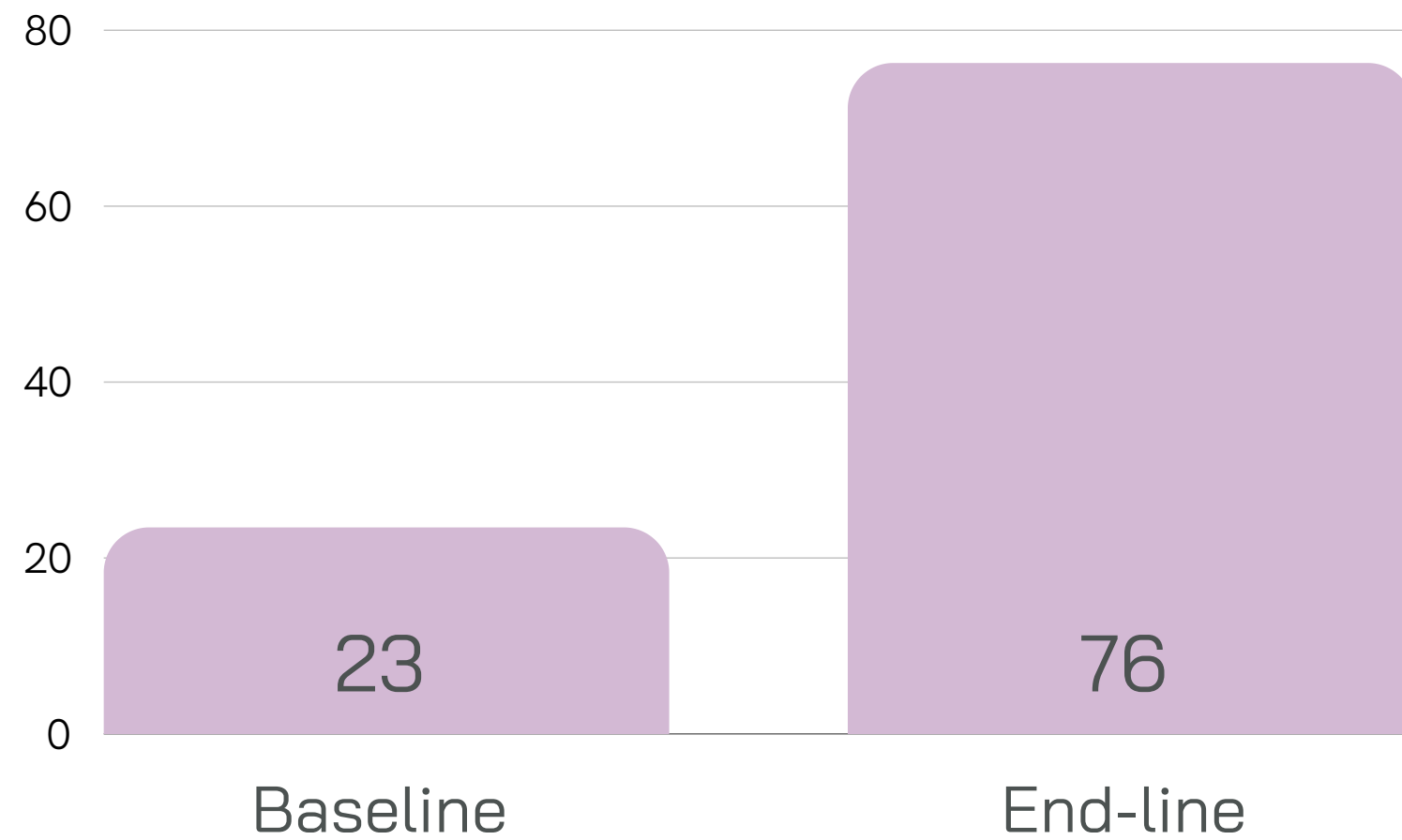


% of students who are aware of alternate sexualities

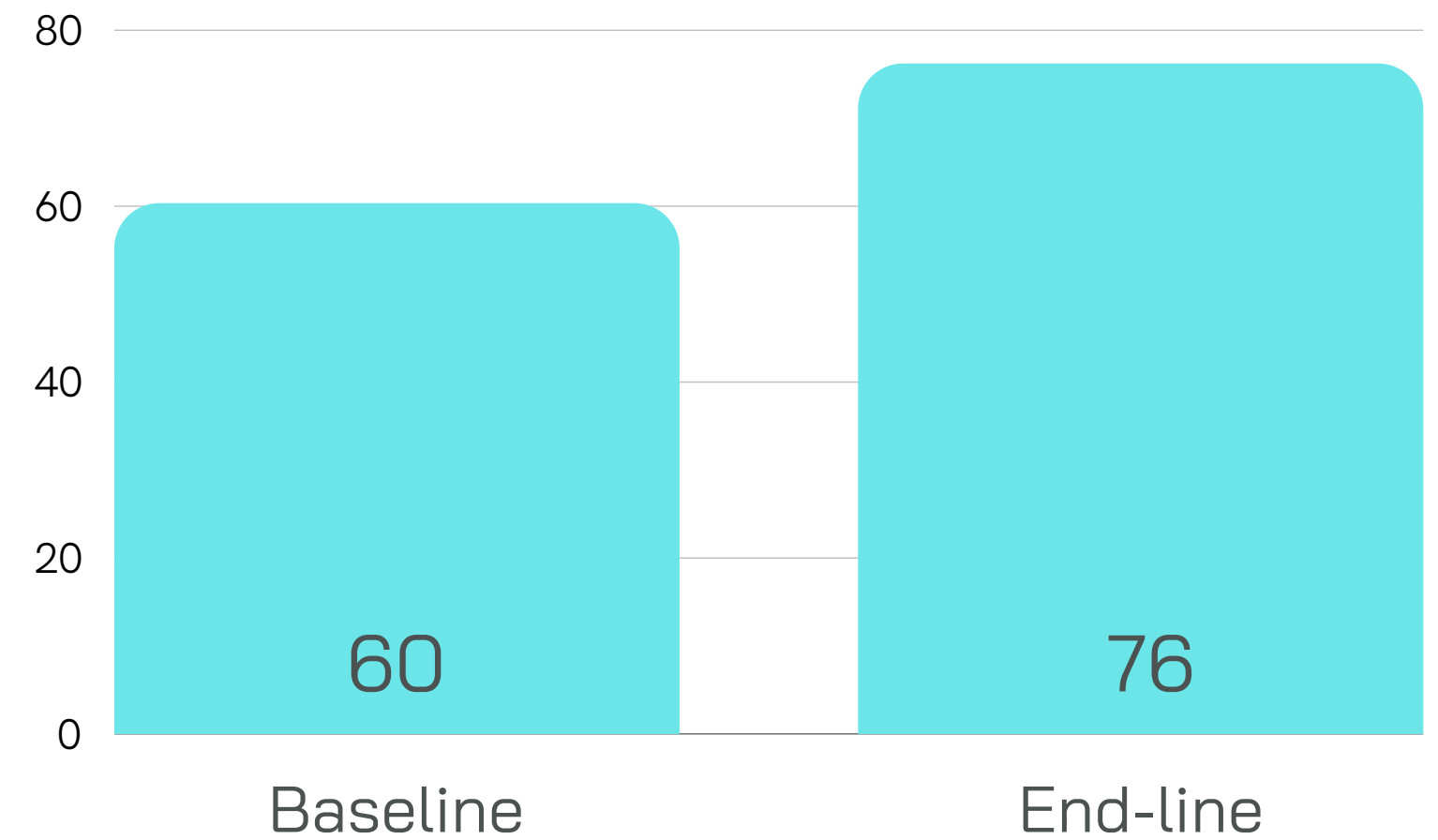


% of students who are able to identify myths and taboos associated with menstruation

Grade 8 and above

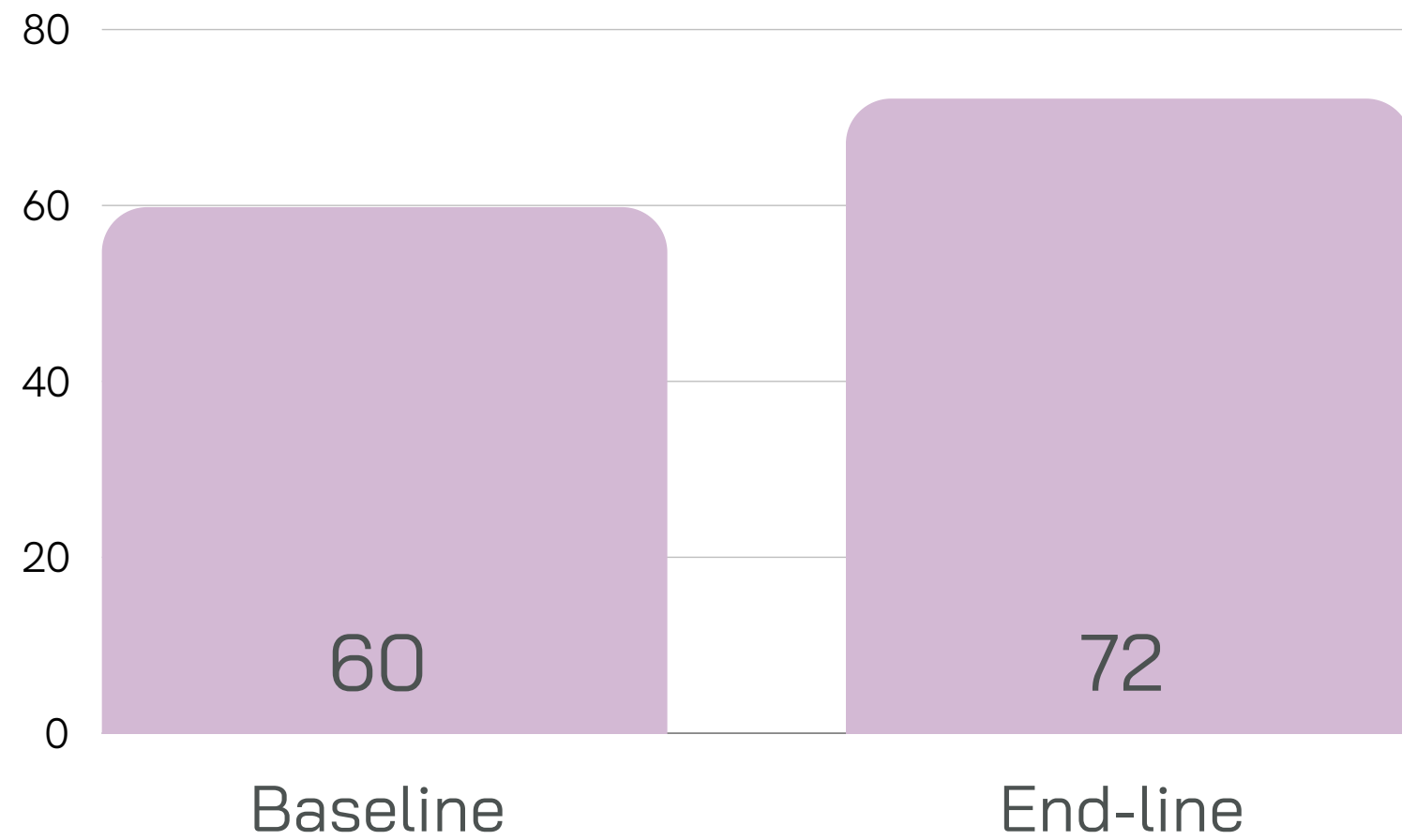


% of students who are able to identify myths and taboos associated with masturbation

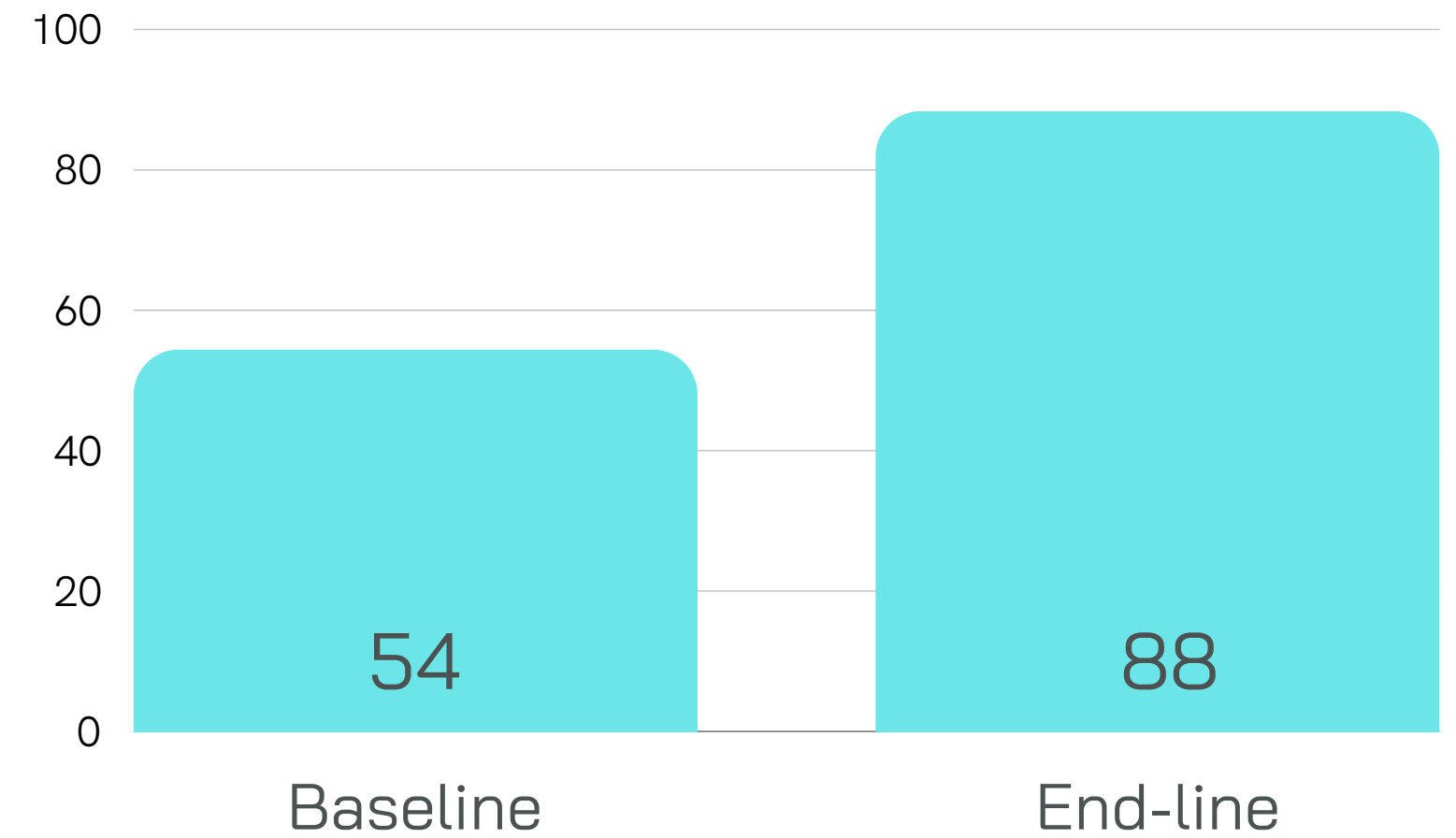


% of students who understand 'healthy' and 'unhealthy' relationships

Grade 8 and above

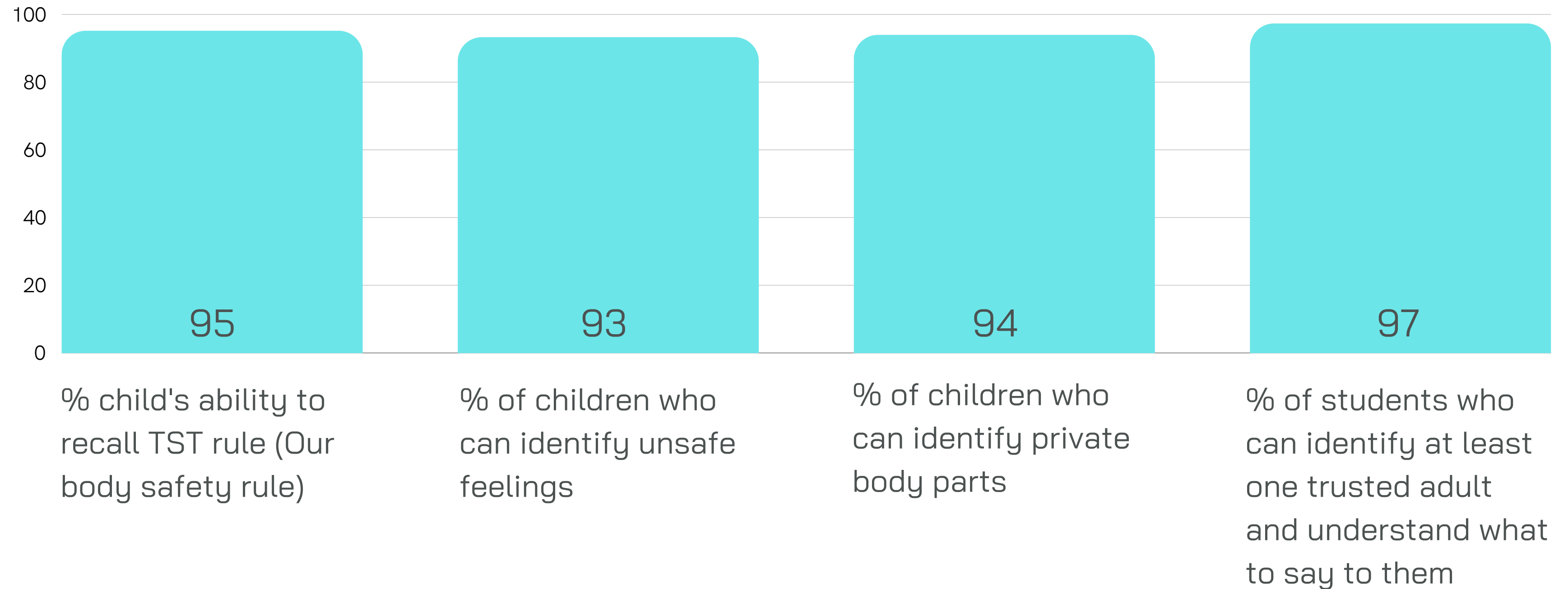


% of students who understand all people are equal

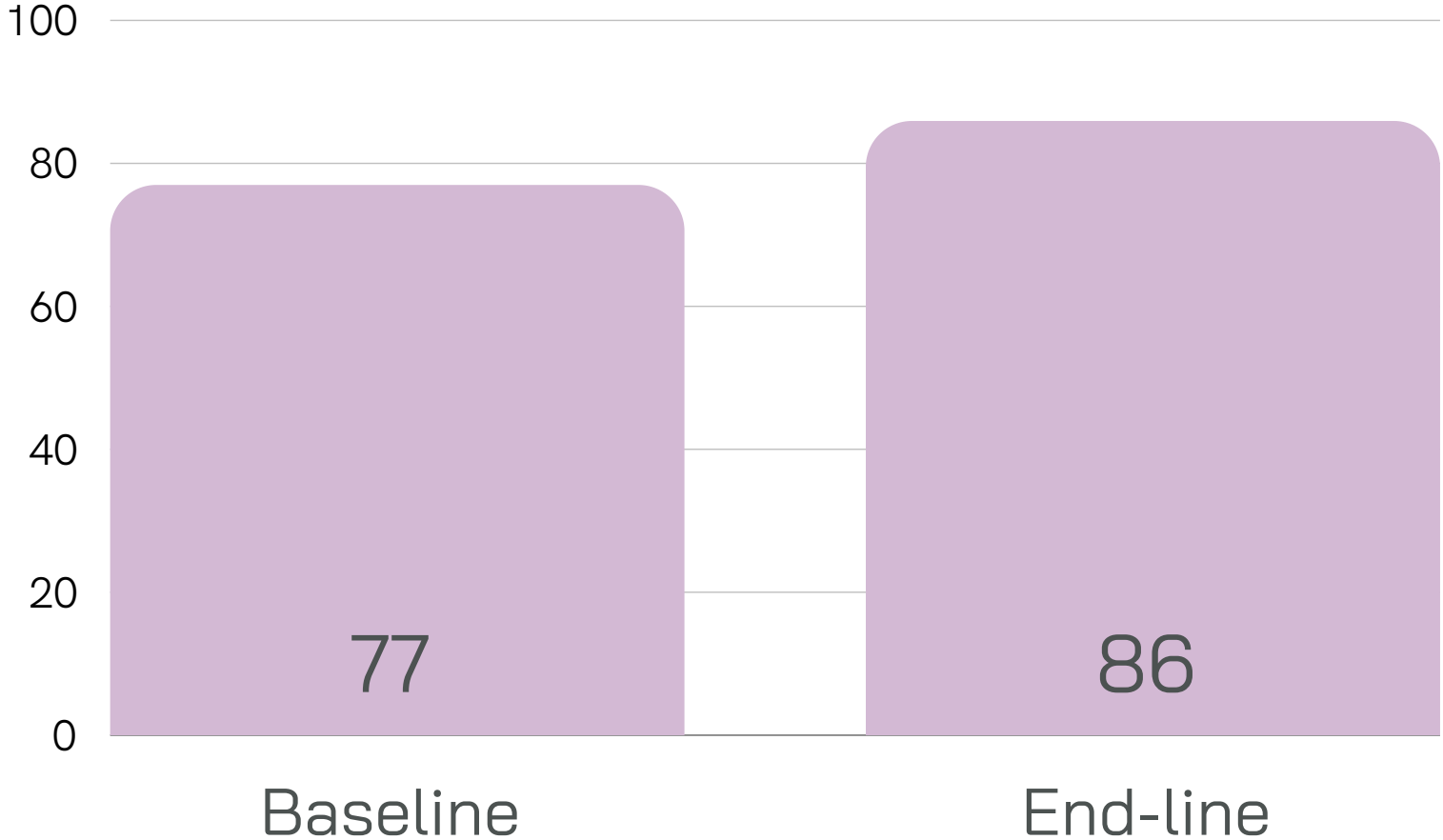


% of students who understand safe sexual practices

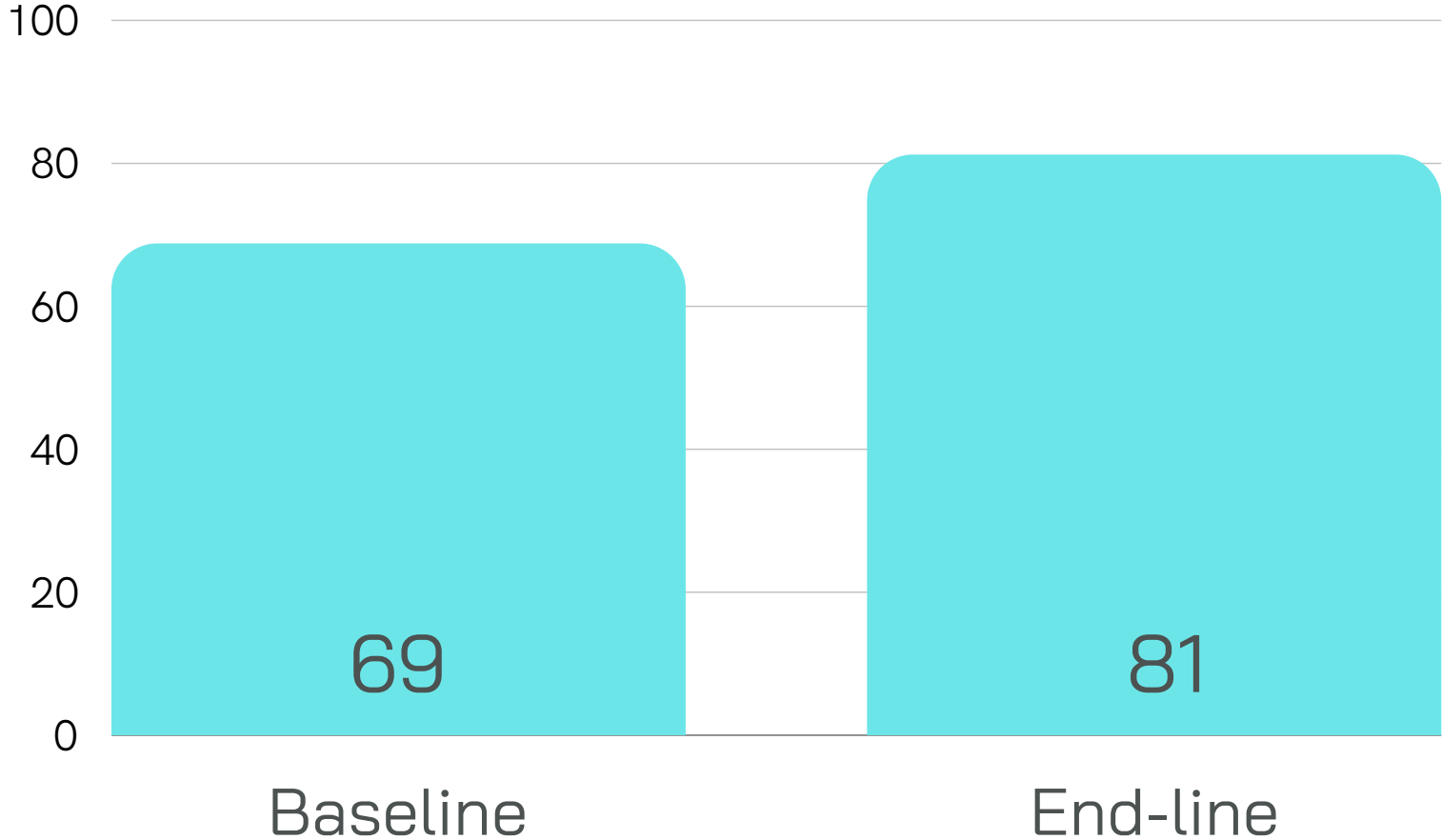
Grade 8 and above



Outcomes For Child Sexual Abuse Awareness Programme

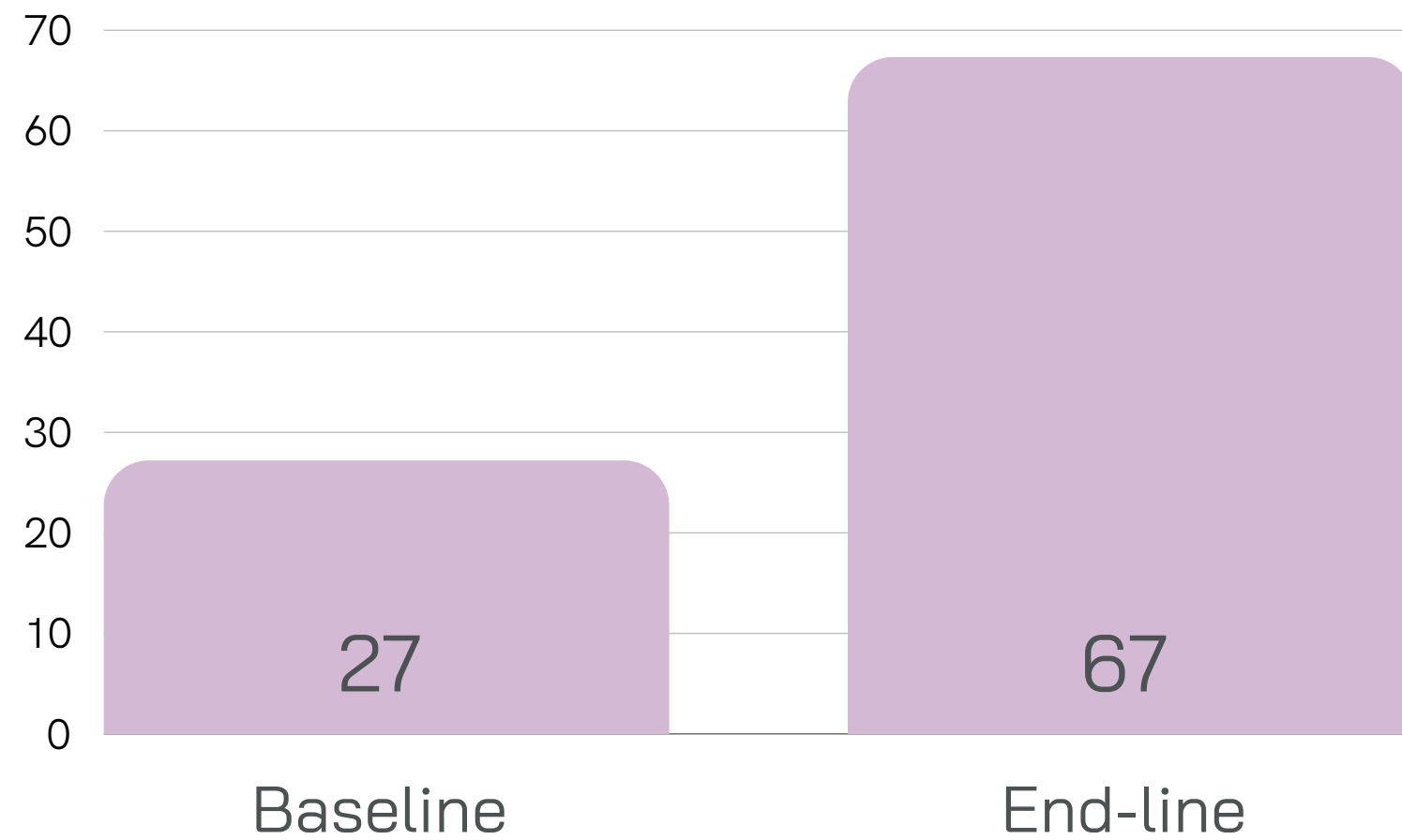


% of adults could identify myths around Child Sexual Abuse (CSA)

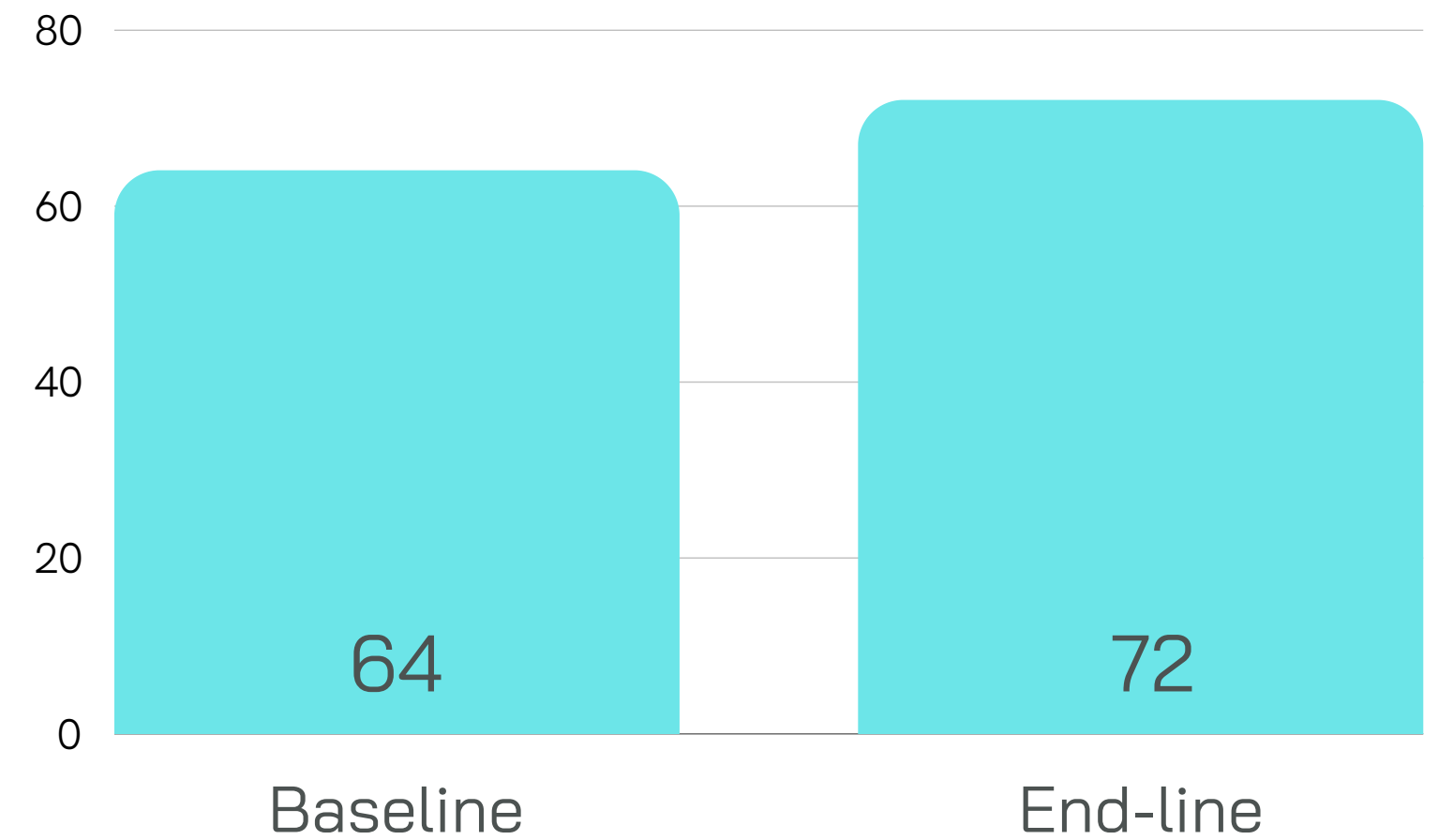


% of adults gained awareness around CSA

CSA Awareness Programme

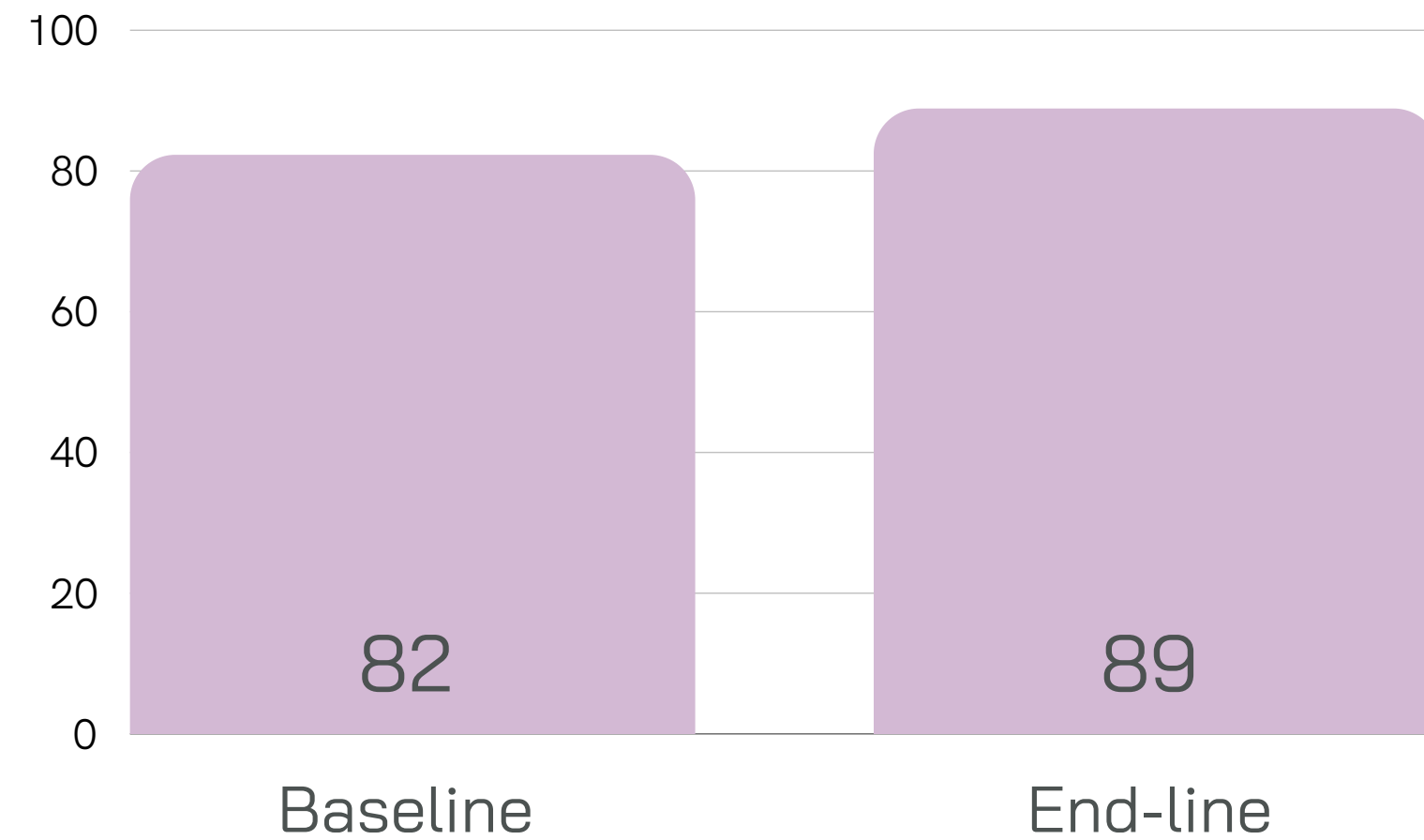


% of adults gained knowledge of CSA prevalence

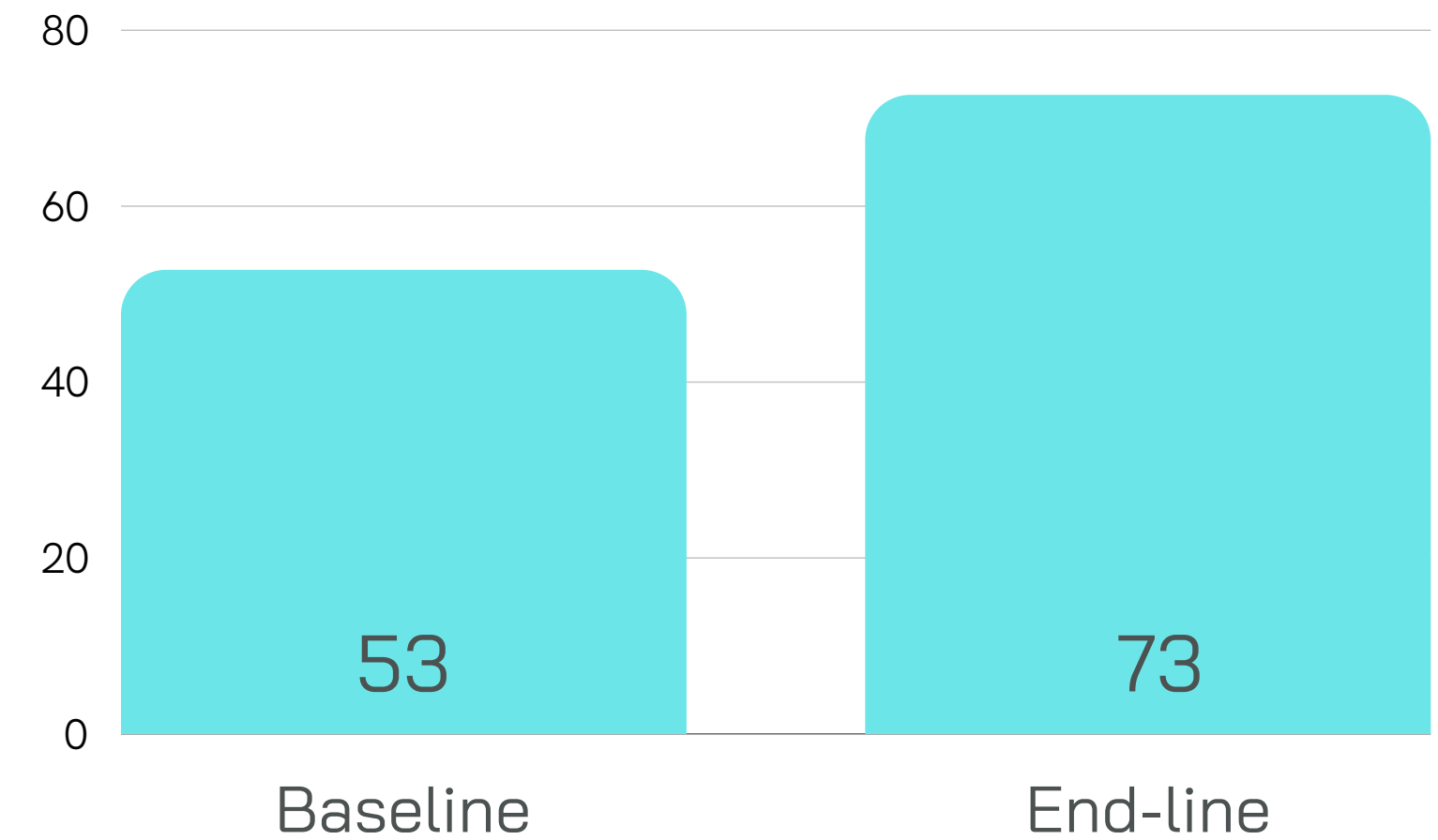


% adults could identify the signs of CSA

CSA Awareness Programme

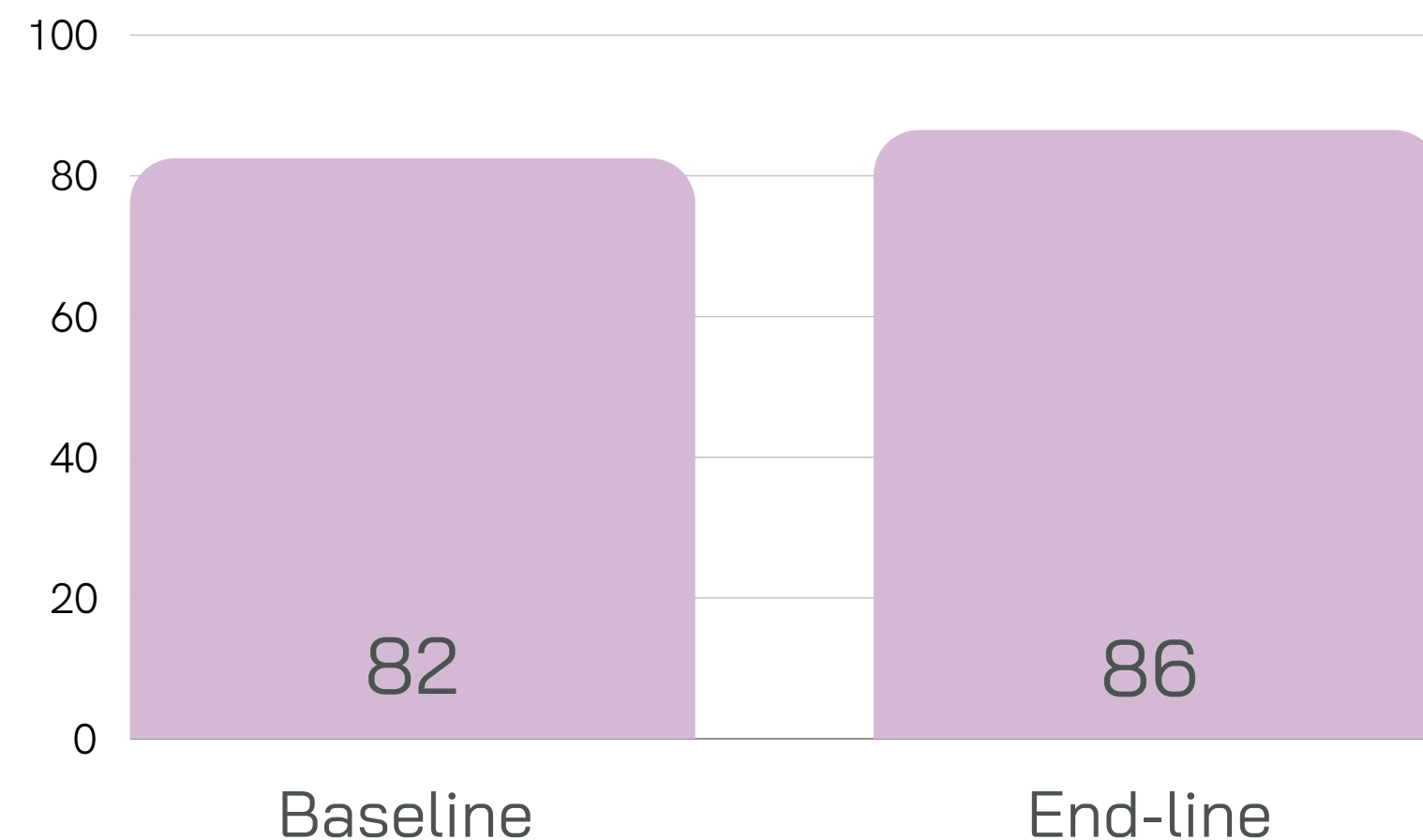


% of adults understood that children should be empowered by providing appropriate language

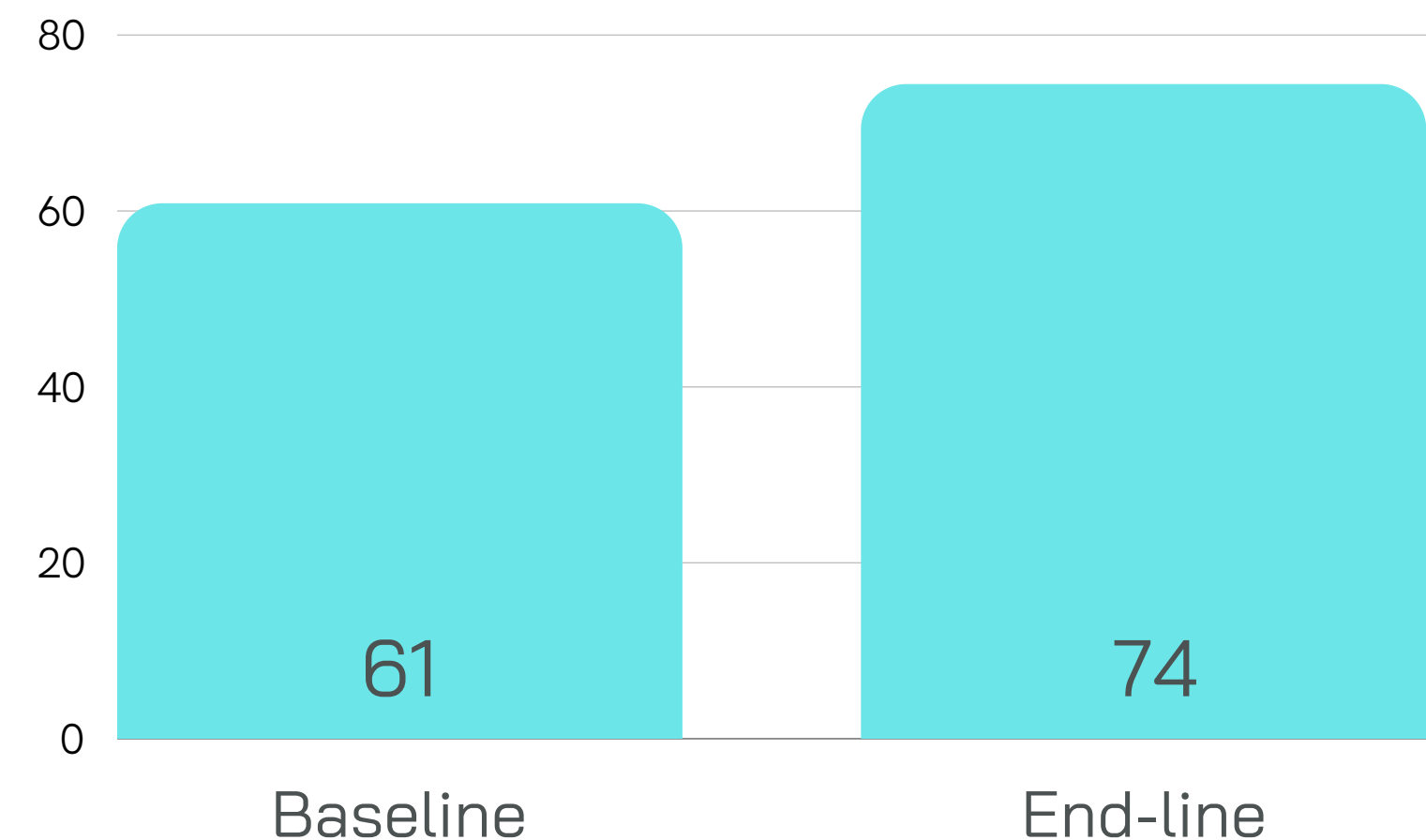


% of adults could identify sensitive handling of disclosure

Outcomes For Intensive CSA Awareness Programme

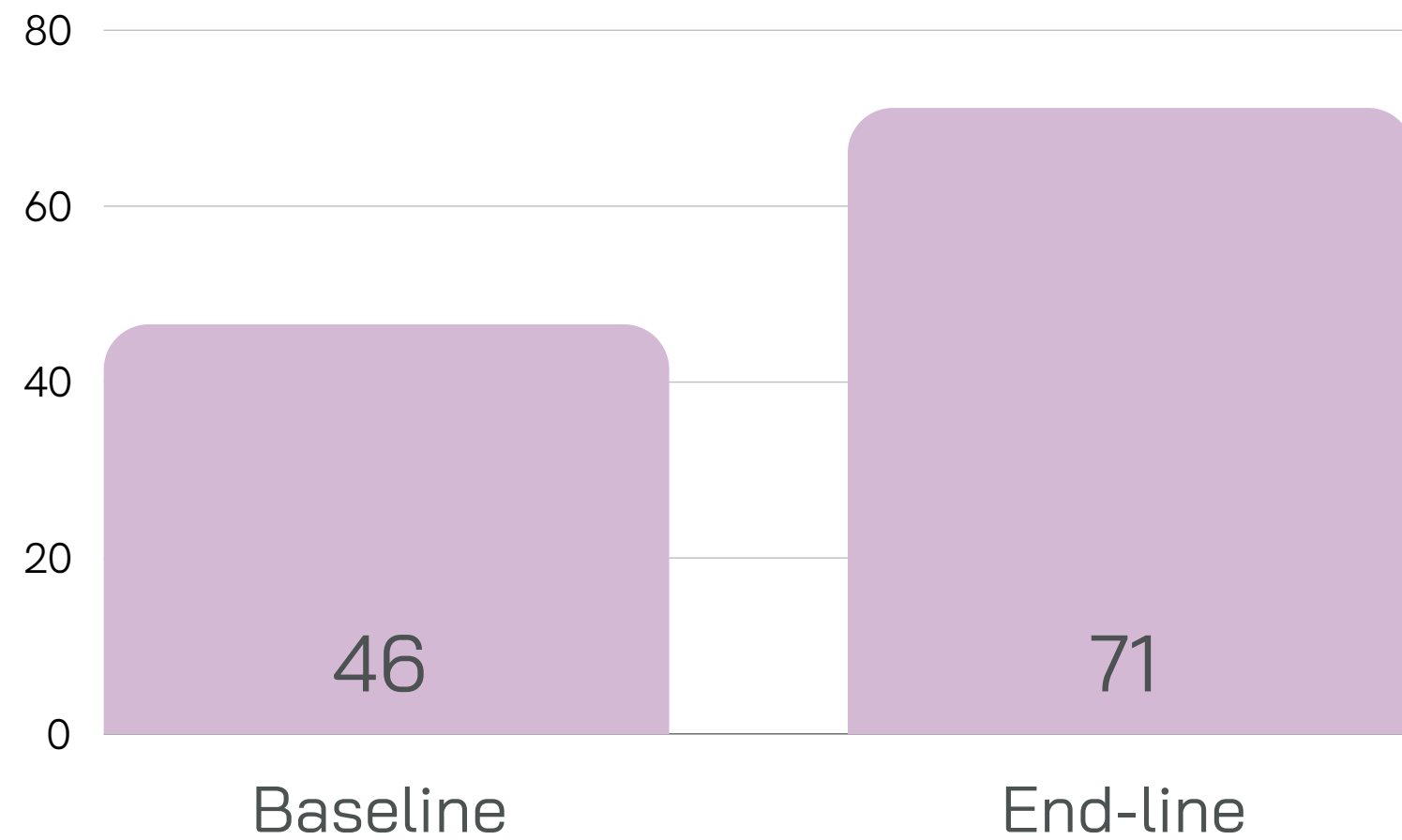


% of adults could identify myths around Child Sexual Abuse (CSA)

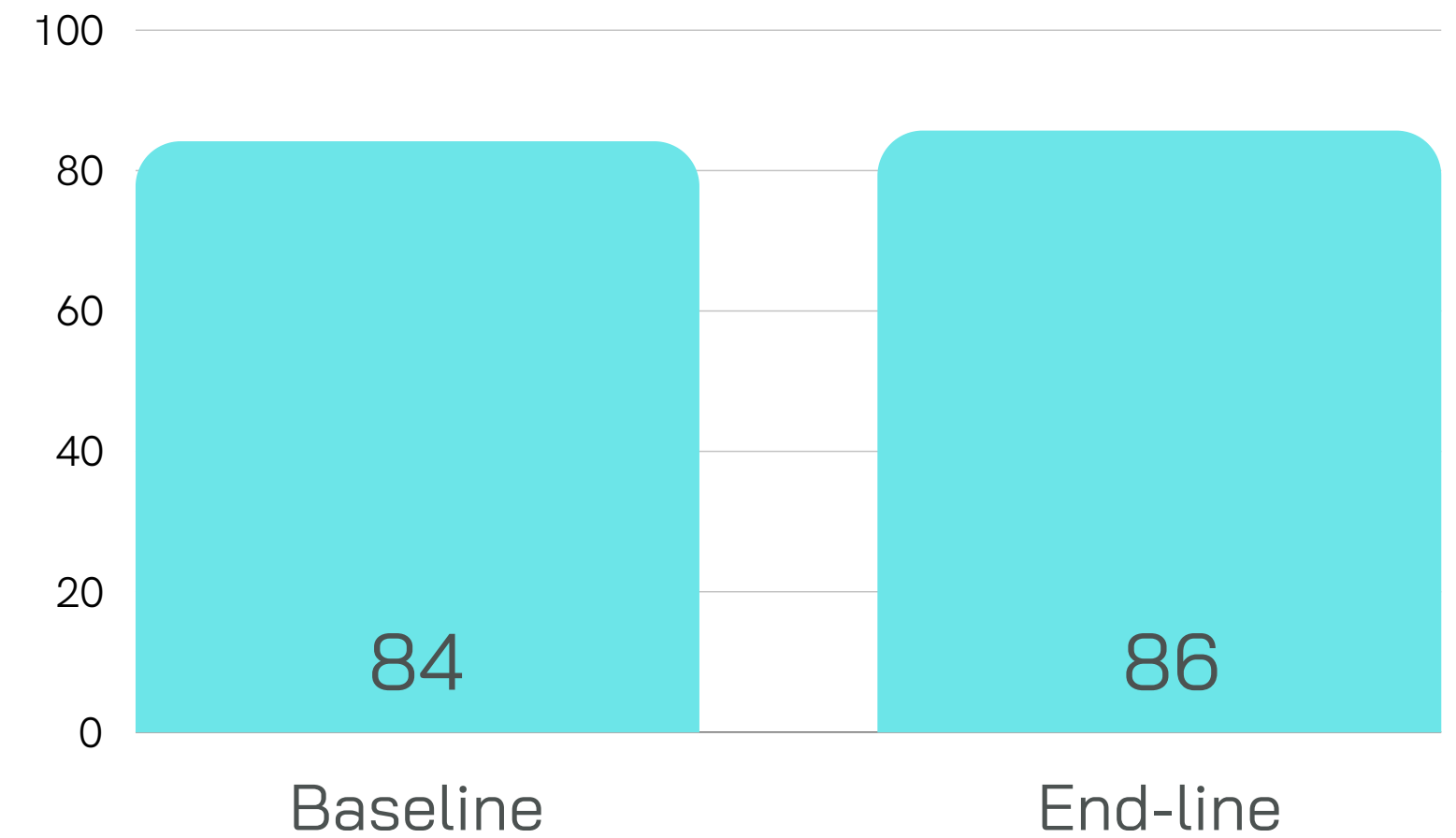


% of adults gained awareness around CSA

Intensive Training Programme

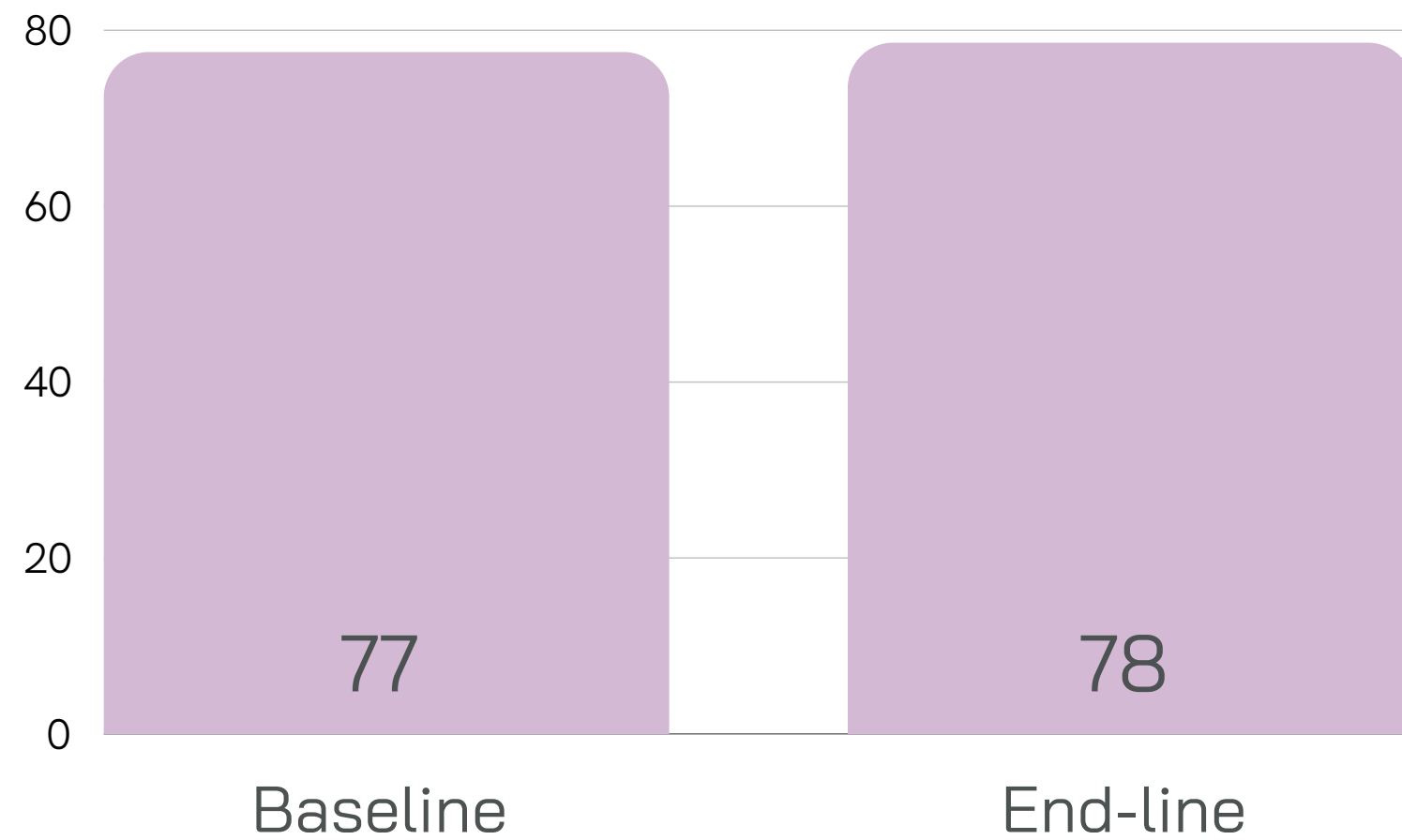


% of adults gained knowledge of CSA prevalence

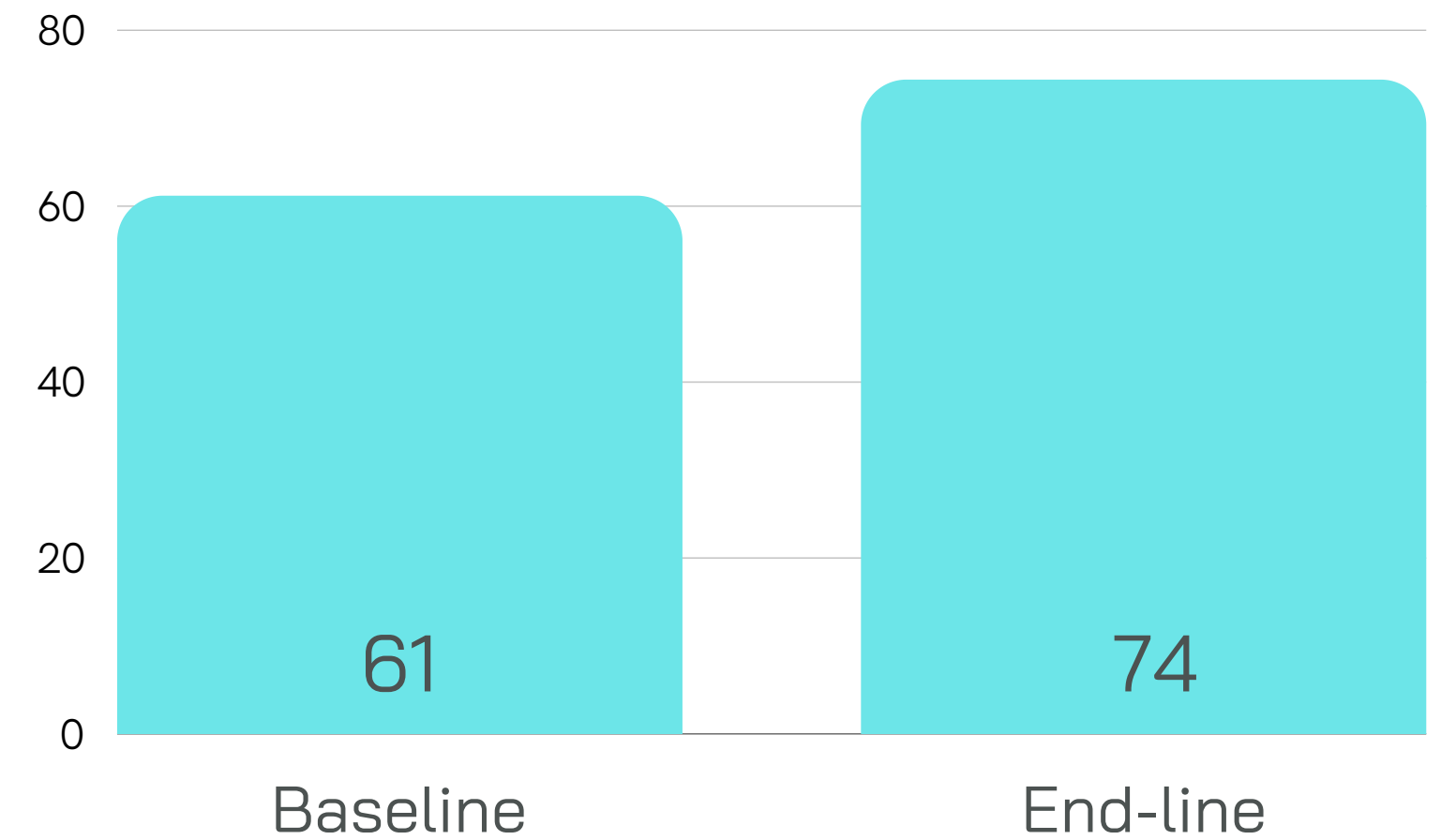


% adults could identify the signs of CSA

Intensive Training Programme



% of adults understood that children should be empowered by providing appropriate language



% of adults could identify sensitive handling of disclosure



“

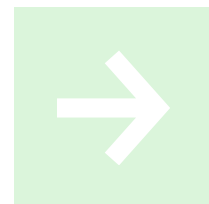
"हा विषय खूप नाजूक आहे
पण तुम्ही खूप छान
शिकवलात"

This topic is very
delicate but you taught
very well

-Teacher,
SNEHA NGO

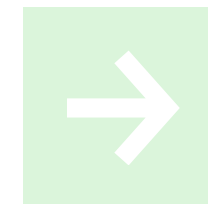
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Finance Overview



Revenue

Total revenue in the year: 91.46 lakhs



Expenses

Total expenses in the year: 50.31 lakhs



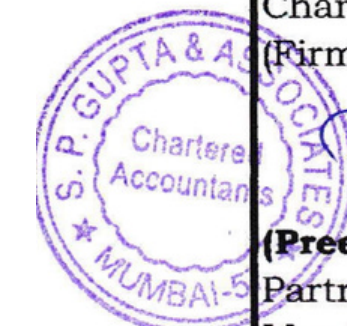

88% programmatic



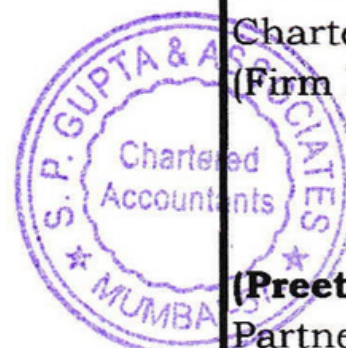



Close to 88% of the total expenses were utilised towards programme related activities.

Invested 20 Lakhs

As per special instructions from a donor, we have invested 20 lakhs in a well researched mutual fund.

Note: All amounts are in INR.

Rubaroo Breaking Silences Foundation (A Private Company Limited by Guarantee under Section 8 of Companies Act, 2013) Balance Sheet as at 31 March, 2023			
Particulars	Note No.	As at 31 March, 2023	As at 31 March, 2022
		Rs. (in thousands)	Rs. (in thousands)
EQUITY AND LIABILITIES			
Shareholders' funds			
Reserves and Surplus	3	8,154	4,038
Current liabilities			
Other Current Liabilities	4	34	54
TOTAL		8,188	4,092
ASSETS			
Non Current Assets			
Fixed Assets			
Tangible Fixed Assets	5	29	9
Non Current Investments	6	2,000	-
Current assets			
Cash and Cash Equivalents	7	6,159	4,080
Other Current Assets	8	-	3
TOTAL		8,188	4,092
See accompanying notes forming part of the financial statements			
In terms of our report attached.			
For S. P Gupta & Associates		For and on behalf of Board of Directors	
Chartered Accountants		For RUBAROO BREAKING SILENCES FOUNDATION	
(Firm Reg no 103445W)		For RUBAROO BREAKING SILENCES FOUNDATION	
			
			
(Preeti Parasrampur)		(Lisha Chheda)	
Partner		Director	
Membership No 131204		DIN: 07406533	
Mumbai		(Ishita Manek)	
Date : 04/09/2023		Director	
		DIN: 07686266	

Rubaroo Breaking Silences Foundation (A Private Company Limited by Guarantee under Section 8 of Companies Act, 2013) Statement of Income and Expenditure for the period from 01 April, 2022 to 31 March, 2023			
Particulars	Note No.	For the period ended 31 March, 2023	For the period ended 31 March, 2022
		Rs. (in thousands)	Rs. (in thousands)
INCOME			
Donations Received	9	8,951	2,176
Other Income	10	196	190
Total Income		9,146	2,365
EXPENDITURE			
Project Expenses	11	4,417	4,218
Establishment Expenses	12	600	668
Depreciation	5	13	11
Preliminary expenses written off		-	-
Total Expenses		5,031	4,896
Excess of Income over Expenditure/ (Excess of expenditure over Income)		4,116	(2,531)
See accompanying notes forming part of the financial statements In terms of our report attached.			
For S. P Gupta & Associates Chartered Accountants (Firm Reg no 103445W)  (Preeti Parasrampur) Partner Membership No 131204 Mumbai Date : 04/09/2023		For and on behalf of Board of Directors  (Lisha Chheda) Director DIN: 07406533	
 		  (Ishita Manek) Director DIN: 07686266	

Rubaroo Breaking Silences Foundation (A Private Company Limited by Guarantee under Section 8 of Companies Act, 2013) Notes forming part of the financial statements		
Particulars	As at 31 March, 2023	As at 31 March, 2022
	Rs. (in thousands)	Rs. (in thousands)
Note 3 : Reserves & Surplus		
Surplus / (Deficit) in Statement of Income & Expenditure		
Balance at beginning of the year	3,513	6,044
Add: Surplus / (Deficit) for the year	4,116	(2,531)
Closing balance	7,629	3,513
Reserve Fund		
Balance at beginning of the year	8	8
Closing balance	8	8
Corpus Donations Received		
Balance at beginning of the year	518	265
Add: Received during the year	-	253
Closing balance	518	518
Total	8,154	4,038
Note 4 : Other Current Liabilities		
Sundry Creditors for Expenses	33	51
Statutory Dues*	0	2
Total	34	54

* the said figure is less than Rs. 500 and hence the rounding up effect states "0".

Rubaroo Breaking Silences Foundation
(A Private Company Limited by Guarantee under Section 8 of Companies Act, 2013)

Notes forming part of the financial statements

Note 5: Fixed Assets

Amounts: Rs. (in thousands)

Sr. No	Particulars	Useful Life	Gross Block (at Cost)				Depreciation			Net Block		
			As at 1 April, 2022	Addition during the year	Deduction / sales during the year	As at 31 March, 2023	As at 1 April, 2022	For the year 2022-23	Adjustments during the year	As at 31 March, 2023	As at 31 March, 2023	As at 31 March, 2022
	Tangible Assets											
1	Computers and Laptops	3	119	34	-	153	111	13	-	124	29	8
2	Printers*	3	7	-		7	6	0	-	7	0	1
	Total		126	34	-	161	118	13	-	131	29	9

* the said figure is less than Rs. 500 and hence the rounding up effect states "0".

For RUBAROO BREAKING SILENCES FOUNDATION



Michael
Authorised Signatory / Director



For RUBAROO BREAKING SILENCES FOUNDATION

Devi
Authorised Signatory / Director

Rubaroo Breaking Silences Foundation (A Private Company Limited by Guarantee under Section 8 of Companies Act, 2013)		
Particulars	For the period ended 31 March, 2023 Rs. (in thousands)	For the period ended 31 March, 2022 Rs. (in thousands)
Note 6 : Non-Current Investments		
Investment in Mutual Funds	2,000	-
	2,000	-
Note 7 : Cash and Cash Equivalents		
Cash on hand	13	13
Balances with banks- Current Account	6,146	4,067
Total	6,159	4,080
Note 8: Other Current Assets		
Sundry Debtors	-	-
Excess TDS Deposited	-	3
Total	-	3
Note 9 : Donations Received		
Voluntary Contributions Received	8,951	2,176
Total	8,951	2,176
Note 10 : Other Income		
Interest on Income Tax Refund*	0	-
Interest Income	190	188
Other Income	-	1
Workshop Fees	5	-
Total	196	190

Note 11 : Project Expenses

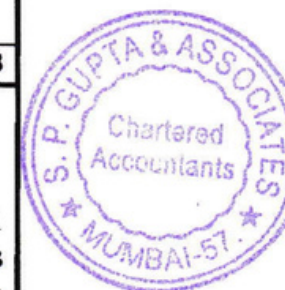
Professional & Technical Fees	3,190	3,863
Salary	850	-
Capacity Building Expenses (Counsellor & Health Services)	222	282
Donation Given (Direct)	-	40
Event Expense	10	-
Field Trip expenses	2	16
Promotional Expenses	80	17
Printing and stationery	19	-
Travel and Conveyance	44	-

Total **4,417** **4,218**

Note 12 : Establishment Expenses

Bank Charges	1	1
Capacity Building expenses (Others)	25	153
Professional & Technical Fees	465	412
Repair & Maintenance	20	14
Interest on TDS*	0	0
Interest & Late fees on PTRC	4	-
Payment Gateway Charges	7	15
Software & Subscription expenses	18	15
Website Expense	10	21
Other Establishment Expenses	2	2
Payments to auditors	35	35
Professional Tax payment	13	-
Total	600	668

* the said figure is less than Rs. 500 and hence the rounding up effect states "0".



Rs. (in thousands)

Note 13: Related Parties Disclosure

A List of related parties and relationship

Key Management Personnel (KMP)

Lisha Chheda (Director)

Ishita Manek (Director)

	Particulars	For the period ended 31 March, 2023	For the period ended 31 March, 2022
a)	Key Management Personnel	Rs.	Rs.
	<i>Professional fees:</i>		
	Lisha Chheda (Director)	505	840
	Ishita Manek (Director)	505	840
	<i>Salary</i>		
	Lisha Chheda (Director)	425	NIL
	Ishita Manek (Director)	425	NIL

Note : Related Parties are as disclosed by the management and relied upon by the auditors.

Note 14: Earnings per share

Not Applicable

Note 15: Contingent liabilities and commitments (to the extent not provided for)

	31 March 2023	31 March 2022
Contingent liabilities not provided for in respect of	NIL	NIL
Capital Commitments	NIL	NIL

Note 16: Earning and expenses in foreign currency

	31 March 2023	31 March 2022
Expenditure in Foreign Currency	NIL	NIL
Earnings in Foreign Currency: (Donation Received)	NIL	NIL

Note 17: Dues to micro and small suppliers

The Company has no amounts due to suppliers under Micro, Small and Medium enterprises Development Act, 2006 as at 31 March 2023.

Note 18: Prior year comparatives

The previous year figures have also been regrouped and reclassified wherever necessary to conform to current year's classification.

Rubaroo Breaking Silences Foundation
(A Private Company Limited by Guarantee under Section 8 of Companies Act, 2013)

Rs. (in Thousands)

Note 19: Disclosure of Ratios

a) Current ratio = Current assets divided by current liabilities

Particulars	As at March 31, 2023	As at March 31, 2022
Current assets	6,159	4,084
Current liabilities	34	54
Ratio	182.21	76.15
% change from previous year		139%

Reason for change more than 25% :
Reason for increase is mainly due to
higher bank balance and lower trade
payables at year end of this year.

b) Debt-Equity Ratio = Total debt divided by total equity where total debt represents aggregate of current and non-current borrowings

Particulars	As at March 31, 2023	As at March 31, 2022
Total debt	-	-
Total equity (including reserves)	-	-
Ratio	-	-
% change from previous year	NA	

c) Debt Service Coverage Ratio = Earnings available for debt service divided by debt service

Particulars	As at March 31, 2023	As at March 31, 2022
Particulars		
Profit/ (loss) before tax	-	-
Add:		
Depreciation and amortisation expense	-	-
Finance cost	-	-
Earnings available for debt services	-	-
Interest payments	-	-
Principal repayments	-	-
Total interest and principal repayments	-	-
Ratio	NA	NA
% change from previous year	NA	

Reason for change more than 25% : Not Applicable

(Rs. in Thousands)

d) Return on Equity ratio = Profit after tax divided by average shareholder's equity

Particulars	As at March 31, 2023	As at March 31, 2022
Profit after tax	-	-
Average shareholder's equity (refer note below)	-	-
Ratio	NA	NA
% change from previous year	Not Applicable	

Reason for change more than 25% : Not Applicable

e) Trade receivables turnover ratio = Net credit sales divided by average trade receivables

Particulars	As at March 31, 2023	As at March 31, 2022
Net Credit Sales (refer note 1 below)	-	-
Average trade receivables (refer note 2 below)	-	-
Ratio	-	-
% change from previous year	NA	

Note: Average trade receivables = (Total trade receivables as at beginning of respective year + total trade receivables as at end of respective year) divided by 2

f) Trade payables turnover ratio = Purchases divided by average trade payables

Particulars	As at March 31, 2023	As at March 31, 2022
Purchases (refer note 1 below)	-	-
Average trade payables (refer note 2 below)	-	-
Ratio	NA	NA
% change from previous year	Not Applicable	

For RUBAROO BREAKING SILENCES FOUNDATION

Note:

1. Purchases includes purchase of services
2. Average trade payables = (Total Trade Payables as at beginning of respective year + Total Trade Payables as at end of respective year) divided by 2

Reason for change more than 25% : Not Applicable

For RUBAROO BREAKING SILENCES FOUNDATION

[Signature]

(Rs. in Thousands)

g) Net capital turnover ratio = Net sales divided by average working capital

Particulars	As at March 31, 2023	As at March 31, 2022
Revenue from operations	-	-
Working capital (refer note below)	6,125	4,030
Ratio	-	-
% change from previous year	-	-

Note: Working capital = Current assets - Current liabilities

Reason for change more than 25% : Variance due to no sales in the current year.

h) Net profit ratio = Net profit after tax divided by revenue from operations

Particulars	As at March 31, 2023	As at March 31, 2022
Net profit after tax	-	-
Revenue from operations	-	-
Ratio	NA	NA
% change from previous year	Not Applicable	Not Applicable

Reason for change more than 25% : Not Applicable

i) Return on Capital employed = Earnings before interest and taxes (EBIT) divided by capital employed

Particulars	As at March 31, 2023	As at March 31, 2022
Earnings before interest and taxes (refer note 2 below)	-	-
Capital employed (refer note 2 below)	-	-
Ratio	NA	NA
% change from previous year	Not Applicable	Not Applicable

Note:

1. EBIT = Profit before taxes + finance cost

2. Capital employed = Total equity + total debt - deferred tax assets

Reason for change more than 25% : Not Applicable

Note 20: Other Statutory Information

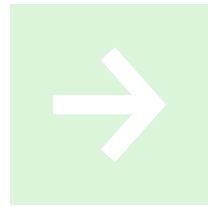
- (i) The Company does not have any immovable properties (other than properties where the Company is the lessee and the lease agreements are duly executed in favour of the lessee) whose title deeds are not held in the name of the Company.
- (ii) The Company has not revalued its property, plant and equipment and intangible assets.
- (iii) The Company does not have any loans or advances in the nature of loans granted to promoters, directors, KMPs and the related parties either severally or jointly with any other person, that are (a) repayable on demand or (b) without specifying any terms or period of repayment.



“It was a nice and very informative workshop. Such workshops should be taken frequently.”

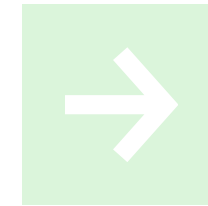
– Parent, Diamond Jubilee

Way Forward



Strengthening the team through training and capacity building

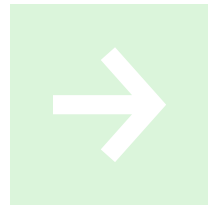
Our work has a positive impact only due to the fact that we have a hardworking and well-trained team. In order to enable them to do better and give their best to children, we hope to offer trainings and workshops to increase their capacity and skills.



Increased mental health interventions

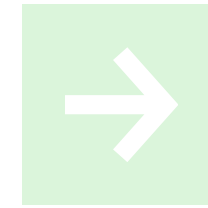
We believe that every child deserves a safe space and resources to lead a happier life. We wish to increase our mental health interventions through increased counselling intake and building on the core strengths of our mental health team.

Way Forward



Layering our approach with partners and increasing partnerships

We have been fortunate to build some strong partnerships with old and new organisations. We want to strengthen these partnerships and take a layered approach to year on year interventions with these partners. An area we are exploring is securing a partnership with the BMC schools so as to do our programmes across Government schools in F-North ward of Mumbai.



Deep impact work

With greater proactivity in reporting cases, we are realising that we would like to focus on deep-impact work, rather than only focus on increased outreach, going forward. This allows us to not only raise awareness and aid prevention but also allows us to give attention to every child's mental health needs, and address them suitably.



Contact Us



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