



# THE RAHUL KOTAK FOUNDATION



2016/2017

## THE RKF IMPACT REPORT

The Progress of RKF Projects in the first 18 months of operation in the schools we work with in the slums and rural areas of Kisumu County.

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## MESSAGE FROM THE CO-FOUNDERS



**Mansi Kotak**



**Mohit Kotak**

In the 18 months since we started RKF, we have laid the foundation we believe is necessary for us to achieve our goals. With 9 Board Members and a team of 15 volunteers, we have made some progress on this long journey where we have set out to contribute to achieve the following **Sustainable Development Goals** by working with young children in the slums and rural parts of Kisumu County:

- No Poverty
- Zero Hunger
- Good Health and Well-being
- Quality Education
- Clean Water and Sanitation

To achieve these, we have created several programs like the [RKF Feeding Program](#), a Literacy Program ([Kitabu Changu, Haki Yangu](#)), [WASH Program](#) and [Healthcare Programs](#) that have led to the results we show in our Overview. To highlight a few, we have served over **21,500** meals and seen enrolment in one of the schools increase by almost **46%**.

Encouraged by these initial results, we are excited to increase both the number of projects and programs we undertake in the coming year which will see us moving closer to our ultimate goal of providing quality education to the children living in the slums and rural areas of Kisumu County.

None of this would be possible without the support of our donors, volunteers and local community leaders. We are absolutely grateful for this kind of community involvement and continue to rely on it for our upcoming work.

## OVERVIEW

RKF is working with 2 schools ([Soko ECD & Primary and Valley Academy](#)) where we started Feeding Programs, built kitchens, refurbished the ECD (Early Childhood Development) Centres and started WASH (Water, Sanitation & Hygiene) programs at both.

### The RKF Feeding Program



21,535 meals served



245 Mugs, 280 Plates & Spoons

### The ECD Refurbishment Program



120 Chairs



60 Desks



720 Pencils



584 Books

### WASH & Hygiene Program



Soap & Running Water



225 Deworming Meds

### Collaborations



212 Pairs



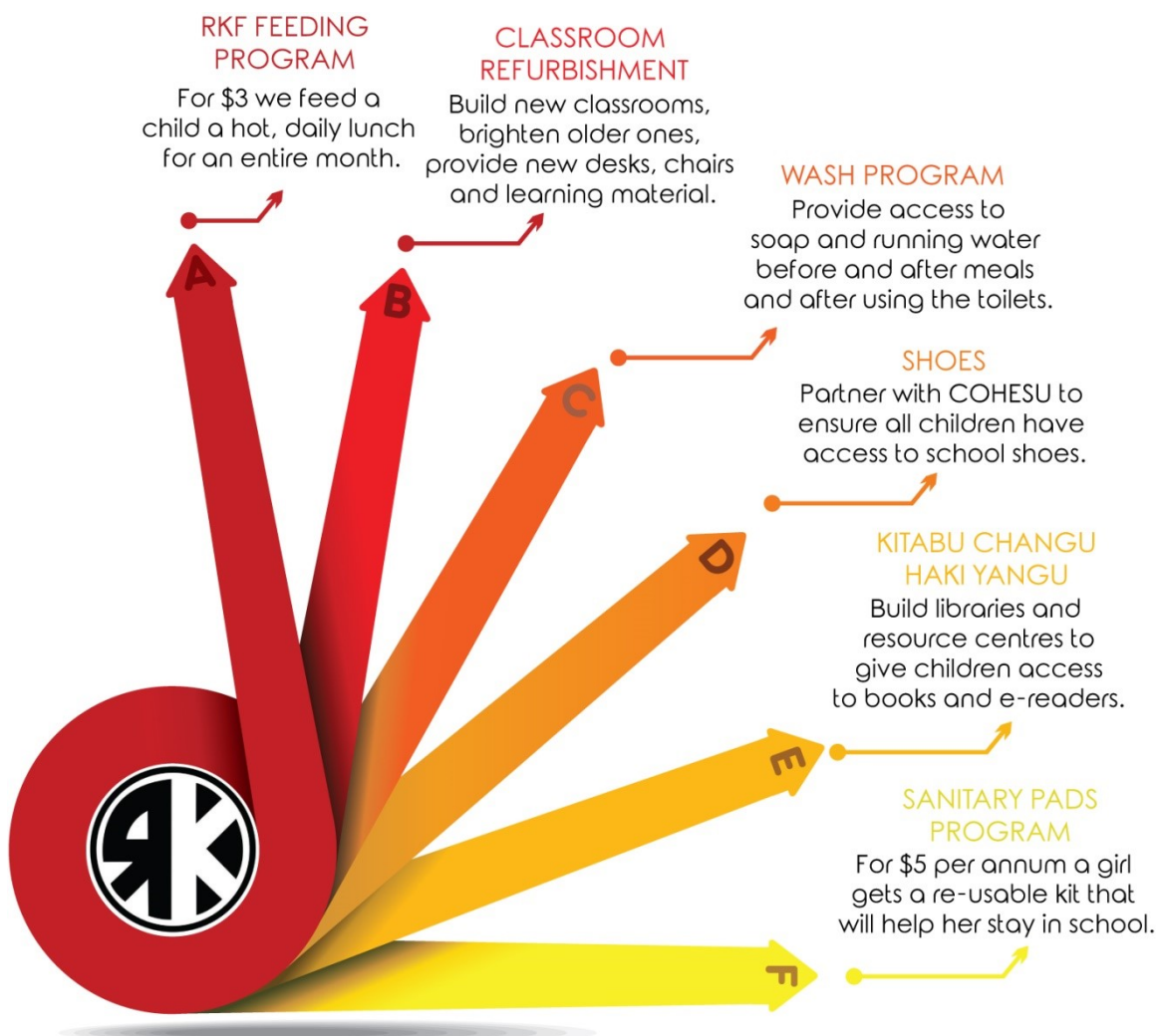
100 Trees Planted

## ABOUT RKF

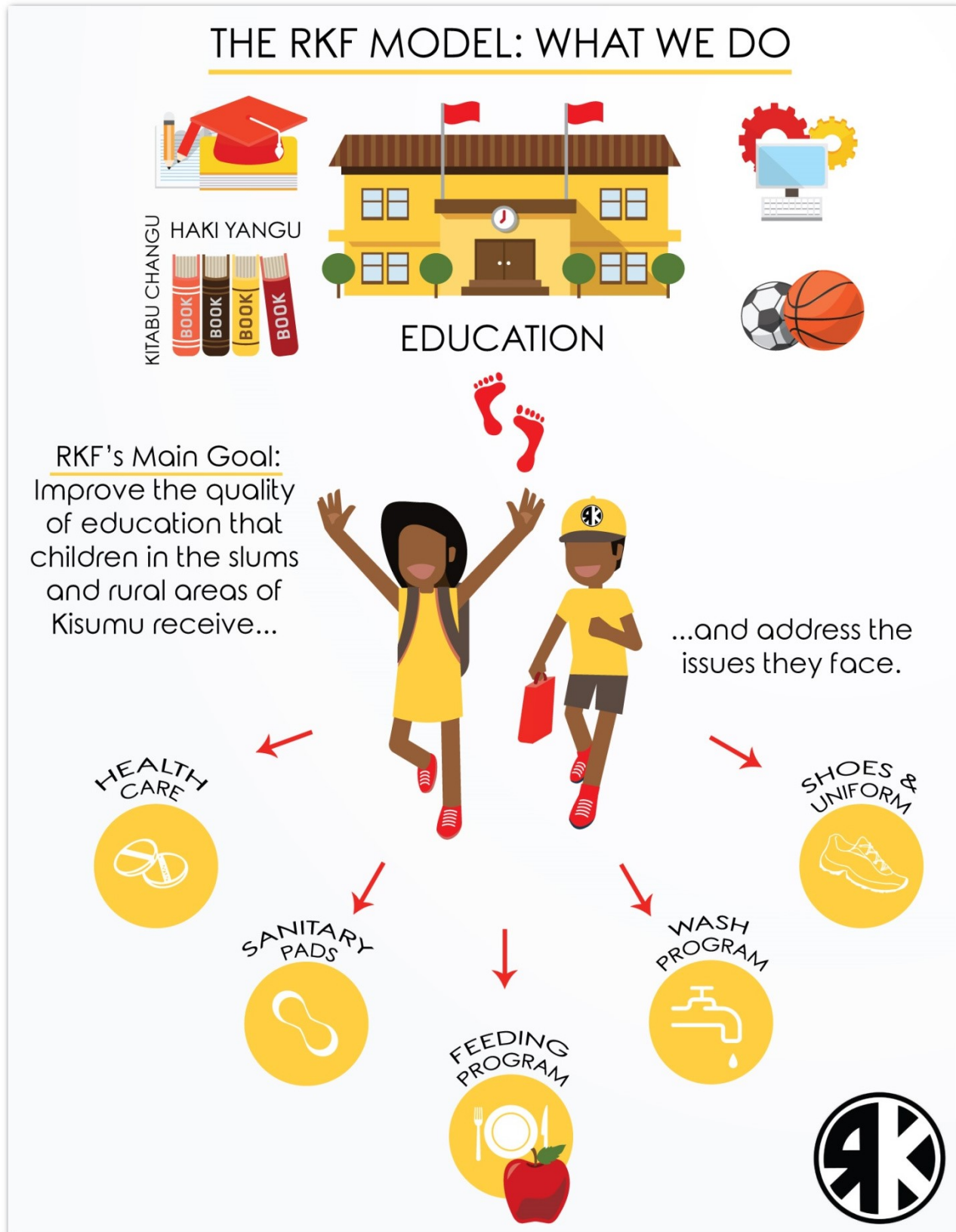
The Rahul Kotak Foundation is an NGO based in Kisumu, Kenya that was established in April 2016. Borne out of a desire to help the neediest members of the society, RKF embodies the values shared by its founders: *charity* and *compassion* to bring about positive and sustainable *change*.

The NGO's main aim is to improve the standard and quality of education available to young students, and also address the issues affecting them from accessing this basic right. We plan to do this by working with schools in the slums and rural parts of Kisumu County where most students come from very low-income families (mostly earning less than US\$2 per day).

RKF has set out to achieve these goals by implementing programs and partnering with organisations like [COHESU](#) and [AAR Healthcare](#).



## THE RKF MODEL



## THE RKF MODEL

This model is a simple representation of what we do at RKF to achieve our aim of improving the quality of education children receive and helping them overcome the challenges they face in accessing that very education.

**Quality Education:** We work closely with the teachers and students to understand how best we can help improve the current level of education so that all the students have the best chance at continuing with their education and performing better every year. Through our ECD Refurbishment Program, we improve the learning environment by ensuring that the students have desks, chairs and educational material.

In the future we aim to improve our existing model through teacher training and our program: Kitabu Changu, Haki Yangu which will introduce a variety of books.

**Overcoming the Challenges:** We run a Feeding Program that provides a daily meal to each student to help curb absenteeism and prevent the effects of malnutrition. Our WASH Program provides access to soap and running water to improve personal hygiene. Our collaborations with other organisations give us the opportunity to administer healthcare programs like dispensing sanitary pads, shoes and uniforms as well as deworming exercises.

Our model also focuses on sustainability to safeguard the longevity of the projects we undertake. Through our current financial model, we use 100% of the donations we receive to implement programs while all administrative costs are covered by the team and Board Members of the Foundation.

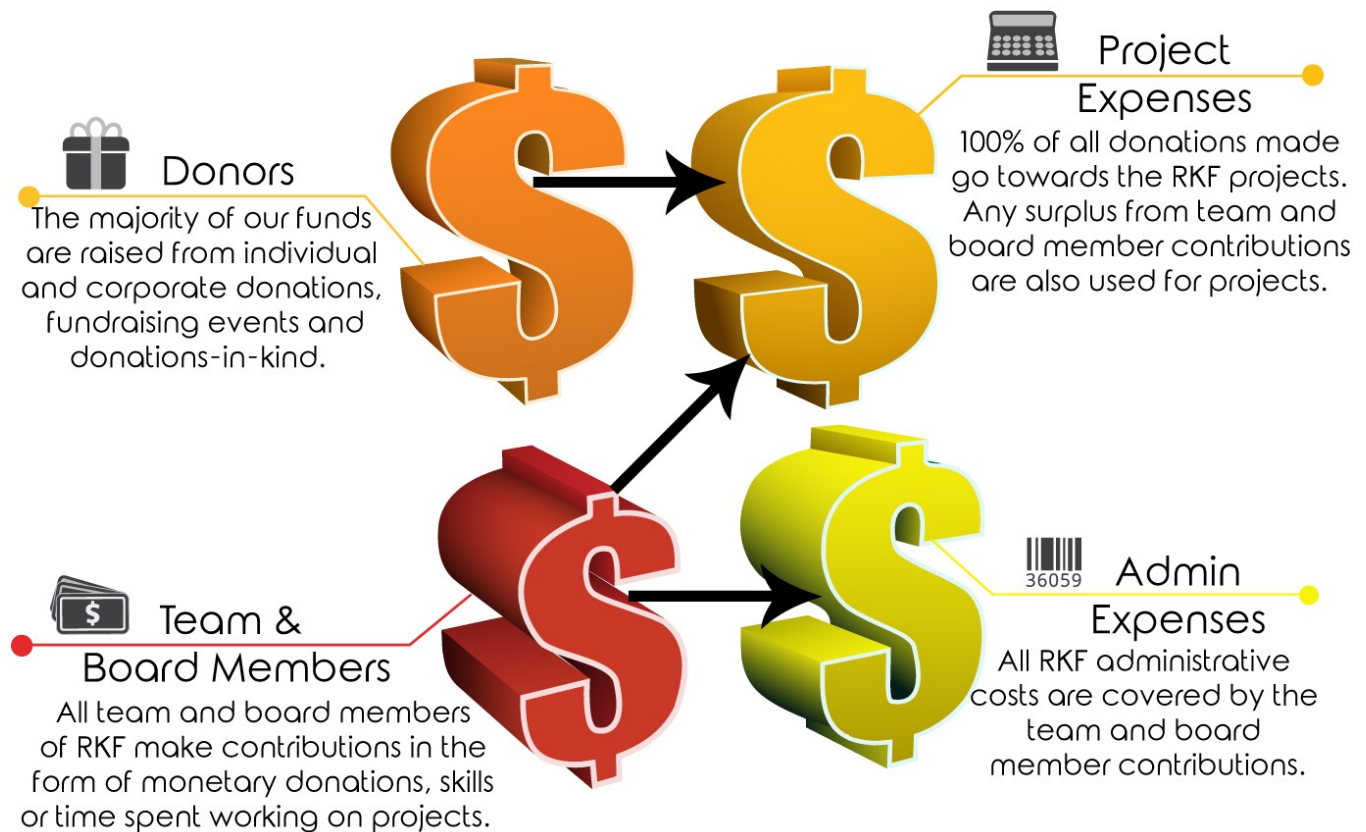
## Sustainability

It is paramount that any program we implement is with the view to ensure its long term sustainability in the communities we work with. To achieve this, we directly involve parents, local leaders and members of the community to make them stakeholders. This allows them to take part-ownership of the programs with the eventual aim to give them full-ownership and independence to run them.

## Financial Model

Below is a summary displaying the financial model of The Rahul Kotak Foundation:

# The RKF Financial Model





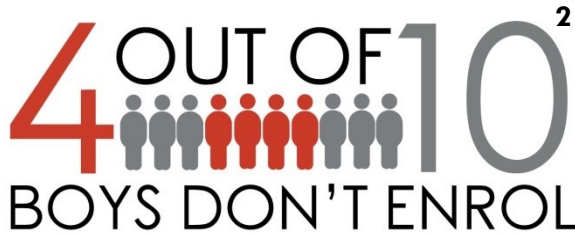
## WHY KISUMU?

RKF is based in Kisumu – the smallest of Kenya’s three cities by a margin. Even though Kisumu’s size does not merit the title of “city”, its rapid urban development certainly does. Over the last two decades the growth of slums within the city and low-income settlements on the outskirts has easily overtaken the rate at which the local economy has grown. As a result, the city now faces an ever-increasing income gap as well as a population density showing no sign of decreasing.

Having been raised in Kisumu, the RKF Team has witnessed first-hand the effect that abject poverty has on the livelihood of the local population, particularly on literacy. With our values of compassion, charity and change embedded in all the work we do, we will continue to promote and preserve the culture of “giving back”.



In Kisumu, our focus is primarily on schools (more so ECD Centres) in the slums and rural areas of the county. This is to address the crucial gap in education at the early stages despite



the presence of Free Primary Education in the country. Due to poverty, many parents choose to enrol children directly into primary schools which often means these students lack a basic foundation

and lag behind in class throughout their school life.

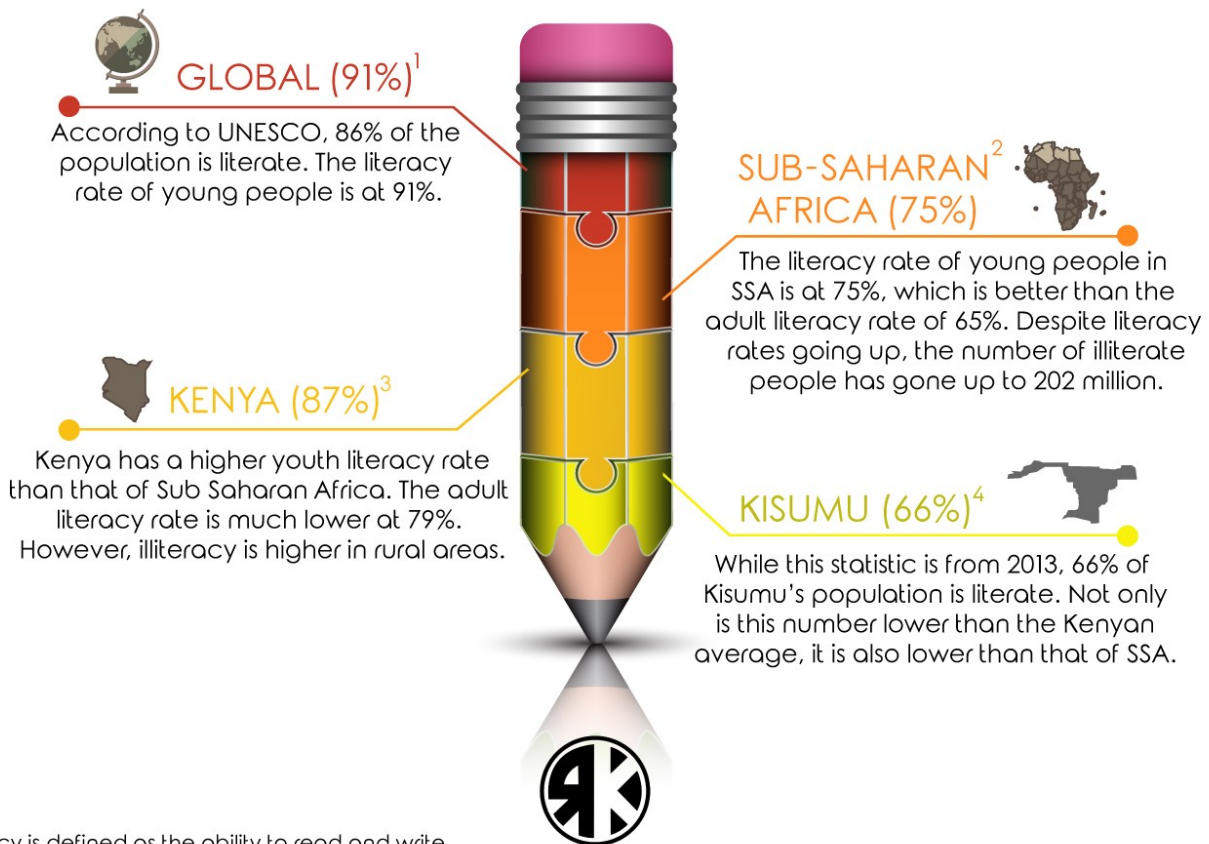
As a result, 4 out of 10 girls don't enrol in to ECD Centres. Neither do 4 out of 10 boys. Furthermore, 9 out of 10 children with disabilities do not receive a pre-primary education largely due to poor sensitisation and restrictive environments.



1,2,3 The Status of Basic Education in Kisumu County, First Edition 2014 (Kisumu County Education Network)

Despite being one of the more developed counties in the country, Kisumu ranks very poorly at 30 out of 47 counties in terms of literacy rates. With an estimated 202 million illiterate people, Sub-Saharan Africa is considered to have the lowest literacy rates in the world. At 87%, Kenyan youth have a much higher literacy rate than that of Sub-Saharan Africa. Kisumu, however, lags behind at 66%. (Please note: this is the latest data available for Kisumu from a 2013 report. The current number may be slightly different).

# LITERACY RATES



\*Literacy is defined as the ability to read and write

<sup>1, 2</sup> [http://uis.unesco.org/sites/default/files/documents/fs45-literacy-rates-continue-rise-generation-to-next-en-2017\\_0.pdf](http://uis.unesco.org/sites/default/files/documents/fs45-literacy-rates-continue-rise-generation-to-next-en-2017_0.pdf) (2017)

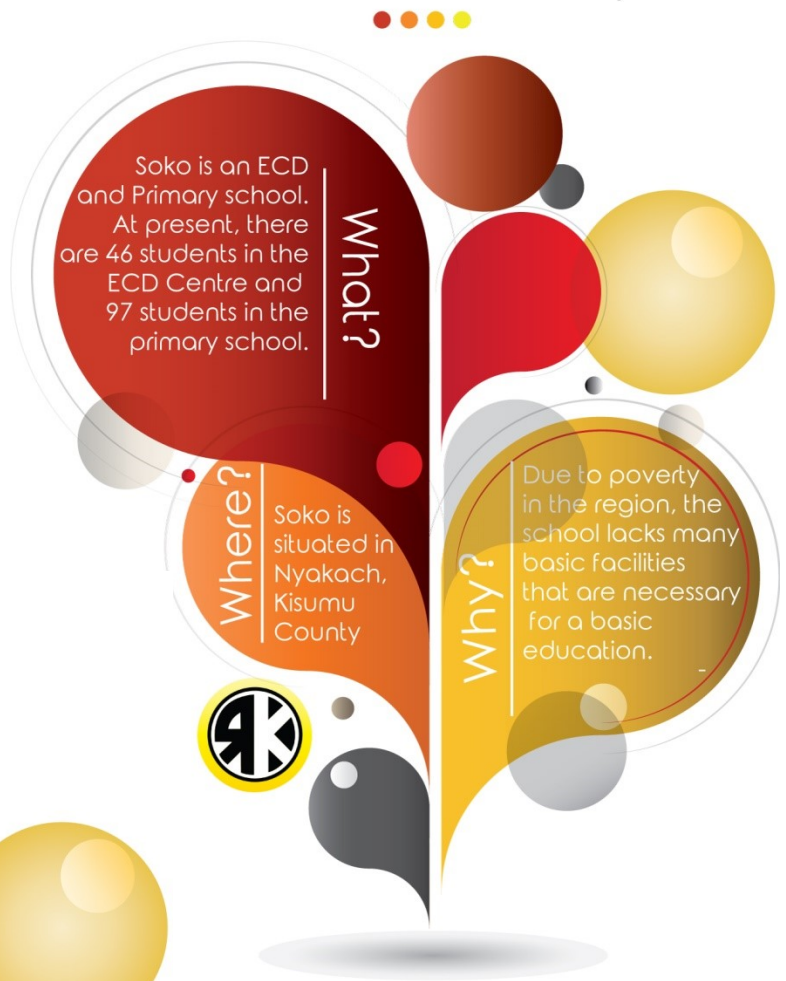
<sup>3</sup> UNESCO eAtlas of Literacy (<http://tellmaps.com/uis/literacy/>)

<sup>4</sup> The latest data we could find was from 2013, when Kisumu was ranked 30 out of 47 constituencies (<http://www.crakenya.org/wp-content/uploads/2013/07/CRA-County-Fact-sheets-2nd-Edition-June-2013.pdf>)

## PROJECTS

Soko ECD & Primary is a public school in Nyakach (rural area in Kisumu County) that had 98 students before RKF took it up as a project in February 2017. RKF has implemented a Feeding Program, refurbished their ECD Centre, started a WASH Program, provided shoes, learning material and deworming medication.

### Soko ECD & Primary



### Valley Academy

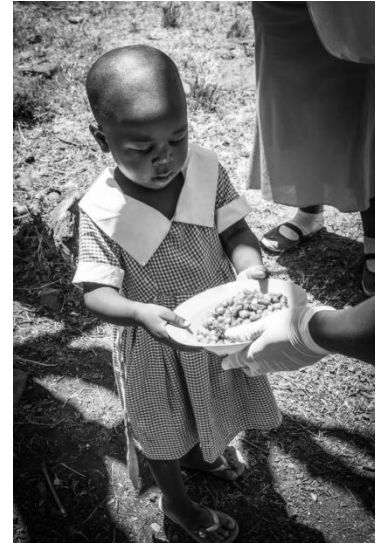


Valley Academy, located in Nyalenda (a slum in Kisumu), is a make-shift school that uses a Church Hall during the weekdays to teach young children from the area. RKF started working with Valley in January 2017 where we implemented a Feeding Program, WASH Program, ECD Refurbishment Program and provided the children with shoes and deworming medication.

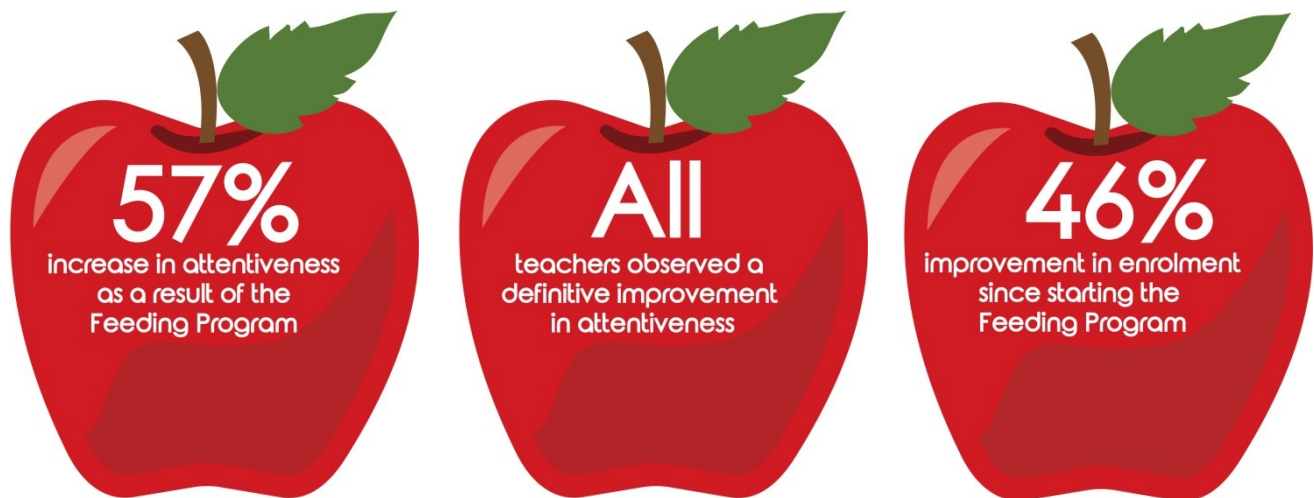
## THE RKF FEEDING PROGRAM

At RKF we developed a feeding program that feeds a child a daily meal for KES 300 (USD \$3) per month. This is a balanced meal of either maize and beans (locally known as githeri/nyoyo) or rice and beans for younger children. We involve parents and the community by promoting cost-sharing and volunteering to make them part-owners and direct stakeholders of the program.

In an effort to contribute, some parents at Soko volunteer as cooks to eliminate labour costs and assist in running the program efficiently. However, at Valley, the parents choose to contribute KES 5/- (US\$0.50) per child per day.



The following results were attained from a survey of all the teachers:

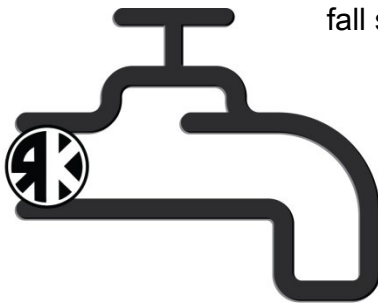


School feeding programmes: Food for education programmes, school feeding and take-home rations have been immensely important in sub-Saharan Africa in improving enrolment. A meta-analytical review of the Food for Education programme in 32 sub-Saharan African countries found that providing on-site meals increased girls' and boys' enrolment by 28% and 22% respectively in the first year of the programme, and that effects were sustained if the programme also provided take-home rations. ([http://en.unesco.org/gem-report/sites/gem-report/files/regionalOverview\\_SSA\\_en.pdf](http://en.unesco.org/gem-report/sites/gem-report/files/regionalOverview_SSA_en.pdf))

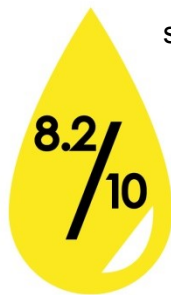
## WASH PROGRAM

RKF initiated the WASH (Water, Sanitation & Hygiene) program to address the lack of importance being given to personal hygiene in the schools we work with. We ensure students have access to soap and running water; amenities that should be available to every child. Instilling good habits of maintaining basic hygiene from an early age can be crucial to a child's well-being, especially in an environment where they are considerably more likely to

fall sick.



According to a study carried out by KCEN (Kisumu County Education Network) in 2014, sanitation is a major problem for ECD Centres



On average, teachers scored us 8.2 out of 10, when asked about the effectiveness of the WASH Program

and their host primary schools where only 52% of the schools had water points near the toilets for children to access after visiting the toilet. Furthermore, only 25% of the schools provided soap together with water to children after accessing the toilets.

Started mainly to curb the habit of students not washing their hands after using the toilet, the WASH program also ties in with our Feeding Program as teachers see to it that all students wash their hands before and after meals. This also extends to teachers and cooks, with the latter being expected to wear gloves and hairnets when cooking and serving meals.



## ECD REFURBISHMENT

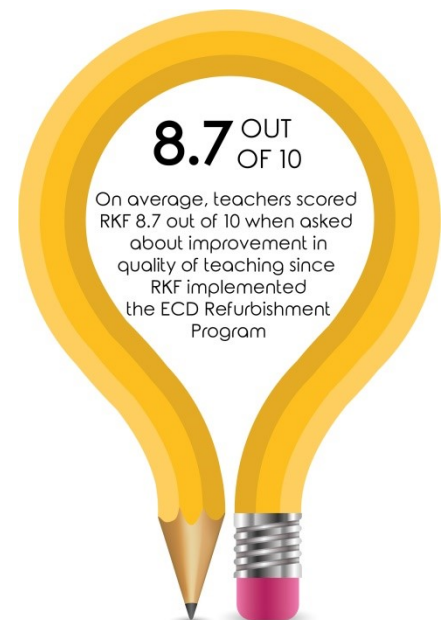
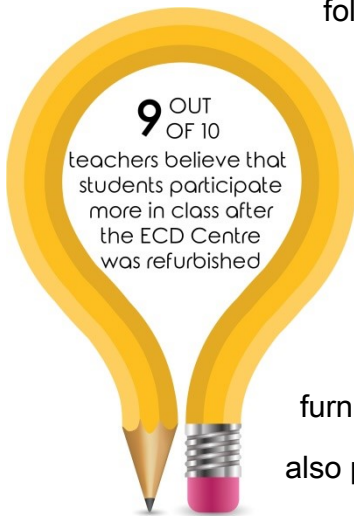
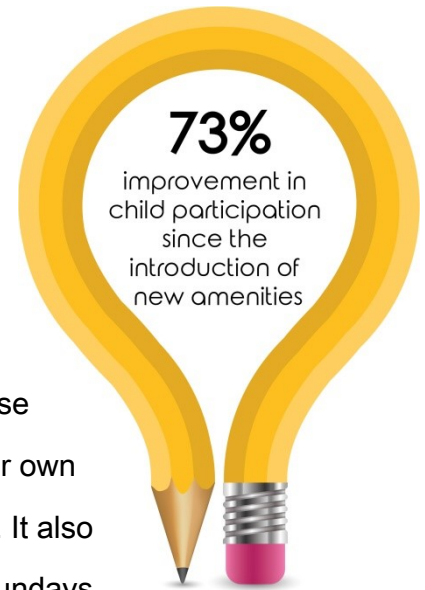
This program was started with the aim of improving the poor learning environment we found most students in. Without proper classrooms, desks and chairs it can be very difficult for students to concentrate in class.

At Valley, RKF provided the children with make-shift, movable and

foldable classrooms within the Church Hall. These

now provide each class of students with their own space and keeps distractions to a minimum. It also allows the Church to function as usual on Sundays without any permanent changes to the hall.

The ECD Centre at Soko was painted to give it a brighter look and furnished with colourful, age-appropriate desks and chairs. The students were also provided with new stationery and educational charts.



On the left is a picture of Baby Class of Valley Academy from our first visit in 2016 where children were crammed on benches in a small area. On the right is a picture from September 2017: new classroom, new desk, chairs and learning material.

## VOLUNTEERS AND WORKSHOPS

An important aspect embodying the Foundation is the urge to inspire change. Through the course of the year, we had the pleasure of welcoming enthusiastic youth who too believed in this, and dedicated their time and energy to inspire the children through our workshops and field trips.

### Arts & Crafts Workshop

This was held at Valley Academy where we wanted to teach the children how to make beautiful artwork to decorate their classroom using easily available materials. The volunteers were kind enough to bring old egg cartons, toilet paper rolls, paint brushes, paints and other art supplies to make this a fun learning experience.



*"I volunteered at RKF for their first Arts and Crafts workshop at Valley Academy! It was a memorable experience since it was my first time helping out with young children. Everyone was very helpful and kind and i really look forward to working again with RKF!" - Nishta Patel (Top Center)*



*"So focused, so determined, so hardworking and so welcoming. The RKF has risen as a voice for change as well as a foundation that is constantly trying to improve their execution and planning of projects. So glad to have had an opportunity to work with them"*

*-Rachna Raichura (Top Rightt)*

## Field Trip to Impala Park

Seeing as a lot of the children had never before had the opportunity to visit a park, we thought it would be a great idea to plan a trip to one; especially since a lot of them were learning about animals in school. We had an enthusiastic team of volunteers who were up bright and early to spend the whole day walking around the park with the kids.



*"This nonprofit is definitely what it says to be, completely dedicated to help out others with no expectation of a salary or profits. Their aim to help students is completely pure! They are doing an amazing job!" - Janvi Pabari*



*"RKF is made up of a team so passionate and enthusiastic, every opportunity I get to work with them is a blessing! They understand the core of the projects and are equally dedicated to the success of both short term, and long term projects. The progress made thus far is remarkable and it's only onwards and upwards from here!" - Reeya Pabari (Left)*



## COLLABORATIONS



We have had the great opportunity to collaborate with like-minded individuals and organizations that make the work we do so much easier. AAR Healthcare and Cohesu have played a crucial role in helping us achieve our goals.

### **Shoes for all students (COHESU):**



The TOMS project was introduced to combat the rapid rise of bilharzia and jiggers amongst children in Kisumu; Cohesu provides footwear to school children that would otherwise be bare feet and likely to catch these diseases. At both Valley Academy and Soko Primary School, the shoes have essentially become part of the students' school uniform as Cohesu replaces the shoes once they wear out.

### **De-worming and Tree Planting (AAR Healthcare)**

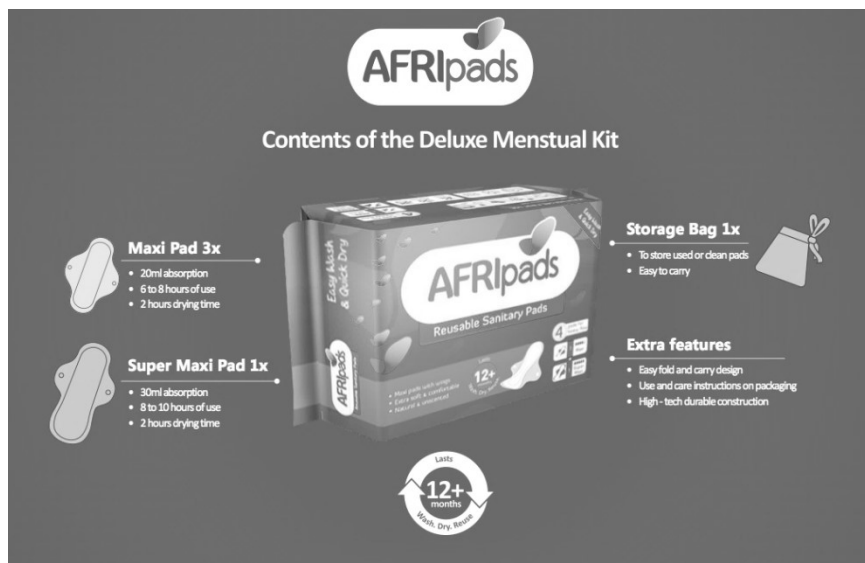
We were also fortunate enough to be one of the NGOs that partnered with the CSR team of AAR Healthcare. Their de-worming exercises reduce the prevalence of worm infestations which are a serious health issue in the slums and rural areas of Kisumu County. They also have a Tree 4 Health (T4H) project, their flagship Corporate Social Investment (CSI), which saw 100 new trees planted at Soko Primary School and taught the students an important lesson about conserving the environment.



## FUTURE PLANS AND PROJECTS

### Sanitary Pads

One issue that has a huge impact on girls' school attendance in rural areas is access to sanitary pads. Once girls start menstruating, they stay at home during their periods because they can't afford sanitary pads. Accessibility to sanitary pads would reduce absenteeism, making sure that the girl child's education is not negatively impacted.



A study sponsored by The Bill and Melinda Gates Foundation found that approximately 65% of women and girls in Kenya are unable to afford sanitary pads. Other studies have shown that many girls drop out of school when they hit menarche and miss up to 5 days of school every month.

In partnering with AFRIpads, RKF will guarantee that the girls in the schools we work with will never have to miss school because they don't have access to sanitary pads.

### Kitabu Changu Haki Yangu

Kitabu Changu, Haki Yangu (which is Swahili for My Book, My Right) is a literacy project aimed at building libraries and resource centres in the slums and rural parts of Kisumu County in Kenya. With students in these areas barely being able to access school text books, having access to story books and activity books among a wider range of books is a distant dream. This project will make this dream a reality and introduce the power of imagination and ideas that will open up their lives and dare them to dream of greater possibilities than their current surroundings allow them.

This project will create resource centres that will allow both current and future students to have access to text books (something both parents and the government are unable to provide). It is our belief this will take the burden off parents, encouraging them to enrol their children in school at the right age and pursue education. More importantly, it will give the students access to a much needed wider range of books, especially story books that will expose them to different ideas and worlds, improve their literacy and vocabulary and inspire them to dream big.

While the planet leaps from one technological advancement to the next at a dizzying speed, children in these areas continue to lag behind exponentially. Access to hard copies of books is the first step. However, it is imperative that the students have access to newer forms of reading like e-readers to be at par and connect with students of their age in other parts of the country and the world. It will provide a longer-term solution that is cost-effective, space-efficient and easier to manage in the long run.

**Scope of project:** over 20,000 books and 50 e-readers (each with 100 books pre-loaded) in 24 months.

## Kitabu Changu, Haki Yangu

