

LittleBigHelp

Analysis of Boys' & Girls' Hostels 2024/2025

Produced by Lind Foundation in 2025.



LittleBigHelp

LittleBigHelp empowers more than 3000 vulnerable children and adults in India each year, helping them build a brighter future.

By promoting awareness, providing child protection and ensuring access to education, they work with local communities to secure the rights of the most vulnerable.

During 2024/2025, 29 boys and 24 girls lived in LittleBigHelp's Hostels. Here they received daily care and a safe home.

Lind Foundation's support goes to the Boys' and the Girls' Hostels, and this report is an analysis hereof.



53
children

lived at the Boys' Hostel and the Girls' Hostel.

96%
of the children

felt less tired and sick after moving into the Hostels.

+9.3
points

on the Life Satisfaction Scale (0-10).

10
young adults

who moved out are in higher education or employment.



97%
of the children

went from rough homelessness or unstable homes to safe housing.

91%
increase

in regular school attendance.

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LittleBigHelp aims to create better opportunities and lasting positive effects for vulnerable children in India, by providing them with a safe environment, caretaking adults, nutritious food and access to quality education.

LittleBigHelp in brief

LittleBigHelp aims to empower vulnerable children and adults in West Bengal, India to create a brighter future for themselves, their family and their community. Among their projects are a Girls' Hostel, Boys' Hostel, Community Centres that provide school preparation for out-of-school children in the slums, Skill Development courses for adults, Computer Centres for youth and a Centre for Special Education for children with special needs (LittleBigHelp, 2025).

This report

This report describes the changes experienced by children who lived at the Girls' and Boys' Hostels in 2024/2025. The report is primarily based on descriptive statistics derived from the children's responses to a questionnaire, which they completed together with staff members at the Girls' and Boys' Hostels. The questionnaire was answered by 15 girls at the Girls' Hostel and 18 boys at the Boys' Hostel. Only children aged 12 years and above completed the questionnaire to protect the younger children and take into account the vulnerabilities and experiences they have been exposed to. The report uses a cross-sectional study design and includes questions about the children's situation before and after they moved into the Girls' or Boys' Hostels.

Results

Based on the descriptive statistics, the children who lived at the Girls' and Boys' Hostels in 2024/2025 experienced positive changes in their lives. The children reported improvements in life satisfaction, and almost all of them felt less tired and sick after moving into the Hostels. These results suggest that the Hostels provide a stable and supportive environment that contributes positively to the children's overall wellbeing.

In addition, 48 out of 53 children went to school regularly after moving into the Hostels, whereas they had not done so before. This indicates improved stability and access to education during their stay.

Furthermore, nine children received vocational training during 2024/2025. These vocational trainings aim to prepare the children for life after leaving the Hostels by equipping them with practical and income-generating skills. Alongside this, a total of ten children who previously lived at the Hostels are either currently enrolled in, or have completed, higher education or are in employment, including four who are either enrolled in or have completed a bachelor's degree. This suggests a long-term impact of the Hostels in supporting the children not only during their stay, but also in enabling them to pursue education and work towards independent and sustainable futures.

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29

Boys lived at Boys' Hostel.

—
24

Girls lived at Girls' Hostel.

—
10

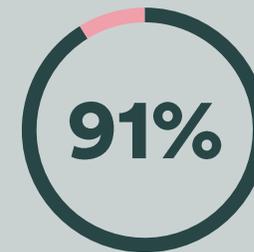
Children who moved out are in higher education or employment.

Results of 2024/2025

29 boys and 24 girls lived at LittleBigHelp's Hostels throughout 2024/2025. Before moving in, 92% of the children lived either on the streets or in a temporary unsafe home. After moving in at the Hostels, 97% of the children started going to school regularly when they had not before. In addition, 96% experienced increased overall health through monthly health checks.

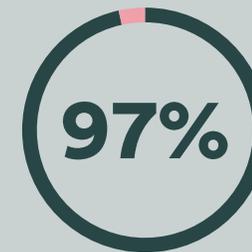
Additionally, the children received therapy, daily meals and help with homework, and reported a dramatic increase in their overall wellbeing.

Out of all the children



started going to school regularly, when they had not before.

Out of all the children



went from homelessness or unstable homes to having a safe home.

Out of all the children



reported feeling less tired and sick after moving into the hostel.

LittleBigHelp provides vulnerable children with the tools, skills and support they need to break the cycle of poverty and build a brighter future for themselves, their families and their community.

About LittleBigHelp

LittleBigHelp is an NGO founded in Denmark in 2010, aimed at creating better opportunities for vulnerable children and adults in India. The organization runs 25 projects focused on empowering individuals who lack access to basic human rights, healthcare, and education, which are more easily available in other parts of the world (LittleBigHelp, 2025).

Purpose

LittleBigHelp believes that empowering individuals will help break the cycle of poverty, by giving people the support, skills and tools they need to create a brighter future for themselves, their family and their community. It is their belief that the benefits will ripple down generations and have a lasting impact.

Societal context

In India, an estimated 10 million children live on the streets, and 46.5% of the population survives on less than \$3.65 per day. Many lack access to basic human rights, including education, clean drinking water, adequate shelter, and sufficient food. These challenges are particularly severe in slums, where children and women face heightened risks of abuse, rape, trafficking, and child marriage (LittleBigHelp, 2025).

Target group

At the Boys' and Girls' Hostel, the children start a new life away from the streets with care, education, nutrient-rich meals, health checks and personal development – something they have never had before.

The children live in the hostel 24/7 and are given a structured everyday life with school, sports, music, drawing, meditation and games. The staff and social workers provide ongoing guidance and counselling about the challenges they face in life and how to cope with them. In addition, the children are taught practical and soft skills that will prepare them for life outside the homes e.g. cooking, personal hygiene and having conversations about their future careers. The oldest children receive vocational training, equipping the children with income-generating skills so they can become financially independent.

Activities

Lind Foundation supports two projects:

- Boys' Hostel (supported since 2014)
- Girls' Hostel (supported since 2022)



LittleBigHelp's target group consists of vulnerable children who live on the streets.

Target group

LittleBigHelp's target group for the Boys' and Girls' Hostels consists of vulnerable street or street-connected children between the ages of 6-18. Before moving to the Boys' and Girls' Hostel, many of the children struggled to find food in their daily life on the street. Because of this, street children often become forced to do theft. This can be the beginning of a long-term association with criminal activities that will affect both their lives and society in general. When street children move into a Hostel, they are sheltered from criminal activities, violence and cruelty.

Characteristics of the boys and girls at the Hostels

- Have lived on the street or the slum for a long period.
- Have not attended school regularly.
- Might have had to steal or be in child labour to get an income.
- The family does not or is not able to help or support the children.
- The family might be living on the street as well.
- Might have been addicted to alcohol, drugs and/or glue.



Other stakeholders

In 2024/2025, Girls' and Boys' Hostels were operated by 30 local team members and 20 supporting team members, including cooks, teachers, cleaners, instructors etc.

A significant part of the organisational work is done by volunteers and employees in Denmark. They mainly do administrative tasks, fundraising and developing the data framework.

Donors give financial contributions to LittleBigHelp and Girls' and Boys' Hostels. These are both companies, foundations and private individuals.

Stakeholders from the local community in India, such as authorities benefit from the boys and girls staying at Girls' and Boys' Hostels instead of having them being homeless and getting involved in criminal activities. The local community also benefits from the boys and girls receiving education because this can lead to increased employment and a decrease in criminal activities.

The families might benefit from having one less child to provide for, and experience well-being improvements due to fewer worries about their boy or girl. When the boys or girls grow up, their education might help the families as well.

To better understand the target group and the impact of LittleBigHelp's work, we highlight the success story of Moumita, one of the girls at the Girls' Hostel.



Safe home

At Girls' Hostel, Moumita is given a new life away from the streets in a safe and nurturing environment, where she can find care and comfort- a place she can call home.



Moumita from Girls' Hostel, grew up in the Sundarbans, where her father was tragically killed by a tiger. Despite this, she passed her 12th-grade exam and completed vocational training in Hotel Management with top marks. Today she is working at a 5-star hotel in Kolkata.



Daily meals

To ensure her best physical and mental development, Moumita receives healthy nutritious meals every day.



Education

Moumita finished her education with support and homework help at the Hostel. She also completed vocational training, gaining skills to build a better future.



Healthcare

Moumita receives regular health checks and guidance on mental health, hygiene, and menstruation. This support empowers her to lead a confident and healthy life..



Change agents

Moumita is now a role model, inspiring others to pursue change. When local forces take ownership to develop the community, changes are more likely to be long-lasting.



Therapy

Despite her harsh upbringing in rural India, therapy has helped Moumita process her past traumas, giving her the tools to cope with the challenges she faces in life

On average 25 boys and 20 girls lived at the Boys' Hostel and the Girls' Hostel throughout 2024/2025.

The graph shows the number of children and volunteers directly influenced by LittleBigHelp's children Hostels in 2024/2025. The purpose is to acquire knowledge about the size of LittleBigHelp's Hostels and their interventions.

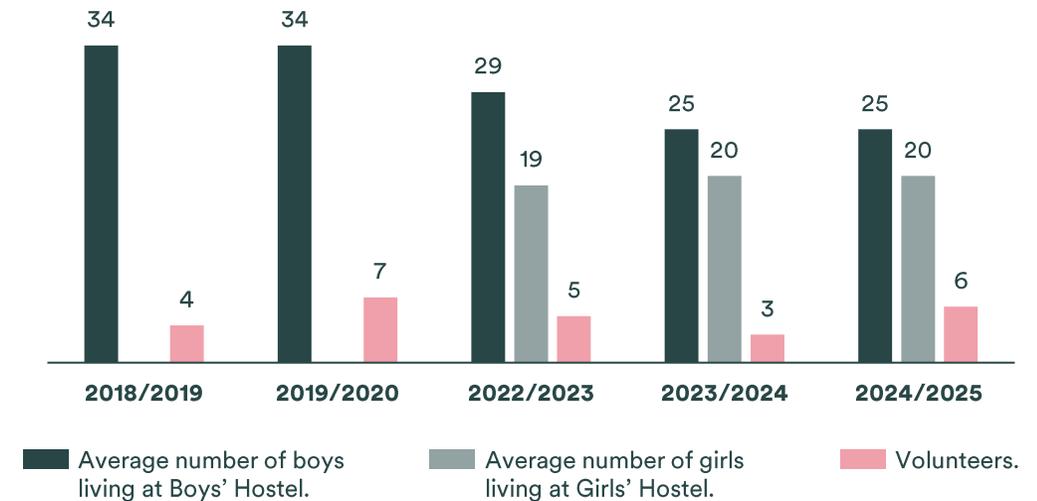
We look at the average number of children at the hostels, as some children moved out during the year. The children typically leave after turning 18, once they are considered ready to live independently, with continued external guidance from LittleBigHelp. In some cases, LittleBigHelp also assesses that children can safely return to their families without the risk of becoming homeless again. When children move out, it creates space for new children who are in greater need of support to join the hostels.

When the children move out of the hostels, they are still in close contact with LittleBigHelp to ensure that the children are safe and well outside the children's hostels.

2024/2025 in brief

- Throughout 2024/2025 five boys moved out of the Boys' Hostel, two of them because they turned 18 years. In addition, four boys moved in.
- At the Girls' Hostel four girls moved out, one of them because she turned 18 years. In addition, four girls moved in.
- The number of children at the Boys' and Girls' Hostels has remained stable throughout 2023/2024 and 2024/2025. The Boys' Hostel has a capacity of 25 children, while the Girls' Hostel has a capacity of 20. Over the past two years, LittleBigHelp has therefore operated at full capacity.
- When living at the hostels the children participated in counselling. They both had individual counselling, group sessions and play therapy. In total, the children received 921 hours of counselling during 2024/2025. All the counsellors had education in psychology, hence an important part of the intervention to increase mental health is done through counselling.
- Additionally, six volunteers helped the Boys' Hostel and the Girls' Hostel throughout 2024/2025.

Output development in LittleBigHelp



LittleBigHelp supports the children's wellbeing through nutritious meals and lessons in health and hygiene.

General health

In 2024/2025, 51 out of 53 children (96% of the children) reported feeling less sick and tired after moving into the Boys' or Girls' Hostels. When asked to reflect on their situation before moving into the Hostels, many children reported that they often or sometimes felt hungry, tired, and sick. After moving into the Hostels, most children reported that they never or rarely feel hungry, tired, or sick while living there.

Taken together, these responses indicate improvements in the children's overall health and physical wellbeing during their time at the Hostels. Regular access to nutritious meals, a stable daily routine, and daily care contributes to supporting the children's health.

Hunger

All children living at the Hostels come from extremely difficult circumstances, and many lived on the streets before moving into the Boys' or Girls' Hostels. In 2024/2025, all children (40 out of 40) who reported experiencing hunger for an entire day before moving into the Hostels reported that they no longer experience this after moving in. In addition, all children living at the Hostels (53 out of 53) report that they are not hungry for a whole day after moving into the Hostels.

As the children no longer experience hunger, they are better able to concentrate and engage in learning. Improved nutrition supports their overall health, which in turn is associated with better cognitive functioning and learning capacity.

7

years is the average age when the children move in.

15

years is the average age of the children living at the Hostels.

100%

of the children do not experience hunger anymore.



Children at LittleBigHelp's Hostels start attending school regularly and receive guidance on future opportunities.

Regular school attendance

In 2024/2025, 48 out of 53 children (91% of the children) went from not attending school or attending irregularly before entering the hostels to attending school regularly. Today, all children living at the hostels attend school. Before moving into the Hostels, many of the children lived on the streets and had limited access to education.

When children become part of LittleBigHelp's Hostels, they begin attending local public schools on a regular basis. Teachers at the Hostels also provide daily tutoring when needed, as a supplement to the children's education (LittleBigHelp, 2024).

Supporting children in attending school regularly is an important step in promoting stability and helping them build the skills and stability needed for adulthood.

Vocational training

As the children at the Hostels grow older, they begin preparing for adulthood. This preparation focuses on responsibility and independence. With support from LittleBigHelp's staff, the children explore their interests, dreams, and future possibilities. When asked about their future aspirations, many of the children express an interest in careers within the hotel management sector. Other aspirations mentioned include careers in animation, aviation, and teaching.

When the children are considered ready, they are enrolled in vocational training to gain income-generating skills. In 2024/2025, one girl obtained a diploma in Hotel Management, while one boy obtained a diploma in Animation and another boy obtained a diploma in Automobile Engineering. All these vocational trainings aimed to help the children develop skills and gain employment within their respective industries.

Furthermore, six girls completed beautician courses, where they developed their skills and improved their future opportunities for employment as beauticians.

Since 2021, a total of ten children have reached adulthood and moved out of the Hostels. LittleBigHelp remains in contact with the children and is available to provide guidance and support when needed. All ten children who previously lived at the Hostels have either continued their education or gained employment, with some doing both (LittleBigHelp, 2024). Four of the ten children are either enrolled in or have completed a bachelor's degree in English or General Studies. Taken together, these outcomes from the former residents of the Hostels align with LittleBigHelp's aim of supporting the children towards independent and sustainable futures.



The children at LittleBigHelp's Hostels experience an average increase of 9.3 on the life satisfaction scale.

The Life Satisfaction Measure

The Life Satisfaction Measure is a method for assessing and valuing progress in wellbeing. This method is widely used in research literature examining the relationship between wellbeing and policymaking (Diener et al., 2018; Frijters & Krekel, 2021).

The measure is based on a simple yet powerful question:

“Overall, how satisfied are you with your life at the moment?”

Respondents rate their satisfaction on a scale from 0 (completely dissatisfied) to 10 (completely satisfied).

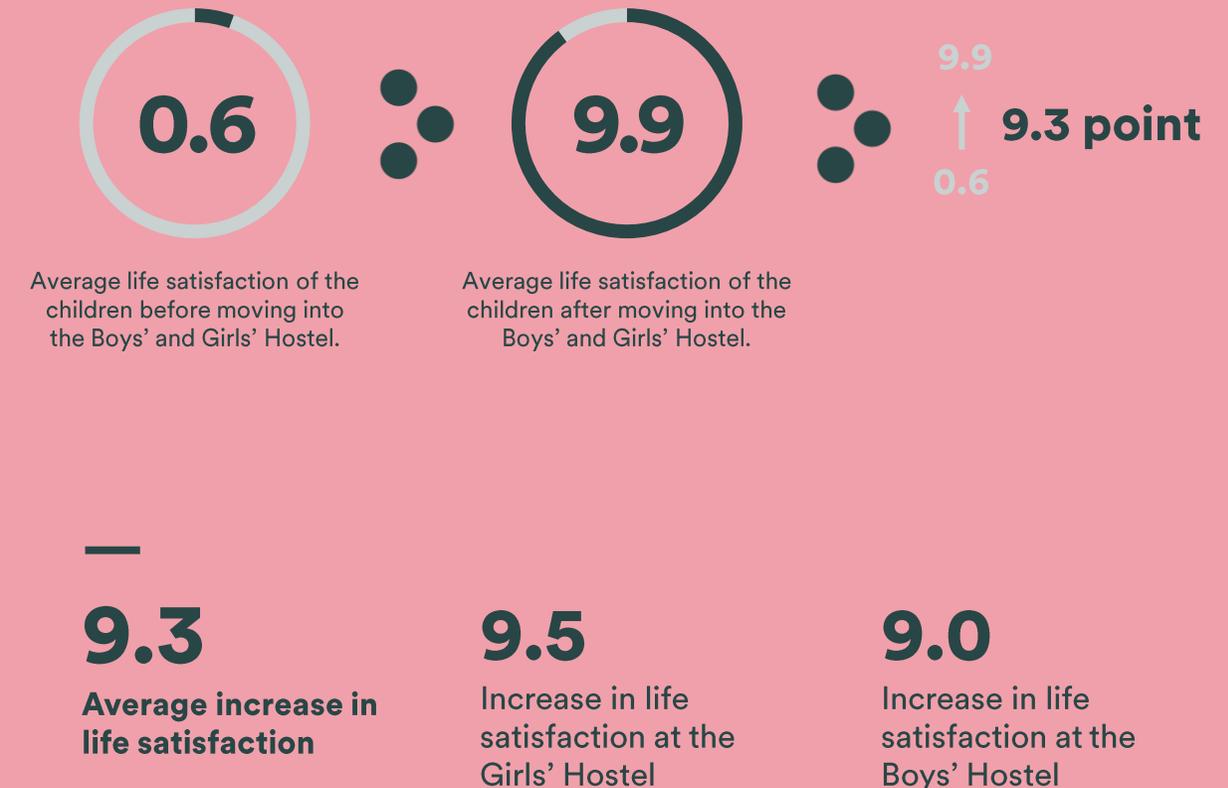
Although changes in life satisfaction can be translated into a monetary value, we refrain from doing so in this report, as the life satisfaction question was asked retrospectively, which is not the recommended approach.

Wellbeing among the children

We calculate the average increase in life satisfaction among the children. On average, the children reported a substantial improvement of 9.3 points on the Life Satisfaction Scale, which shows that children living at the hostels experience remarkable improvements in wellbeing.

A paired t-test shows that the increase in children's life satisfaction after moving into the hostels is statistically significant at the 1% level, meaning it is very unlikely that this improvement happened by chance. However, the data was collected at a single point in time, and children were asked to recall how they felt before moving in, so the results should be interpreted with caution. The reported improvement is larger than what existing literature typically finds (Frijters & Krekel, 2024). Nonetheless, the results strongly suggest that living at the hostels has a positive impact on the children's wellbeing.

Change in life satisfaction for LittleBigHelp's Boys' and Girls' Hostel



Our findings indicate that LittleBigHelp provides a stable environment for vulnerable children in India.

Conclusions

— A safe home provides the basis for healthier and more stable lives.

The Hostels provide a safe and stable home for children who previously lived on the streets or in unsafe environments. This stability the children experience at the Hostels supports the improved health and reduced hunger among the children.

— Education and skills open future opportunities.

The Hostels play an important role in supporting children's access to education. Since moving into the Hostels, all children now attend school regularly, many for the first time. In addition, older children receive vocational training that prepares them for employment or further education. The fact that former residents are now enrolled in higher education or are in employment suggests positive long-term effects of the Hostels.

— Wellbeing improvements represent an important change for the children.

The analysis shows a substantial increase in children's life satisfaction after moving into the Hostels. The measured improvement in wellbeing is statistically significant at a 1% significance level and exceeds what is typically reported in existing research. Although the results should be interpreted with caution due to the study design, they strongly suggest that living at the Hostels contributes positively to children's overall wellbeing.



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