



EDUCATION



HEALTH



COMMUNITY DEVELOPMENT



"TO BE HAPPY, MAKE OTHERS HAPPY"

NARAINDAS MORBAI BUDHRANI TRUST

REPORT
2017-18



The most effective way to Change the World
is to Empower those who can.

Naraindas Morbai Budhrani Trust (NMBT) was founded by Mr. D N Budhrani in the year 2002 and works towards enhancing the lives of the economically marginalised through direct intervention programs as well as through partner organisations committed to the cause of service to the poor, across India. We work towards enriching the quality of life of people through our various initiatives. India accounts for the largest number below the international poverty line, nearly 800 million people living on less than \$ 1.90 a day (World Bank Report). NMBT has always believed in being part of the solution.

Year 2017-18 has been one of opportunities; new and on-going as well as fulfilment in seeing lives changed and transformed for the better. The core programs of NMBT made huge strides in the service of needy sections of our population, ensuring that the program participants are comforted and re-assured through our association and are motivated to new levels of confidence in achieving greater heights. It is only befitting and with pleasure that, we share our joy with you through this report....

Educational Initiatives of NMBT



Education is the most lethal weapon, because with
it you can change the world !! – *Nelson Mandela.*

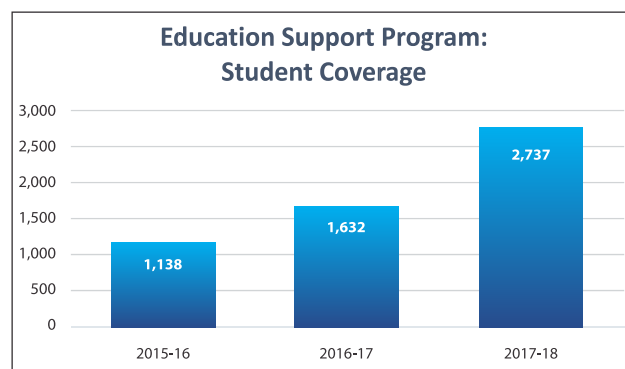
As a country while we boast of almost 100% enrolment, retaining students in the education system continues to pose a severe challenge. Over 20% students drop out of school before they complete their 10th standard. The scenario is no different in urban slum pockets. Our direct field experience tables that less than 2% of parents have completed graduation. The structure of school education system from elementary, Primary,

Secondary and Higher education poses barriers for the economically weaker sections compelling students to drop out at milestone stages in their education and future careers. NMBT works closely with schools to ensure that economic compulsion should not be the reason for drop out from the education system. NMBT's innovative efforts under the education program aim at responding to the needs of students who are at a disadvantage.

Education Support Program

Intensive and comprehensive work with schools, parents and communities has led to an increase in the coverage of students under this program. Students are selected through home visits to obtain actual understanding of their life circumstances. Students from families affected by HIV/AIDS, Tuberculosis, Cancer, Chronic Kidney Disease, Leprosy, Visual Impairedness are high priority. We ensure complete engagement with the student and their families throughout the academic year. Elaborate planning goes into organising parents meetings to motivate and guide parents such that students do not drop out once again. Multiple activities are organised to provide relevant exposure and orientation to students in preparation to face

the larger challenges in tomorrow's competitive world, through activities like Diwali vacation camps, summer camps and career guidance sessions. All of which promote overall personality development of the students.





41 yr old Mohd. Shafi (name changed) of Malvani-Mumbai, works as a Raddivala (scrap dealer) on his bicycle, taking care of his wife and four children. Two of his sons are affected by DMD (Duchenne Muscular Dystrophy - a genetic disorder characterised by progressive muscle degeneration and weakness). This disease shortens their life span and progressively reduces their mobility. His wife Safikunissa has to undergo Dialysis twice a week and was recently diagnosed with breast cancer. The huge medical expenses compelled Shafi to discontinue his college going daughter from her studies. NMBT team immediately reached out towards his daughter's college fees and linked them for support in obtaining and ensuring his wife's cancer treatment.

NMBT consciously extends support to students from families affected by life threatening diseases such as Cancer, HIV, TB and Leprosy. This year we have supported the education of 67 such students.

Counselling services at the school level have been initiated this year. Our trained counsellors have observed the children, as well as included children who recommended by the school management and shortlisted a few critical cases for intensive sessions during the school year. Additionally the counsellors during their interaction with the students have identified and offered support to students with Learning Disability which was a fruitful initiative taken up at the school level.

This year students covered under **Higher Education Program** displayed exemplary commitment

towards various social issues. Students volunteered as participants in activities such as 'Each One Teach One', Swachata Abhiyan, Blood donation drives, tree plantation, visits to orphanages and old age home, providing support to Cancer patients events To name a few!! This heightened level of awareness and sensitivity amongst the student community energises us to expand our reach, extend our boundaries in supporting academically sound and economically deserving students.





Value Education Program

The Academic year 2017-18 has been a truly rewarding year for the Value Education Program (VEP) across all 19 schools of Ahmedabad & Mumbai in which over 4,717 students participated through the year. VEP aims at promoting good citizenship values amongst the students. Activity based learning in a fun way is what makes the VEP a very popular session in the schools. This year students were encouraged to take part in essay, elocution and drama competitions where the scripts were written and directed by the students themselves. One class was assigned the task of planning and executing a school picnic project, which was done pretty meticulously by the children. It has been a conscious effort by all our counsellors that every child participates in all the activities. This automatically leads to confidence building amongst the students who are otherwise non-participative recipients of the education system. Increased participation of parents in the meetings organised to discuss VEP have been encouraging. Parents were happy to share the positive changes they were observing in the students at home. Inter-school VEP Competition was organised in Ahmedabad, where all participating schools came together and shared their experiences and learnings from VEP with the parents. This has been a very humbling experience where little efforts of NMBT yielding such encouraging and enriching results.



Inclusive Education of Visually Impaired Students

Visually impaired (VI) students face multiple challenges, social acceptance is one of them. NMBT consciously works with Visually impaired students, ensuring that they go to the normal school, develop their mobility skills and also with the help of special teachers, cope up with academics and become confident individuals. Our teachers who are the backbone of the program, have to work on all fronts so that students complete their school education and get ready for their higher education and to explore carrier opportunities. This year 62 Visually Impaired students from economically marginalized backgrounds were covered effectively.

Education of Multidisability Students

It seemed to be an impossible task when a Residential School for poor Tribal children with multiple disabilities was being set up in the remote Nandurbar region. Today, the school offers a focused learning atmosphere for 50 children with love and dedication. Upto this time, tribal children with multidisability were just a neglected category of

children relegated to the corners of their homes. Now at this school each child is attended to with an individualised plan for assisted living. The students are trained to be independent to the extent possible and poor tribal families are educated in how to guide these children in their various stages of growth and development.



Nutrition Awareness Support Program with Schools and Hospitals

The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent diseases with nutrition." - Thomas Edison

The intake of micronutrients in daily diet is far from satisfactory and less than 50% of Recommended Dietary Allowance which is consumed by over 70% of Indian population. This dietary loss due to micronutrient deficiency costs India 1% of its GDP, which amounts to a loss of Rs. 27,720 crore per annum in terms of productivity, illness, increased health issues including Infant Mortality Rate.

Inclusion of Nutrition Awareness and Support as one of the focus areas in this year has been a very satisfying experience. The response from all quarters has been overwhelming and the Interaction with students, parents, patients and care givers on the issue has been a great learning ground for us.

The focus of this intervention has been on building awareness, sharing information and guidance. Needy and deserving cases have been offered nutrition supplement support based on medical prescription. At the School level, during the parents meeting, the focus has been on what not to eat, so as to help students and families think of creative options available within the family budget and their means. This year, all schools invited the NMBT dietician to interact on this subject which is critical and has numerous spin-offs for family health. In all 17 schools made it a point to hold special nutrition session for the education of parents and students.

At the Public Hospitals in Mumbai, working closely with Cancer patients, one to one nutrition counselling was found to be very effective. Patients could discuss their dietary options, get their difficulties addressed, come for feedback and guidance again and again. Cancer treatment &



Nutrition Awareness Support Program	
Particulars	Recipients
Schools offered nutrition counselling	17
Parents addressed	617
Special secessions held with students	3
Students covered	132
Departments attended at the public hospitals	5
Patients assisted with diet plan	78
Patients offered nutrition counselling	432

medication requires tremendous grit and courage as also physical strength and courage in coming to terms with the illness. Nutrition thus becomes a key factor in building immunity and ensuring effective treatment of cancer patients.

Apart from these, on a periodic basis, awareness sessions on various aspects of diet was organised with all the hospitals. These sessions ensured patients and care-givers response to disease specific dietary needs and the issues around it.

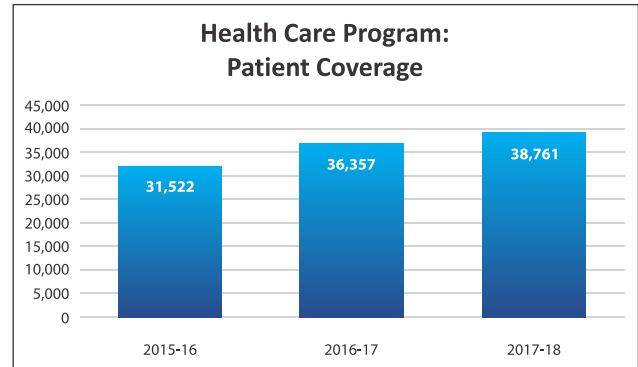




Health Care Initiatives of NMBT

"Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open." - B.K.S. Iyengar

Large out of pocket expenses towards accessing health services continues to remain a challenge for large section of people, mostly from the economically disadvantaged groups. While medical science has to a great extent brought within its control the communicable diseases, the burden of non-communicable diseases continue to take toll on the lives of people. NMBT with its team and partners undertake multiple programs in dealing with a range of health issues.



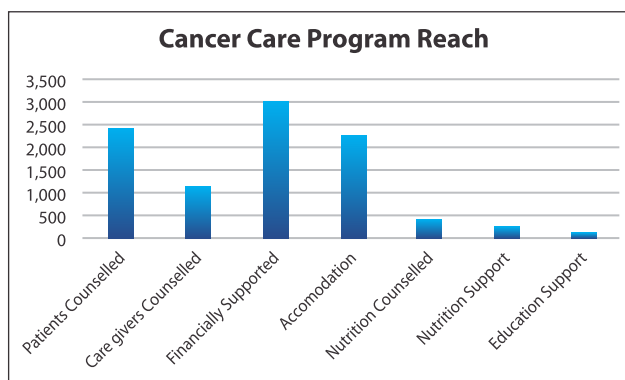
Cancer Care Program

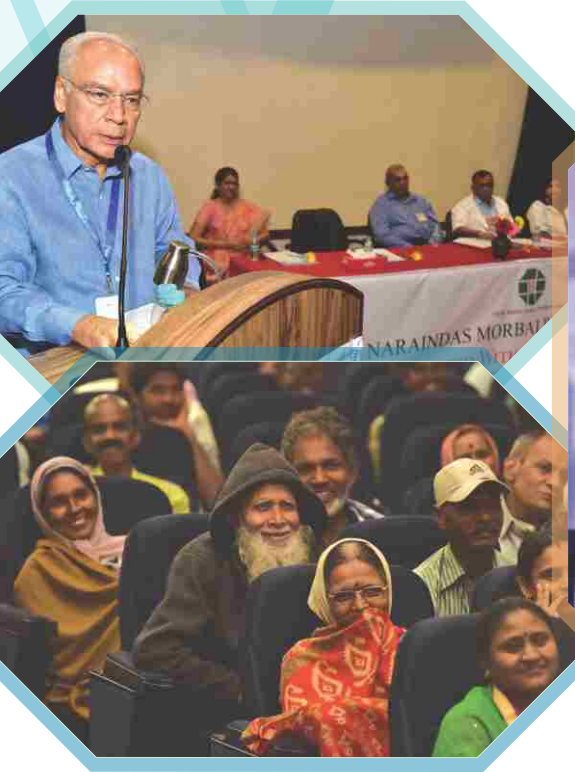
Cancer Counselling introduced at the BYL Nair Charitable Hospital in 2014, was a three session half day duration intervention. With the ever growing number of patients and multi-response activities, this programme now covers all public hospitals of Mumbai. The core of this counselling programme is upholding the patient and care-givers motivation by guiding and supporting them through the treatment process. Most of the patients and their care-giver relatives are unfamiliar with the city & its large public hospital systems. This becomes a burden and an expense for them, the resultant stress generated is quite another matter. Counselling plays a major role in helping patients and their care givers in defusing the pressure, develop a hopeful outlook and confidence in dealing with emergent complications of treatment. It is the counsellors guidance & support that helped Rajeshwari Devi and her husband to abandon their plan of dropping the treatment and boarding the train to their home-

town. They felt dejected as they had no one for support, neither relatives nor money which was fast running out and nowhere to stay. Over these last six months, this couple has resolved to board the train only when the Doctors permit...

Increase in the number of cases counselled has led to increase in financial assistance for treatment. Along with Chemotherapy & Radiation Therapy, support for Herceptin injections, EPR tests is also provided. This year NMBT has introduced support for Bone Marrow Transplant and will continue to explore other support areas of need.

Annual Get together of Cancer Challengers was organised this year at BYL Nair Charitable Hospital Auditorium with a clear focus on impressing the significance of diet amongst cancer patients. Dr. Salomi Benjamin - Retd. Chief Dietician of BYL Nair & Chairperson of Indian Dietetic Association, guided the patients and responded to numerous queries from the audience. This was a significant session as patients' from various hospitals had come together for this event & they all could gain from her inputs. The star attraction of this programme was the musical extravaganza and a ventriloquist show. A beautiful dance performance of St. Mathews School- Malvani & the overwhelming volunteer support of the Higher Education Students as well as the patients joy made this event truly special for all and put us in touch with the core of NMBT's work.





As a step forward in building and boosting the patients confidence and clarity, our **Support Group** process have been set rolling in association with the Breast Unit of KEM Hospital this year. In the first session, patients and their care givers were guided on how to seek support and counselling, as the purpose of a support group is to help each other move forward together so that nobody feels or gets left out and in the spirit of companionship, we shall

move forward in making our lives better.

With renewed vigour, we wish and desire to establish the Support Group as a model in the coming years so that maximum number of patients can benefit and care-givers have a network of emotional support in an energy draining environment that constitutes the malady of cancer and makes the individual truly a 'Cancer Challenger'.



Strengthening Infrastructure for Cancer Care

Located alongside the Mumbai Central Railway station a terminal for out-station and local trains is the MCGM BYL Nair Charitable Hospital which receives a large number of Cancer patients, who undergo comprehensive and intensive treatment at this hospital.

Considering the ever-growing number of patients, the Day Care Ward (Ward 44) was refurbished with a 50 bed facility and upgraded with provision of Bio Safety Unit, Procedure room, Special care room, nursing station, Office, dining & childrens' play area and a separate counselling room to ensure proper



care, support and guidance to patients. A small 30 seater seminar hall is set up for training and education of staff, trainees, patients and care givers engaged in Cancer Care.

This has provided increased capacity with a pleasant

environment for everyone associated with the cause. The facility was inaugurated by our Trustee Shri DN Budhrani and Honbl' Dean of KEM Hospital Dr. Avinash Supe on 13th August'17 and is in service of patients from then onwards...



Project Reach Out

With the aim of reaching out to patients from Rural Assam, this project was launched in Jan'17 for Cancer Care. This year the project has established itself in terms of its reach and coverage. The project aims to support and assist poor cancer patients from remote Assam, NMBT support helps them to seek treatment locally at no cost – saving their time,

energy and all challenges that a patient encounters while undergoing long term treatment at faraway facility. With the committed and equally enthusiastic team of Cachher Cancer Hospital, we could extend support to 332 poor and needy cancer patients.



When Jilka Begum was diagnosed with Cancer, her Rickshaw puller husband was all geared up to bring her to Mumbai for treatment. His spirit broke when he was driven out of the house by his own sons with his sick wife. Timely supported extended to him under Project Reach Out helped him stay put in Silcher and Abdul Bhurbaiya, is committedly taking care of his wife Jilka Begum, even after they were driven out of their house by their younger son. Mr. Budhrani when he visited the couple, offered to pay-off his pending room rent. Jilka begum & Abdul were overjoyed with this random act of kindness and the couple could't stop thanking him enough for his timely and considerate help.



Eye Care

The Eye Care Program of NMBT this year was extended to the states of Bihar and Jharkhand through Free Cataract Surgery Support. With active partners in these states, NMBT focused on serving the economically marginalized rural poor and Tribals. What is admirable is the quality of Eye care

and follow up linked to services by each one of our partners that made this possible. NMBT has always strived in working with a select set of institutions who proactively engage in identifying and reaching quality eye care services to the economically most marginalised groups of people in our society.



Prabhawati Devi, 65 belongs to a small village in Mastichak block of Bihar. At this age, she and her husband Satan, being landless, work as farm labourers to make ends meet. Their only son has moved to a nearby town and works as a rickshaw puller. He sends money home periodically so that they can marry off their daughter. Prabhawati Devi's blurring vision became a major obstacle as she could not work as a farm labourer and became dependent on her daughter. This was a big set back to the family as now only Satan, her husband could go to work. Being poor and uneducated, their options were limited. Life changed for Prabhawati when the Eye Camp was organised in their village and the health worker visited her house and requested her to attend the camp. Today, she fondly recalls how well she was guided and taken care of, without even spending a rupee on Cataract surgery. She has resumed farm work and supplements the family earnings as they look forward to getting their daughter married. She is the first person to be wearing spectacles in her family. She wants to get her second eye operated so that she can enjoy her daughter's wedding.

Like Prabhawati devi.. NMBT is proud to be a part of such life enhancing experiences of over 6000 families this year...

Heart Care

Patients affected by heart ailments often delay seeking treatment due to high cost involved in the procedures. NMBT is committed to support treatments for patients from economically weaker background in this life threatening situation. In

2017-18 we extended support to 60 such needy patients, mostly from the Rural Maharashtra of which 23 cases were children from the age group 1 to 14 years.

Community Health Program

Facilitating access is about helping people utilize appropriate health care resources in order to preserve and better their health condition. Equity of access to health care facilities may be measured in terms of the availability, utilisation or outcomes of health services. NMBT's Community Health Program is geared towards ensuring access, linked with affordability and quality of services. Community Health Center located in the heart of the slums receives a daily OPD footfall of over 50 patients. All common ailments and seasonal health issues of the community residents are attended to by visiting MBBS Doctors. All the activities at the center are managed by volunteers who through their dedicated and selfless services restore health to the community.

The NMBT Health Center in rural Bihar has won the confidence of the local community through all-time availability of medical personnel. Our medical team here while dealing with minor health ailments also attends to cases of snake and scorpion bites, as well as measles. One focus program is identifying and working with children affected by Malnutrition in the surrounding 12 villages of rural Bihar. Each household is surveyed and every case identified is documented for tracking progress and follow up.

Community Health Center, Baroda	
Patient Coverage	11,294
Adults	9,611
Children	1,683



The Team here is constantly challenged through persistence of deep rooted superstitions, beliefs and

blind faith on quacks while healing the bodies and minds of rural poor.



Progress of Bihar Community Health Centre	
OPD	7,898
In Patient	110
Pharmacy services	7,478
Pathology services	2,055 Investigations
Institutional deliveries	19
Children screened for malnutrition	536
Identified SAM & MAM	157
SAM, MAM to Normal	34 (57 Under regular follow up)
Immunization supported	31 Villages



Rahul is 5 months old. He could not be breast fed because his mother Bucchi Devi developed jaundice at the time of his birth. So baby Rahul is receiving bottle feeds. Low immunity resulting from lack of nutritious breast milk has led to Rahul developing recurring infections. Rahul's mother is 17 year old, illiterate, married 2 years ago. The fourth daughter among her father's 10 children and they live at Mushar Tola of Mahaddipur Fatuha in Patna, Bihar in a small hut. 16 people living in two tiny rooms of a hut. Her father has leprosy and lost all fingers due to infection. Her husband is a chain smoker. Every year they migrate to nearby Uttar Pradesh to work in a brick kiln for 6 months. Bucchi Devi has been seeking treatment for her child from some village quacks or medicine men.

Our team learnt about the child's condition during a field visit. They tried convincing the mother and family but no willingness to visit the health centre. Sustained efforts through 6-8 regular visits to their home, only the grandmother could be finally convinced to visit the hospital.

The child was admitted for 12 days at the health centre. During admission child's weight was 2.8 kg, MUAC: 6.8 cm and Length: 56 cm. After 12 days of observation, on discharge child gained 1.2 kg weight and MUAC: 9.2 cm. Weight gain was 100 gm approx. per day. While Rahul's life is saved and back home.. our team continues to undertake his follow up along with other.... cases



Community Development Initiatives of NMBT



"One of the most important things you can do on this earth is to let people know that they are not alone" – Shannon / Alder

Being sensitive and responsive to people living in poverty, makes it imperative that the economically and physically vulnerable are cared for and supported such that they can lead a dignified life. NMBT through its committed volunteers and

dedicated partners undertakes several initiatives to offer much needed relief and support to older people and those in need of specialised care out of the family situation due to inadvertant circumstances



Destitute Support Program

Being neglected and unwanted by members of the family and community that we deem as our every own is a dehumanising experience. NMBT through its partners works towards taking care of such persons, aged, mentally challenged through the residential care program. NMBT plays an important role in ensuring that 114 residents are well taken care of and provided with decent basic facilities like food, shelter and medical needs. Needless to say the social well-being of all is built-in as a program component. Capacity building of partners is given special attention so that the quality of work with the residents is continuously improved to restore joy and peace in the lives of these residents.



Nari Shala

Skilling people, offers an opportunity to build capacity such that future economic needs of the individual/families can be met and sustained. Appropriate skills with livelihood opportunity is the key to successful functioning of Nari Shala Program operated in the slums of Baroda where interested young girls and women are offered quality tailoring skills. This year 807 women completed their training

in 5 batches. Experienced teachers ensure that the syllabus is well learnt by all and that each pupil gets adequate practice time so that their skills are sharpened. The centre has a unique facility of linking skilled and interested candidates with work opportunities on successful completion of the training.



Simran belongs to a community involved in buying and selling of used clothes. For this, there is a requirement of stitching skills to alter clothes and fabrics to make them ready for a re-sale. It is a high cost for these families to hire a tailor for restoring these garments. Therefore, many families from their community prefer their daughters and daughter-in-laws to know sewing which saves their money on garment restoration. According to Simran, having done a tailoring course increases her chance of getting marriage proposals from 'good' families. When discussing her plans, she mentioned that she dropped out of school as she was not good at studies. She likes tailoring and enjoys being at Nari Shala as all are supportive and the fees are minimal for what is offered in the course.

Ration Support

Families challenged by extreme poverty and lack of livelihood opportunities are supported with free monthly ration. Aged and poor families, living without any support and care are provided with

ration to help them survive with dignity. Through our team of dedicated volunteers, we continue supporting 221 needy families from Ahmedabad and Baroda with close coordination and guidance.

Marriage Support

Marriage is always a very special event and benchmark in a person's life in society. Naturally this involves a cost in terms of setting up a new household and a celebration with the community. NMBT through its dedicated volunteers makes a modest and humble contribution by way of

marriage kit to the urban poor families in the city of Ahmedabad & Baroda. Through a careful and sensitive assessment, In the year 2017-18, our volunteers assisted 41 families in joyfully conducting their daughter's wedding celebrations.



NARINDAS MORBAI BUDHRANI TRUST

Team NMBT..... "Making Others Happy"



OUR PARTNERS ON JOURNEY TO SERVE THE ECONOMICALLY MARGINALISED



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