



NARAINDAS MORBAI BUDHRANI TRUST
"TO BE HAPPY, MAKE OTHERS HAPPY"

ANNUAL REPORT

2021-22



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Naraindas Morbai Budhrani Trust is a charitable organization formed in 2002 with a motto, *"To be Happy, Make Others Happy"*.

Through our various initiatives we strive to bring about tangible changes in the lives of economically marginalized sections in our society. Directly and in collaboration with our carefully selected partners, our various initiatives in the area of **Education, Health, Community Development and Disaster Response** are implemented across different Indian states to contribute in the sustainable development of the society.

KEY INTERVENTION DOMAINS



Health Care:
12131 Individual Beneficiaries



Education:
16238 Children Beneficiaries



Community Development:
2809 Individual Beneficiaries



Disaster Response:
1410 Individual Beneficiaries



Presence of Naraindas Morbai Budhrani Trust in different states of India through its different initiatives during 2021-2022

Health |

Education |

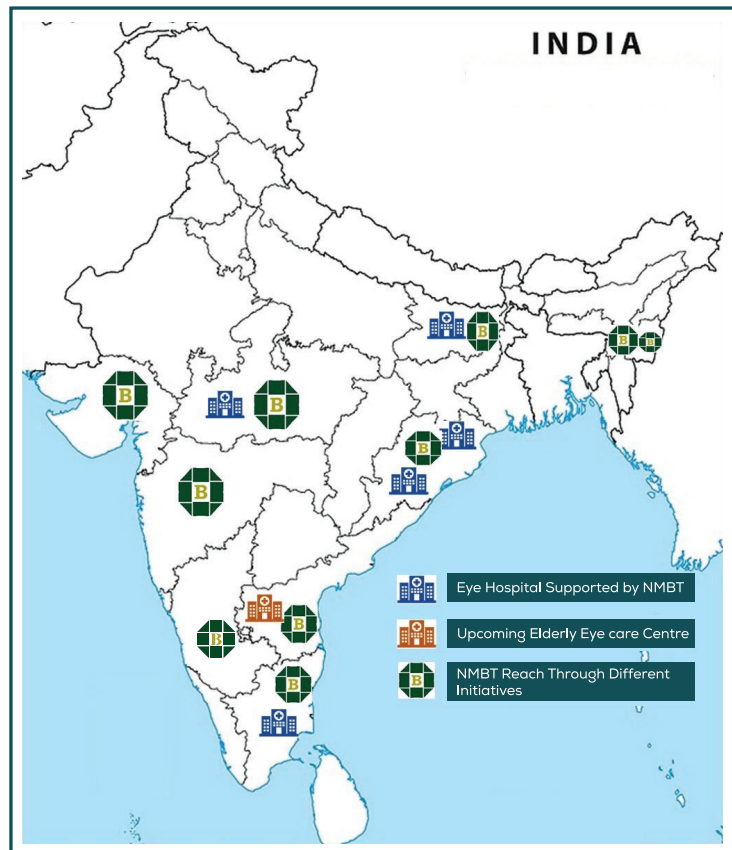
Community Development |

Disaster Response |

32500 Plus
Beneficiaries

19 plus
Districts

10 states &
1 Union Territory



HEALTH INITIATIVES

Health interventions always play an important role in overall health, longevity and productivity of an individual, family and community, as they can improve quality of life, reduce human suffering, help children thrive, and save money to fulfil their basic needs. Naraindas Morbai Budhrani Trust's various health initiatives and interventions have impacted millions of lives since 2002. Our initiatives also promote good behaviour and habits through individual and group counselling, which help to improve physical, mental and emotional health of an individual and family. Different health initiatives are as follows;

Cancer Care Program :

Cancer is a leading cause of death worldwide, accounting for nearly 10 million deaths in 2020, or nearly one in six deaths. The most common cancers are breast, lung, colon, rectum and prostate cancers. Close to one-third of deaths from cancer are due to tobacco use, high body mass index, consumption of alcohol, low intake of fruit and vegetables, and lack of physical activity. However, it is good to note that many cancers can be cured if detected early and treated effectively. Once diagnosed, not only the cancer patient but the entire family goes through a very difficult



2711 counselling sessions for **1581** beneficiaries



12 Support groups for **285** breast cancer patients and Caregivers



751 awareness Sessions in **7** hospitals, benefiting **4361** patients and caregivers



526 Patients Supported financially



21 families benefited for accommodation facility.



journey. Many questions arise in the minds of the entire family, why it happened? Where to get the treatment? How much will it cost? Is it curable? and all these lead to further anxiety and depression! NMBT has identified this need and has chalked out a comprehensive programme to address the different needs of the patient and their family. NMBT primarily focuses on the cancer affected from the poor and marginalized sections. And hence consciously extends its cancer care programme in government charitable

hospitals. NMBT's Cancer Care Program provides **Counselling, Financial support for treatment, Accommodation facility, Nutritional support & Educational support to children.** All these services are focused to encourage the patient and family to continue their treatment and to prevent the emotional breakdown during the treatment. Through these services, we extended support to **6774** patients and their family (caregivers) during the year.

Laxmi (Name changed), is a 11 yrs old child, suffering from osteosarcoma leg. She had to undergo amputation surgery for her leg as a part of treatment. Emotionally she was disturbed due to this loss of body part. She was cranky and was avoiding eating, cleanliness, medicine etc. She was not listening to anyone post-surgery in the ward. Under such circumstances, the case was referred to our counsellor. After initial rapport building and understanding her concerns, our counsellor conducted regular counselling sessions during her stay in the hospital. During these sessions, the counsellor motivated her to eat in small portion and appreciated her on completion. This positive reinforcement helped to change her negative behaviour. It diverted her attention and stimulated to engage in creative goal directed activities such as painting, drawing etc. After few sessions, she herself asked her parents to bring books and resumed her study. During these sessions it was also learnt that the family members, especially her mother and grandmother were also disturbed and were always complaining and fed up

due to the irritable behavior of the child. This led to lack of hygiene. Our counsellor conducted separate counselling sessions with mother and made her realize the importance of taking proper care of her child. It was because of these compassionate efforts on part of our counsellor, that the root cause was identified and was effectively addressed during her 6 months stay in the hospital.



Arohan (Name changed), is a 2 years old male child suffering from blood cancer and undergoing treatment at Tata Memorial Hospital. This family belongs to Murshidabad, West Bengal. Doctors suggested 6 months continuous treatment and asked the family to stay that. This was very challenging for the family to arrange an accommodation. Understanding their needs, the hospital referred the case to NMBT managed Ashray Recovery Centre for Child and Women Cancer patient located at Mahalaxmi. parents were relieved. On 8th September, 2021, we provided

accommodation to the family, parents were relieved. Before getting admitted in Ashray, Arohan was only drinking milk and was avoiding other food. But at Ashray the family got homely environment where they could cook as per the liking of the child. Also, our Ashray staff motivated and encouraged him to eat properly. Mother of the child could only speak Bengali and was facing difficulty in communicating with the staff at Ashray and in hospital. Ashray staff taught her basic Hindi words and helped to understand language. After one month she started comprehending the instructions given by the hospital staff and this training helped her to bridge the gap created due to language. There are 7 residential units at Ashray and like Arohan last year 19 families benefited from this facility. Because of Ashray they could comfortably undergo the treatment process.



Deepak Jadhav - My Wife was critically ill with breast cancer NMBT gave us correct counselling and guidance which gave her courage to go through all tests and Chemotherapy, the expenses for which were also entirely taken care by them.

Eye Care Program:

In rural parts, many individuals are not aware about their eye problems and they believe that their diminished or poor vision is on account of advancing age. Without awareness and proper treatment, it gradually leads to blindness which in turn impact their productivity. NMBT, in partnership with different like minded hospitals and organizations addresses the eye care need through the following projects;

1. Support for eye surgeries: Cataract is the leading cause of blindness globally and surgery is the only known measure to deal with it effectively. By addressing the issue, we not only treat the eye but also help the individual to resume his work and go about independently performing daily activities. Through this project we have extended cataract surgery support to poor, tribal and rural patients from Maharashtra, Tamil Nadu and Bihar.

2. Infrastructure development for eye care facility: Extended support for the construction and equipment required for **Elderly Eye Care Centre at Kadapa in Andhra Pradesh**. It will be a centre equipped with all advanced facilities to meet all the eye care needs of an elderly person.

We also supported for construction of **Two Community wards** and furniture for newly planned 200 bed Eye Hospital at Mandvi, Dist. Surat.



Spectacles Provided to 694 Particularly Vulnerable tribal Group



4596 cataract Surgeries



Infrastructure support for eye care facility





ENABLING THE LIVELIHOOD OF 200 WOMEN!

Vimaltai (Name Changed) - 65 year old Vimaltai from Daund is enough to inspire a movie on her. This lady from village of Kutbao rose from being a farm labourer to a masala queen. Being from a poor family, she could not receive proper education and was married into a poor family. Her husband owned only some barren land and hence both had to work hard for their livelihood and upbringing of

their children. With just Rs.300/- in her pocket but an indomitable will to improve her family condition, which included her three daughters, she started a small masala manufacturing unit in 2000. Today, after close to two decades, she enables 200 rural women with their livelihood in a small-scale manufacturing masalas. She is a very honest and an efficient lady who became a star for women empowerment. Her latest act was helping farmers' wives from Pune to set up a food stall in an ongoing exhibition at Thane. However recently, she couldn't see properly and visited an eye camps organized by our partner in village Yewat, Maharashtra. During the primary eye screening, she was identified as a patient for cataract surgery and was referred to our partner hospital where she was operated upon for the same and regained her vision. NMBT is very proud of being associated with such a gritty lady.

Heart Care Initiatives:

NMBT, supports for heart surgeries of the poor and marginalized community of the rural part of Maharashtra. This year 67 individuals were supported for their heart surgery.

Ambulance Support:

NMBT provided Ambulance to Parivaar Education Society, to facilitate timely accessibility of hospital and avoid death due to serious illness for the people living in remote villages of Dewas District in Madhya Pradesh.



EDUCATION INITIATIVES

Value Education Project:

NMBT's Value Education project aim to inculcate positive values in students to help them face the external world with the right attitude and approach. Values covered in these sessions are Truthfulness, Kindness, Forgiveness, Gratitude, Punctuality, Responsibility, Respect etc through different topics. It is a process of overall personality development of a student. This project aims to help them to get a better perspective of life and to lead a successful life as a responsible citizen. This project has been implemented in association with like-minded organizations and Schools in Mumbai, Ahmedabad and Madhya Pradesh for students studying in **6th to 8th** std. Total **8553** students studying in **20** schools and **101 Sewa Kutirs** benefited through this project.



Scholarship Support Project:

Many children from underprivileged community need support to continue their education, and it makes further difficult if their family faces chronic illness, such as cancer, coronary heart disease, chronic kidney disease etc. Under such circumstances the first casualty is education as the family prioritizes on food and medication, thereby impacting child's

academic growth. NMBT'S Scholarship Support Project around **233** such poor and underprivileged students studying in **51** Schools to continue their education in Mumbai, Ahmedabad and Baroda.



Student Counseling Project:

NMBT has conducted **121 sessions** of individual counselling for **37 students** studying in **10 different schools**. Cases were referred for different concerns such as poor academic performance, behavioral issue, addiction, teasing etc. Counsellors guided using different counselling techniques and interventions to beneficiaries such as maintaining self-check and its records, self-motivation, positive affirmations and behavior modification to bring in positive behavioral changes to improve academic performance.



14 years old male student, referred by teacher to counselor for addiction issue. Counselor conducted rapport building session with the student and gathered necessary information related to addiction pattern, friend circle, frequency, type of addiction etc. Slowly she explained the consequences of addiction on his physical, mental, economic and social life by illustrating several examples. During subsequent follow-up sessions the student showed willingness to quit addiction and

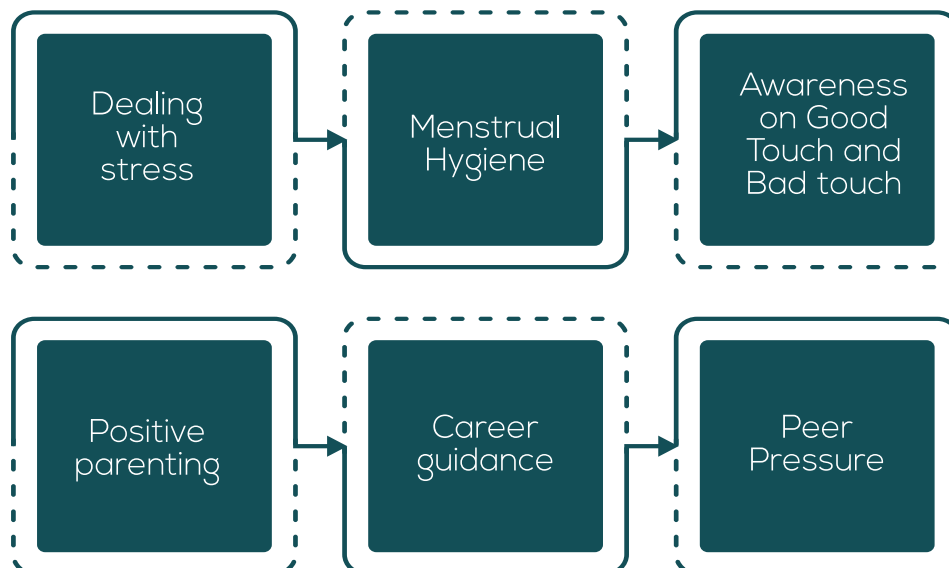
hence the counsellor planned intervention for him to work on the same. The counsellor guided him on keeping self – check and maintaining record. Different techniques were shared with him to stay away from the tobacco and trained to make this as a habit. These techniques helped him to bring desired changes (reduction in consumption of gutkha) in his behavior. Counselor continued session by providing positive reinforcement to encourage student for same.

Special Sessions:

While interacting with students and teachers, it was realized that there are many other concerns of students which come up as they grow and should be timely addressed. Understanding the concerns, we decided to conduct special sessions for children, teachers and parents to improve health and hygiene. Through these sessions we tried to inculcate positive behavior to maintain good hygiene and thereby prevent further

health related concerns. We have covered topics such as





In 10 Schools 27 sessions were conducted on these topics which benefited to 1367 students' teachers and parents.



Food and Mid-Day Meal support:

Malnutrition is widely prevalent among growing children in the marginalized community. In such communities, the children are more vulnerable as they don't get nutritious food. Parents are busy earning for their day-to-day livelihood and hence they find it difficult to meet up the basic needs of children. Many times children don't receive two-square meal which lead to further problems like school dropout, poor concentration and thereby, poor performance. NMBT in collaboration with likeminded partners provide food support in schools and in Sewa Kutirs.



Parivaar Education Society

10 Sewa Kutir's benefiting
1048 students.

THE AKSHAYA PATRA FOUNDATION

Mid- Day meals for 5,000
children in 6 schools of Silvassa

Total 6048 children are benefited through our food support



COMMUNITY DEVELOPMENT INITIATIVES

Many unfortunate individuals are often wandering and living on the road side as no one is there to take care of them or are abandoned by their families. Sometime due to mental illness, they get lost in the city and are not able to go back to their houses. Access to food, water, treatment, sanitation and medical treatment is hardly available for them. NMBT through its Community Development Initiative tries to address the basic food, shelter and clothing needs of poor, people with emotional concerns, mentally challenged and abandoned destitute. This year, we reached out to **2809** individuals and addressed their basic survival needs and fostered an environment to enable them to live a life with dignity.



Monthly Ration Support to **126** families



Daily Food Support to **550** destitute & **50** Special Children



Marriage kit Support provided to **39** girls of Marginalized community of Ahmedabad



Blanket support to **2034** poor families of Manipur



DISASTER RESPONSE



Flood response:

In July' 21, combined fury of high tide and heavy rains lashed several parts of the state of Maharashtra. Particularly impacted were the coastal Konkan region of Chiplun and Mahad and the Western Maharashtra district of Kolhapur and Satara. Many villagers lost almost all their household things in the flood. NMBT responded immediately to this situation by providing one month ration to 250 families of Chiplun and two villages of Kolhapur District of Maharashtra.

250 FAMILIES 3 VILLAGES

1. Chiplun - Dist. Ratnagiri,
2. Kurundwad - Dist. Kolhapur
3. Bastwad - Dist. Kolhapur



Covid-19 response:

Mental Health helpline for Virtual Counselling and Mental Health support for Covid-19 patients and caregivers of BYL Nair Charitable Hospital On 7th May 2021, NMBT in association with BYL Nair Charitable Hospital launched **Mental Health helpline** to facilitate **Virtual Counselling and Mental Health support** for Covid-19 patients and caregivers. In second wave of the pandemic, NMBT

team observed that many patients and caregiver going through stress trauma, thereby impacting their mental health. To address this need, NMBT in association with the Psychiatry department of BYL Nair Charitable Hospital started this service. Through, these service we responded to 465 calls and done 44 counselling sessions.

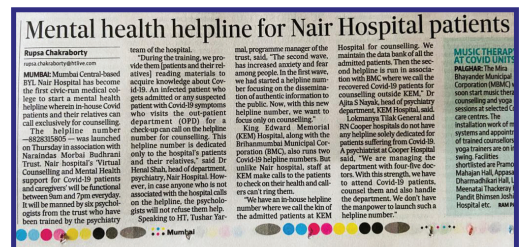
Other covid-19 response:



Breakfast support at Govt. Hospital, Baroda for 90 days

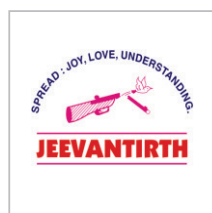
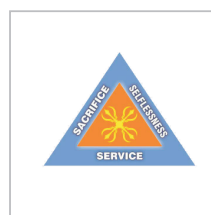
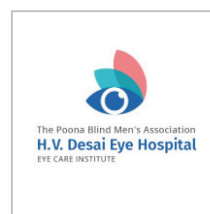
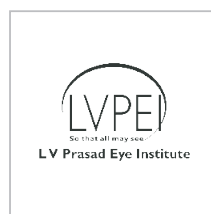
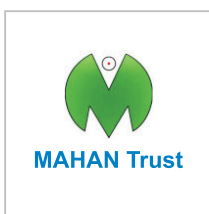


Covid Care Centre - Malshiras, Pune benefited 250 pts



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OUR PARTNER ORGANISATIONS



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