



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

Health

Reached to 94039 beneficiaries

Education

Reached to 48109 beneficiaries

Community Development

Reached to 990 destitute

ANNUAL REPORT 2022-23



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AN INSPIRATION

Mantra given to the team by our founder and trustee Shri D. N. Budhrani which keeps everyone within the team motivated and **leads to consistency in each project.**

SERVE SILENTLY

SERVE POLITELY

SERVE LOVINGLY

SERVE UNCONDITIONALLY

CULTIVATE THE SOUL



AN OVERVIEW OF 2022-2023

COUNSELLING AND SUPPORT PROJECT

- **2826** patients counselled in **4042** sessions
- Conducted **718** awareness sessions for **4377** patient and caregivers
- Conducted **71** special sessions covering different topics for **1051** patients and caregivers
- Conducted **15** sessions for **469** hospital staff
- Organized **22** Monthly Support Group meetings for **517** Breast cancer patients
- Provide financial support for **633** patients to continue treatment

EDUCATION PROJECT

- Counsellor **243** students
- School fees support extended to **233** students studying in Mumbai, Ahmedabad & Baroda
- Supported **18** Village level Holistic Development Centers (Sewa Kutir) benefitting **1812** students from tribal and rural belt in Madhya Pradesh. At each centre sufficient resources were made available to cover education, healthy diet, and sports activities.
- Mid day Meal support to **7108** students from **21** schools

VALUE EDUCATION PROJECT

- Values imparted to **35575** students studying in **25** schools of Maharashtra and Gujarat and **571** educational centers (Sewa Kutirs) in Madhya Pradesh.
- Trained **688** teachers on Value Education Project in Madhya Pradesh

COMMUNITY DEVELOPMENT

- Monthly ration support extended to **123** poor and needy **Families**
- Daily food support to **698** destitute
- **42** Girls were supported with marriage kit

HEALTH INITIATIVES _____ Counselling and Support Project

Our services

- Counselling
- Personal and Social Wellbeing Sessions
- Awareness Sessions
- Support Group for Breast Cancer Patients
- Financial help for Treatment
- Ration Support to Poor Cancer Patients

Extended services to following hospitals / organizations

- B Y L Nair Charitable Hospital
- KEM Hospital
- Bai Jerbai Wadia Hospital
- St. Elizabeth Hospital
- Sukoon Nilaya - Palliative Care Centre, King George VI Memorial Infirmary, Mahalaxmi
- Tata Memorial Hospital



Over the past nine years we have provided Counselling, Awareness and financial Support Services at Mumbai's Municipal and Charitable Hospital to cancer, psychiatric, cardiac and palliative care patients and their caregivers. All these services are continued this year as well to motivate patient and caregiver during the treatment period. It also helps for the treatment compliance. Through, active listening, our team of counsellor's understands the different concerns faced by them and tries to address those with appropriate guidance. Regular exercise and guidance help the patient to improve upon and to prevent further post surgical complications.



A 41- year – old breast cancer patient, has been receiving treatment at B Y L Nair Charitable Hospital since 2021. During her follow-up visit we learnt that her health condition serious and decided to discontinue her treatment due to continuous fever, headache, body ache etc. Our counsellor carefully listened to her concerns and provided necessary intervention. The counsellor worked on building positive attitude towards her treatment. With the help of counselling sessions, she was able to express her concerns which built transparency and made her feel relaxed. Thought process and its impact our physical health was emphasized. She was thankful to the counsellor for these sessions as it has relieved her from worries and felt motivated to continue the treatment.



MONTHLY ACTIVITIES —

We organized specific activities for certain group of patients understanding their needs, which have been conducted on monthly basis.

Support Group for Breast Cancer Patient

This year, 22 support groups were conducted at KEM and BYL Nair hospital, discussing topics like healthy diet, motivation, sharing, physiotherapy, rehabilitation, gynecological concerns, expressing feelings, personal health, cancer treatment, caregiver role, support, and awareness of government and non-government schemes.

Chronic Myeloid Leukemia (CML) Meet

This year we have started monthly meet for CML patients to make them aware about the disease, treatment process and care to be taken during the treatment. So far we have conducted 4 sessions in hematology department of the KEM Hospital.

PERSONAL AND SOCIAL WELLBEING SESSIONS _____

On various occasions throughout the year, we have held seminars on social and personal wellbeing that were identified based on the needs of the patient, caregivers and hospital staff.

- Special seminars were planned for aspiring nurses and nurses working at Bai Jerbai Wadia Hospital and BYL Nair Charitable Hospital in honor of Nurses Day. Students in the first, second, and third years of nursing school at BYL Nair Hospital attended the workshop on Motivation and Positive Thinking.
- Meditation session for nursing staff at BYL Nair Charitable Hospital
- Fun drawing activity and meditation session at Bai Jerbai Wadia Hospital
- Mental health session at Nana Palkar Smruti Samiti
- Stress management session at BYL Nair Charitable Hospital
- Anger management session at B J Wadia Hospital for Cancer Patients and Caregivers
- YouTube live session on Cancer Awareness for SST College, Kalyan, Thane on 22nd September 2022
- Menstrual hygiene session for female security guards at BYL Nair Charitable Hospital & KEM Hospital



ASHRAY RECOVERY CENTRE FOR PEDIATRIC & WOMEN CANCER PATIENT, MAHALAXMI



Patients from rural areas who come to Mumbai for treatment often struggle to find affordable lodging and usually end up living on the streets. To address this issue, a shelter home with a capacity for **7** families has been established. The shelter home provides a fully functional kitchen and transportation facility. This year, **23** families have utilized the facility. The center also focuses on engaging patients in age-appropriate activities such as academics or art and craft, while caregivers are encouraged to participate in artistic endeavors to stay inspired during their stay

at the centre. This relaxed setting helps patient's to complete their procedures with confidence at the same time we also ensure that caregivers are involved in creative activities to keep them motivated throughout their stay. This year the caregivers have undergone training in various skills such as chocolate making, Diya painting, bag making, woolen item weaving and preparing door mats. These activities helped them to learn new skills and also diverted their mind from the daily stress of treatment and traumatic experience.

- Various events such as 4th anniversary of Ashray, festivals are celebrated so that they don't feel that they are away from home. Counselling services are provided to families as and when the need has been felt or identified.
 - Implementing best practices through basic food habits,
 - given new recipes to diversify their meals,
 - informed about sources of essential nutrients and provided with dos and don'ts of diet.
 - Diet guidance on taking care of children during and after treatment
- The centre has celebrated various festivals and national holidays like Diwali, Holi, Republic Day, Gandhi Jayanti and creating a lively and positive environment for the families.
- Counselling sessions were conducted for these families as and when the need has been felt or identified.



"The activities conducted at Ashray and skills taught are new learning for us. All the families staying here are from different locations but due to these activities we all came together."

- *Mother of a cancer challenger*

"Because of this task, I get sound sleep at night, otherwise I used to stay awake till 1 o'clock at night because of tension and worry about the child's treatment and other financial concerns. He further mentioned that this work helped him to stay away from those negative thoughts."

- *Father of Cancer challenger*

Raj, a 5-year-old boy with Ewing's Sarcoma, underwent Rotationplasty surgery at Tata Hospital in August 2022. His parents were devastated by his inverted leg and father's illness. Counseling sessions and regular follow-ups helped the family adjust to the surgery. Raj and his parents received emotional support and reinforcement, and he has been adapting well. Activities and celebrations during hospital and Ashray Center stays have helped him normalize and regain his interactive nature.



EYE CARE PROGRAMME

REACHED
84654
PATIENTS

SUPPORTED
4086 PATIENTS
FOR CATARACT SURGERIES

SPECTACLE SUPPORTED
TO 200 PTS

Mr. Shobit, a laborer from a tribal community, lost his vision six years ago and felt guilty for not being able to support his family. However, he learned about an eye screening program by **Naraindas and Morbai Budhrani L V Prasad Eye Centre** near his village and decided to attend. After undergoing surgery, which was fully covered by the hospital, he regained his vision and was able to return to work. He now feels rejuvenated and grateful to the hospital for helping him overcome his vision problem. He even refers similar cases to the hospital as he is familiar with the camp process.



He expressed; "I am very happy after getting back my clear and sharp eye sight. Now, I will work hard and support my family. This clear sight has opened the doors of my income."

HEART CARE

Cardiovascular Diseases (CVDs) are the leading cause of death globally, taking an estimated 17.9 million lives each year. More than four out of five CVD deaths are due to heart attacks and strokes (https://www.who.int/health-topics/cardiovascular-diseases#tab=tab_1). Congenital heart disease (CHD) is the most frequently occurring congenital disorder, responsible for 28% of all congenital birth defects. The birth prevalence of CHD is reported to be 8-12/1000 live births. Considering a birth prevalence as

9/1000, the estimated number of children born with CHD every year in India approximates 240,000, posing a tremendous challenge for the families, society and health care system. This article discusses the current state of cardiac care available to children with CHD and how it has changed over last decade. (<https://www.indianpediatrics.net/dec2018/dec-1075-1082.htm>). In 2022-23, we have supported 75 heart patients

A 7 month old baby, brought to B J Wadia Hospital due to breathing difficulties. The patient had consulted with doctors and was diagnosed with Congenital Heart Disease. The patient needed open heart surgery, estimated at around **Rs.2,50,000/-**. The hospital's medical social worker, department advised parents about the urgency of surgery and the cardiac surgery support project of Naraindas Morbai Budhrani Trust. The cases was assessed and financial support was extended to undergo the surgery. He recovered well post surgery. The parents were grateful for the financial support provided by Naraindas Morbai Budhrani Trust, which provided hope and support to the family.



OTHER HEALTH CARE INITIATIVES

AN EMERGENCY AMBULANCE SERVICE

Medical transportation is a lifesaving and effective means to make the medical facility accessible especially in the rural and tribal belt where normal transport services are very limited. We have

provided an ambulance service in Dewas district of Madhya Pradesh which provides transport facility for the patient at free of cost.

4%
Accident Cases

88%
Delivery cases

8%
Other critical illness cases

On 8th July, 2022 our ambulance received a call from PHC Ratanpur about a patient whose health was deteriorating with every minute passed by. Saroj (Name changed) was from a small village called Gattamahulla. She is 24 years old. She experienced heavy bleeding during her pregnancy due to which she had weakness. When they had a word with family members, they got to know that her delivery was happened outside the hospital and the baby was also very weak. In our ambulance both mother and the baby were transferred to "COMMUNITY HEALTH CENTER, Balagli" Saline was administered on her way to CHC in the ambulance itself preventing further deterioration in her health. The ambulance staff had waited till the mother and the baby's health got stabilized.



EDUCATION INITIATIVES



School dropout is prevalent in the age group of 6 to 17 years and the factors contributing to this are poverty, peer influence, academic difficulties, other priority needs in the family, health issues, and lack of interest. Understanding these factors and to make the learning a holistic, integrated, enjoyable and engaging we have chalked out different projects as follows;

A. School Fees support

B. Nutritional support

C. Value Education Project

D. Counselling

E. Personal & Social Wellbeing sessions for students, parents and teachers

The School Education Project provides support for school tuition fees to students from poor and marginalized backgrounds. Applications were received for the year 2022-23, and after thorough assessment and home visits, educational fees support was extended to the students. Support was provided to students whose family members have been struggling with cancer.

Mumbai	36 Students 20 Schools
Baroda	97 Students 11 Schools
Ahmedabad	100 Students 22 Schools

Reenaben (Name changed) and her husband both are physically handicap. They have two daughters, one of them is studying in 11th standard and second one is studying in 6th standard. Reena and her husband are both unable to work and make a living. Naraindas Morbai Budhrani Trust is providing them monthly ration and school fees support for her daughter. They are happy that NMBT is taking care of them and providing regular support every month.



B. FOOD SUPPORT TO CHILDREN

We have supported **Mid-day** meals for **7108** kids enrolled in **21** government & government-aided schools in Ahmedabad and Silvassa throughout the course of the year

Jay is a 12-year-old boy studying in 7th standard at Ellis Bridge School No. 29. His parents are migrants from Uttar Pradesh. His father works as a laborer and earns Rs. 200/- per day, while his mother works as a maid in two houses and earns Rs. 2000/- per month. The family lives in a rented house and pays Rs. 2500/- per month. Jay has an elder sister and a younger brother, and all the siblings attend the same school. Due to his mother's early work schedule, the family often relies on leftover meals or tea and bread for breakfast. However, Jay and his siblings receive a nutritious mid-day meal.



In Madhya Pradesh, 18 Sewa Kutir Centres are adopted for holistic development, with an average of 100 children attending daily. Two to three teachers conduct various activities, with the center operating in two shifts. The morning shift includes prayer, yoga, and shlokas, followed by subject learning in Math, English, Science, Geography, General Knowledge, and Value Education. A healthy breakfast is

served at 9:30am, which includes poha / halwa / mung / chana along with milk. After this, children attend their regular school and come back to the Sewa kutir in the evening till 4:00 pm and are engaged in sports activities, reading and writing, group discussion, poem recitation followed by dinner. The project has reached around 1800 children.

C. VALUE EDUCATION PROJECT

The Value Education project, implemented in Mumbai, Ahmedabad, and Madhya Pradesh, aims to provide value-based education for 1st to 8th-grade students. This flagship initiative addresses the growing need for a society with consumerism,

corruption, and competition. By incorporating Value Education into the curriculum, students can develop decision-making skills guided by their values in real-life situation discovering their unique worth and potential. This holistic development approach is essential for a better future.

25 schools

5575 students

Topics covered during the year

- Rapport Building
- Be Yourself
- Every Breath is precious
- Where are you heading
- Overcome your fear

- Speak nothing but the truth
- Do not let irritation sap your energy
- Stamp out stress
- Create heaven within yourself
- Unclutter your mind

- Give up your ego
- Bring a glow in someone's heart
- Chat with your best friend
- love, give and share
- Responsibility



Training of teachers: This year we have expanded VEP in Madhya Pradesh. Under this we have conducted training of **688** teachers who are associated with **571** Sewa Kutirs in **9** districts of Madhya

Pradesh. These teachers will conduct weekly session of Value Education in each kutir reaching to more than **30,000** children.

D. COUNSELLING WITH STUDENTS

Children often navigate various emotions and social dynamics, which can sometimes lead to various challenges like fear, stress and self-doubt. Exposure to substance abuse, emotional dysregulation, verbal or physical abuse are other areas affecting the child's emotional growth. However, by acknowledging and addressing these feelings, we can foster a supportive environment that promotes mental well-being and resilience to cope up with such challenges. A collaborative efforts of teacher, parents,

students and a counselor can create a nurturing environment that encourages academic success, personal growth, and overall well-being. In Mumbai's Malvani and Charkop slum area, we provide free counselling services in 12 schools. Through, these counselling sessions, students gain the tools to overcome obstacles and build positive habits. It helps them to unlock their full potential, break free from limiting thoughts and behaviors, and thrive in their studies and beyond!



12 Schools



315 counselling sessions



243 Students

Salim, an 8th Std student, was referred for counselling due to disruptive behaviour and poor study habits. The counsellor built rapport with Salim, collected information about his family, and encouraged him to focus on his studies. The counsellor provided daily task lists, exercises, and a checklist for monitoring behaviour. After several intervention sessions, Salim showed improvement, completed tasks, became more organised, attentive, and provided answers to teachers. The counsellor plan to schedule followup session to sustain and built upon the progress made.



A fifth-grade student was referred for therapy to address socio-emotional issues. The counsellor provided a judgement-free environment for her to express her emotions. The student's separation from her mother contributed to anxiety and loneliness. The counsellor encouraged her to stay at an orphanage and focus on education. Regular counselling helped her win three trophies in intra-sport competitions.



E. PERSONAL AND SOCIAL WELLBEING SESSIONS:

Apart from the Value Education Sessions we have conducted Personal and Social Wellbeing sessions with students / parents / teachers. It helped to address their common concerns related to their personal life, growth, development and career

	TOPIC	NO OF SESSIONS	NO OF PARTICIPANTS
1.	Awareness session on Substance abuse and negative peer pressure	15	615
2.	Awareness session on Physical Changes during puberty for adolescents boys	7	212
3.	Awareness session on Good Touch and bad Touch	13	461
4.	Career Guidance workshops	9	418
5.	Menstrual Hygiene Session	11	479
6.	Mental health awareness session for teachers	1	34
7.	Session on Effective Study Techniques	5	198
8.	Positive Parenting session	1	35
	TOTAL	62	2452



F. OTHER EDUCATIONAL SUPPORT

We have distributed educational kit (school bag, long notebooks, pen, pencil eraser etc) to 100 underprivileged students from 3 different schools of Charkop area of Kandivali, Mumbai, by the hands of our Trustee. The event was organized at Priyadarshini School, Charkop.

A group of seven students from slum area, were selling ball-pens at a traffic signal. During the home visits, we observed that their parents are daily wage labourers, completely depending on availability of the work. Total earnings of the family is not sufficient to address their basic needs of food, so providing education to their children was their last priority. Despite this unfortunate financial situation, all these students are very interested in education and attend the school regularly. School teachers are also taking extra efforts to improve their academic performance. It has been observed that many of them were not carrying proper school bags and they were using the previous year-old notebooks with left over pages. We believe that providing this help of educational kit will motivate these young boys and girls to accomplish their goal.



SUMMER CAMP – MUMBAI SCHOOLS

We have organized three summer camps for 5th to 8th std students from STS Mission School, Rosemary school and Priyadarshini School. Objective of the camp was to spread awareness on "Usage of First Aid Kit and Importance of appropriate Diet" using fun and recreational methods. Children enjoyed the activities conducted during the camp. Total **241** students attended the camp.



COMMUNITY DEVELOPMENT

We are associated with likeminded organizations to extend support to wandering destitute, elderly and poor and needy to extend support.

Monthly Ration support - 123

Marriage kit support - 42 poor girls

In one of the case, a person was found on streets of Pune through a known source. The person was living on road for almost six years. He was brought at the centre managed by one of our partner organization. There he was groomed properly. After few days of counselling and rapport being developed, the staff learnt that he is well qualified and is from nearby town. He ran away from home to achieve his goal in life. He wanted to become a very rich person. He was working in a company in Pune but he lost his job. He could not sustain pressure due to loss of his job and detachment from the family. He went into depression and kept wandering on the roads of Pune till he was brought to this organization. After proper treatment care for six months in the organization he revealed all

this information. Founder of the organization gathered additional information and located his family. He contacted his father and verified the details. He found out that the information shared by the patient was true and then he disclosed to his parents that their son is in his shelter home and now he is in good condition. He further explained the family that he needs care, support and should be kept on medication on regular basis. The family appreciated the founder's thoughtful gesture and thanked him for helping them and find their son who had been missing for six years. We are associated with the organization and supporting them with the daily meal for all their inmates.

Picked up from Roadside in Pune



Because of the genuine efforts from Yashodhan Trust he reunited with his family.



OUR PARTNER ORGANISATIONS



Naraindas Morbai Budhrani Trust 125, Maker Chambers – VI, Nariman Point, Mumbai