



NARAINDAS MORBAI BUDHRANI TRUST

"TO BE HAPPY, MAKE OTHERS HAPPY"

2023-24 ANNUAL REPORT





INDEX

1.	Our Program	1
	1. Health	1
	2. Education	1
	3. Community Development	1
	4. Disaster Response	1
2.	Health Program	2
	Mental Program	2
3.	Counselling Services	4
4.	Supposrt Group	5
5.	Capacity Building	5
6.	Personal and Social well-being Sessions	6
7.	Ashray - Recovery Centre for Pediatric and Feamle Onco Patients	7
	Activities conducted during the year	8
8.	Eye Care	9
10.	Heart Care	10
11.	Education Program	11
	Value Education Project	11
	Output of Value Education Project	12
12.	Output of value Education Project	13
13.	Counselling Program	14
14.	Personal and Social Well-being Sessions - Mumbai	15
15.	Summer Camp	16
16.	Special Day Celebration	16
17.	Teachers Training	17
18.	Other Educational Support	18
19.	Community Development	19
	Food and Cloth Support	19
	Marriage Support	19
	Solar power Panel	19
	Repair and Painting Work	19
	Medicine Support for Wanderring Destitute	20
	Support to Person with Disabilities (PWD)	20
	Key Heighlights of the project are	20
20.	Our Partners.	22



Naraindas Morbai Budhrani Trust, established in 2002, operates with the motto
"To be Happy, Make Others Happy."

Dedicated to supporting economically marginalized communities, the trust undertakes various initiatives across India aimed at fostering sustainable development in Health, Education, Community Development and Disaster Response.

OUR PROGRAM

1

Health

- Mental Health
- Cancer care
- Eye care
- Heart Care

2

Education

- Value Education
- Student Counseling
- Shcool fee support

3

Community Development

- Mid-day Meal
- Ration Support / Meal support
- Medicine support

4

Disaster Response

- Natural Disaster
- Epidemic / pandemic response





Health Program

Mental Health

Mental health is an integral part of our overall health and a foundation of well-being and effective functioning of an individual. Naraindas Morbai Budhrani Trust promotes mental health and well-being through its different initiatives which is in-line with the Sustainable Development Goal no. 3: "Good Health & Well-being". Many times people become victims of stressful environment and unrealistic expectations of oneself. This leads to an impaired functioning of an individual, limiting his/ her potential in performing regular activities, eventually resulting in unhappiness towards oneself and others.



In order to address the need we provide free counselling and awareness services to Cancer and cardiac patients and caregivers, students, teachers, security staff etc. Our team of qualified and trained counsellors will help an individual to internalize their strength and weakness and take initiative to make positive changes in their own life. It will also strengthen decision making ability in crisis situation.



We also conduct **Personal Wellbeing Session on Mental Health awareness**, where we impart on the importance of mental health, share simple methods to maintain own mental health, such as advantage of deep breathing exercise, practicing positive thinking etc.



"A 46-year-old woman from Mumbai was diagnosed with breast cancer after noticing a lump following a fall. Despite financial struggles worsened by the pandemic, her family supported her treatment. With a history of a heart attack in 2008 and financial difficulties due to her husband's health issues, they struggled to afford Herceptin injections. With one son still in school and another unemployed, they managed diagnostic and chemo expenses through government support and ration card benefits. NMBT visited her home and provided support for three cycles of targeted therapy and routine counselling. The family is grateful for the assistance."

CANCER CARE

	Services provided	No. of Sessions	No. of Beneficiaries
1	Individual Counselling	5506	2725
2	Group Counselling	55	330
3	Personal Social Wellbeing Session	89	2190
	a. Mental Health sessions	36	1138
	b. Personal Hygiene sessions	37	882
	c. Breast cancer awareness	2	56
	d. Menstrual Hygiene sessions	1	06
	e. Meditation Sessions	1	24
	f. Sessions for Chronic Myeloid leukemia	8	84
	g. Outreach sessions (Security / Railway staff)	4	362
4	Support group meetings	23	614
5	Financial support		556



Counselling Services

Our counselling services offer comprehensive emotional and psychological support, providing tailored strategies to manage fear, anxiety and depressive mood. We empower patients and families to make informed treatment decisions, foster strong caregiver relationships, and create safe spaces for open communication. Our counsellors prioritize clear health explanations and deliver empathetic care, enhancing overall quality of life and helping clients navigate healthcare complexities with resilience and understanding



A 44-year-old male, was admitted to a Palliative Care Centre following a stroke with intracerebral bleeding. His wife, overwhelmed with caregiving responsibilities, was referred for counselling due to burnout.

In the first counselling session, she opened up about her emotional exhaustion from caring for her husband single handedly for the past two years. She felt guilty for not telling him about his mother's passing two months ago. Counselling helped her understand the importance of self-care and sharing burdens.

As a result, she became more relaxed and efficient in caring for her husband. With encouragement, the husband also began to interact again, overcoming his fear of pain. This counselling intervention for both patient and caregivers added value in the treatment and recovery.

On Christmas Day, he recorded a video expressing gratitude, marking a significant milestone in his recovery, shedding tears of happiness as he thanked the staff for their care.



Support Group

Through the Support Group we ensure supportive environment for patients, survivors, caregivers, and loved ones to share experiences and practical advice.

Both online and offline sessions provide mutual support, encouragement and empowerment. Experts lead discussions on topics such as mental health, hygiene, post-surgery care, breast reconstruction, awareness on chemotherapy & radiation and Exercise etc.

This year, we organized 23 support group sessions at B Y L Nair Hospital and KEM Hospital.



Capacity Building

In collaboration with Sukoon Nilaya Palliative Care, we organized a session on counseling skills for 8 Bachelor Social Work students from Nirmala Niketan College.

The session aimed to equip the students with effective counselling techniques, communication strategies and the importance of empathy in palliative care. Through interactive workshops and hands-on training, students observed experienced counselors and gained valuable insights into real-world scenarios, enhancing their professional development and strengthening the support network for patients and families.



Personal and Social well-being Sessions

We conducted 89 Personal and Social well-being sessions on

- Mental Health
- Personal Hygiene
- Cancer Awareness
- Breast Cancer Awareness
- Menstrual Hygiene
- Chronic Myeloid Leukaemia

Mental health sessions include activities and games to promote well-being and combat burnout. Hygiene sessions enhance patients' well-being and help to prevent infection. Additionally, we hold cancer awareness sessions for general public.





Ashray - Recovery Center for Pediatric and Female Onco Patients

We provide accommodation support for pediatric and female cancer patients and their caregivers. With seven family units, the center offers facilities such as a kitchen, dining area, community space and transportation services. Additional services include weekly grocery supplies, utensils, laundry, pick up and drop service, counselling and housekeeping. The center is staffed with two trained supervisors who engage the children and family members in various goal-directed activities to help alleviate the families going through mental stress of the disease and treatment process. We engage families in various activities and celebrations so that they don't feel isolated while they are away from their hometown and relatives for the treatment.

On February 20th, 2024, Ashray Center commemorated its 5th Anniversary with the participation of its residents. A parent, who has been with us for over 8 months, graciously shared their journey, offering inspiration and encouragement to other families currently staying at the center. Additionally, we conducted a motivational session for the parents, imparting valuable insights and support.





Ashray - Recovery Center for Pediatric and Female Onco Patients

Activities conducted during the year

- Art and Craft activities
- Yoga & Meditation
- Mental Health awareness session
- Diya Painting activity
- Festival celebrations
- Birthday celebrations

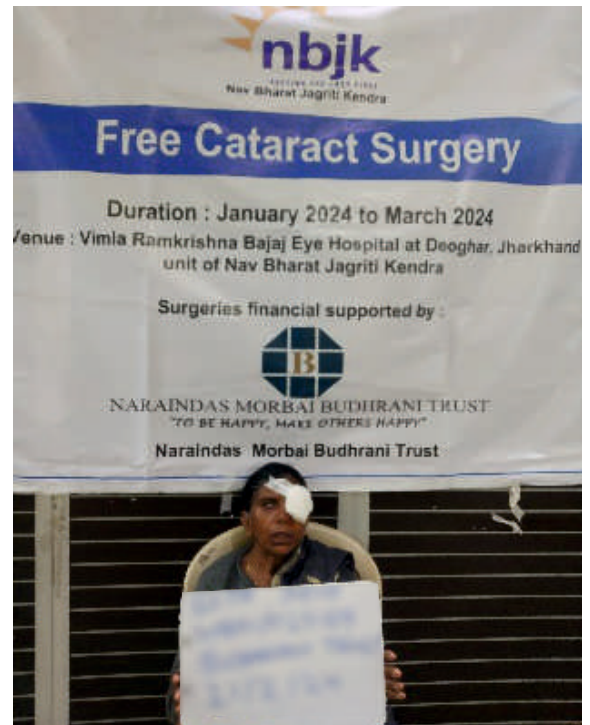




Eye Care

Cataracts are a leading cause of avoidable blindness, especially in rural and unserved areas, due to socioeconomic factors and limited healthcare infrastructure. In response, NMBT has improved eye care services for the poor and marginalized people through its following initiatives in the year;

- Vision is restored of 5337 people by supporting towards cataract surgery of these poor and marginalised patients
- Spectacle Support is given to 860 patients
- Contribution was made towards the construction of eye hospitals at Hyderabad and Varanasi.



Gita Devi (Name changed) had been experiencing blurred vision for two years, impacting her ability to work and causing financial stress for her family. Living with her two sons, who work occasionally as cooks, she relied on her labor job.

After attending an eye camp in her village, she was diagnosed with cataract and explained that there is a need for eye surgery. The operation was performed free of cost at our partner hospital located at Deoghar, Jharkhand. The surgery was successful, significantly improving her vision and allowing her to resume work. She expressed deep gratitude to the Hospital and Naraindas Morbai Budhrani Trust for their support towards the surgery cost.



Heart Care

Heart surgeries in India are becoming more accessible due to medical advancements and specialized healthcare facilities. However, many rural and economically disadvantaged areas still face barriers like high costs and limited infrastructure.

This year, we supported 162 life-saving heart surgeries for children and adults in need across India, aiming to improve healthcare access and enhance patient outcomes.



During a 9-month sonography, it was discovered that the child's blood vessel position had switched. Due to inadequate facilities in Aurangabad, the doctor recommended Wadia Hospital in Mumbai. The family arrived on October 14, 2023, for a checkup, and the mother was admitted on October 15 due to labour pains. A 3-day-old infant was transferred to Wadia Children's Hospital on October 19, 2023, for surgery to avoid infections. The surgery was scheduled for October 25. The family's financial situation was dire, with the father earning an unstable monthly income of around Rs. 10,000 as a laborer. The case was referred to us for support. After the assessment we have contributed towards the surgery of the child. In addition to financial support, counseling was extended to help the parents navigate through this challenging period.

The child was discharged on November 6, 2023, and is recovering well.

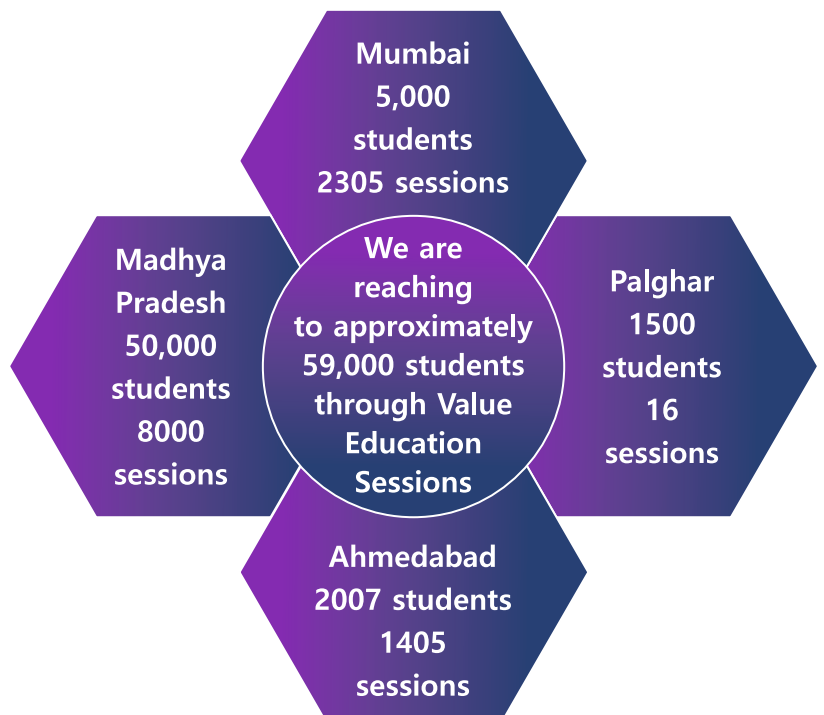


Education Program

Value Education Project

A comprehensive Value Education Project (VEP) has impacted thousands of students of 1st to 8th standard across Mumbai, Palghar, Ahmedabad, and Madhya Pradesh.

Value Education Project aims at enabling students to arrive at their own value-based decisions, in the context of real-life situations and endeavors to help students discover the beauty and goodness that lie within each of them. Value Education sessions focused on 15 different values like Gratitude, Anger management, Stress management, Time management, Honesty, Friendship etc. resulting in positive transformations such as increased responsibility, improved task completion and academic performance.





Output of Value Education Project

At the end of the academic year, we conducted evaluation of value education project for students in order to assess their understanding and usage of the taught modules throughout the year of 2023-24. The understanding of the students was assessed through different tools such as Poster-making, Elocution, Topic Discussion, Presentation, Skit Enacting, Storytelling, Quiz and Asking Questions.



The response of the students during the value education sessions was overwhelmingly positive. They demonstrated a high level of engagement and understanding of the topics assigned to them. Furthermore, the collaborative nature of the group assignments fostered teamwork and peer learning among the students. Each group member actively contributed to the presentation, showcasing their individual strengths and talents.



Output of Value Education Project

Module: Don't Let Irritation Sap Your Energy (ANGER)

An 8th standard student frequently found himself getting into fights at school over minor disagreements or misunderstandings. His impulsive reactions often escalated conflicts, leading to disruptions in the classroom and strained relationships with his peers. After the teacher covered the topic about anger (specifically reacting and responding) in VEP, he learned about strategies for recognizing and managing his emotions more effectively. He discovered techniques to reflect before reacting impulsively in heated situations.

Module: Speaking Nothing But The Truth (HONESTY)

A student developed a habit of lying to her parents about her whereabouts. She often sneaks out to meet her friends without informing her parents or seeks permission under false pretenses. After the topic about honesty was discussed in VEP sessions she started reflecting on her own actions, she begins to realize the consequences of her deceitful behavior. She started to feel guilty about lying to her parents and understands the importance of being truthful with them. She decided to make a change and resolves to stop lying about her activities and whereabouts.

Module: Bring a glow in someone's heart (GRATITUDE)

"Following the session of GRATITUDE, the student began to express appreciation towards various community members. For instance, during his daily commute, he made a point to thank bus drivers and conductors. At local shops, he greeted shopkeepers with gratitude for their assistance. Similarly, he acknowledged the efforts of school peons. This newfound habit of showing gratitude not only uplifted the spirits of these individuals but also made the boy very happy and lovable."



Counselling Program

Counselling is crucial for underserved students facing academic pressure, personal, social and emotional challenges, substance use and addiction.

We are providing counselling for these students in a safe space for them to express their concerns, receiving guidance and develop coping strategies. Based on these concerns we prepared an individualised structured plan to help them to cope up with and come out of the block. This intervention fosters positive relationships among students, teachers and parents, promoting collaborative success. We conducted 1313 Individual Counselling Sessions for 343 students across 18 schools, addressing behaviour, emotional and academic concerns. Additionally, 104 Group Counselling sessions benefited 466 students. Through these sessions our counsellor fostered resilience and positive behaviours among children for long-term success in life.

“ A tenth-grade student, struggling with socio-emotional issues from witnessing her mother's death, was referred for counseling. The counsellor provided a safe, judgment-free space for her to open up and addressed unhealed emotions impacting her social life and academics. Through sessions, the student learned emotional regulation, positive thinking, and social skills via role-playing, which helped her form meaningful friendships. Academically, the counsellor helped create a study timetable and provided motivation and effective study techniques. This boosted the student's confidence and class participation. Goal setting maintained her motivation. After many sessions, the student showed significant improvements in emotional well-being, social interactions, and academic performance.”

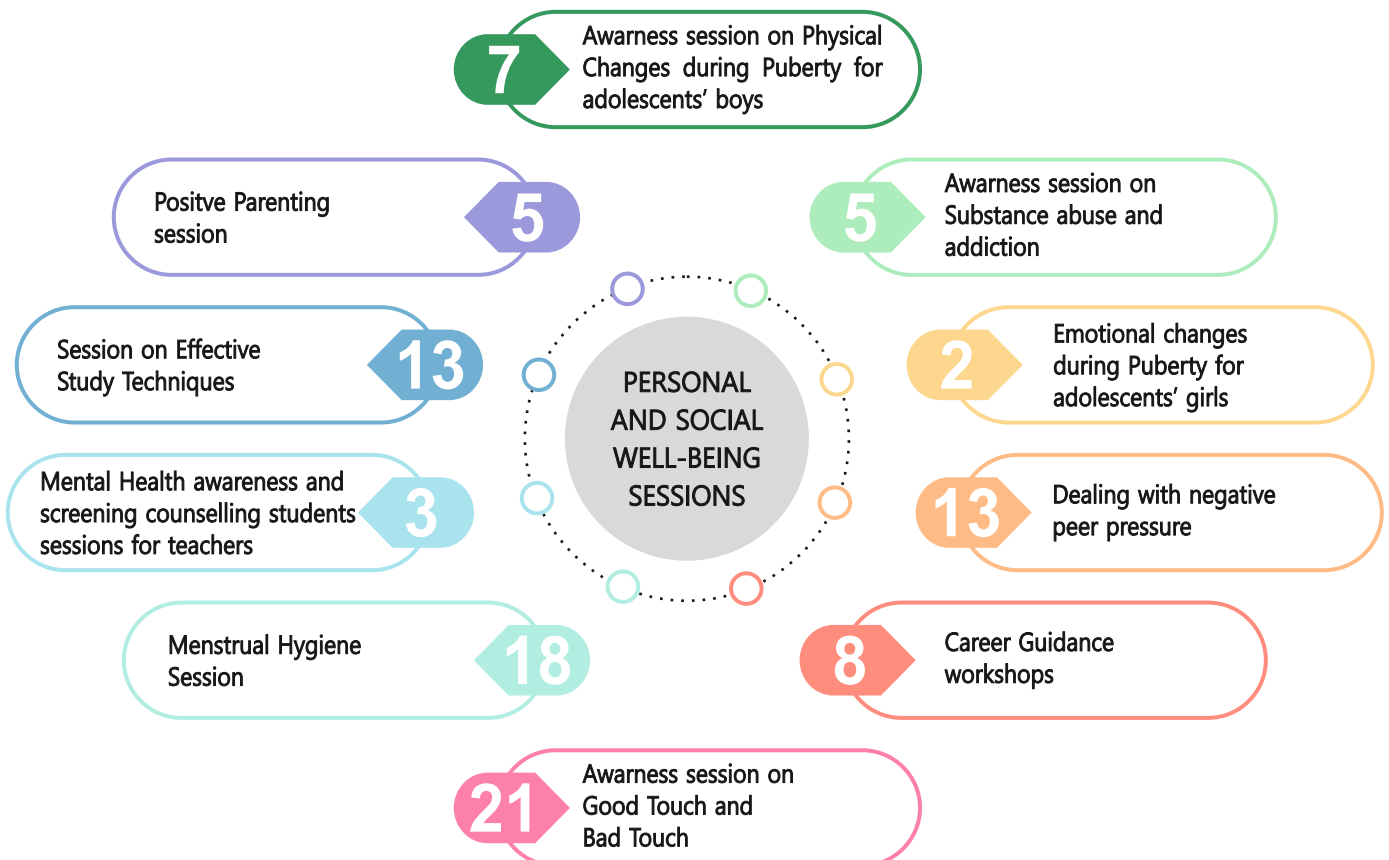




Personal and Social Wellbeing Sessions – Mumbai



We have conducted Personal and Social Wellbeing sessions with students. These sessions have been planned with specific objective to provide an awareness on various age-appropriate concerns such as Menstrual hygiene session for adolescent girls, Awareness session on Good Touch and bad Touch for primary students, Effective Study Techniques and Career Guidance etc. This year we have conducted total 96 sessions for 3745 students in 20 schools, 1 hospital and 2 organizations.





Summer Camp

Summer camps was organized in three schools in Malwani, Sahyadri Nagar and Charkop, serving **235 students**. Key objectives included educating students about the '**Importance and application of first aid,**' imparting '**Basic self-defense techniques through Taekwondo,**' and nurturing Creativity with '**Paper quilling**' crafts. Participants eagerly shared their experiences and the aspects of the camp they enjoyed the most, highlighting the impact of these activities.



Special Day Celebration

On **September 21st "World Gratitude Day"** was celebrated to instill the value of gratitude in **600 students**. Activities like **Games, Guided Meditation, and Story-telling** to emphasize expressing gratitude and fostering positivity was conducted. The goal was to cultivate compassionate and responsible individuals beyond the celebration.

On **December 1, 2023, "Children's Day"** was celebrated joyously, emphasizing the significance of



nurturing values. The event, curated for primary students during Value Education Program (VEP) sessions, focused on virtues like forgiveness, kindness, gratitude, love and care.



Teachers Training

TRAINING ON IMPLEMENTATION OF VALUE EDUCATION PROGRAM FOR TEACHERS IN MADHYA PRADESH AND MAHARASHTRA

We organized an extensive online Teacher Training workshop spanning four days for teachers and cluster coordinators across five districts in Madhya Pradesh. The workshops aimed to familiarize participants with the **Importance of Value Education** and to equip them with effective, systematic methods for implementing it among students attending Seva Kutirs.



A total of 105 individuals, comprising teachers, cluster coordinators, and district anchors from 73 Kutirs, underwent the comprehensive training program. This initiative has positively impacted approximately 7,300 students.

This training was also conducted for 25 teachers from 6 schools in Palghar District of Maharashtra.

The structure of Value Education modules was explained with relevant examples, followed by demonstrations of mock sessions and interactive techniques. Recreational activities were incorporated to maintain interest and motivation. The training also included demonstrations by participants on various topics for standard 6th to 8th, followed by feedback and guidance for improvement. Participants were deeply appreciative of the opportunity to refine their teaching approaches and cultivate values, both within their students and within themselves as an individual.



Other Educational Support



School Fees Support: During the academic year 2023-2024, a concerted effort was undertaken to support the education of 232 students through financial assistance for their school fees. This initiative aimed to ensure that these students had the opportunity to continue their studies without the burden of financial constraints.

Priyadarshini School is supported with 3 computers, enriching their educational resources and opening doors to new opportunities.

At **N.D. Patil School**, we have supported **15 students with rainy sandals**. These students are from very poor families, staying in slum area and their parents are daily wages worker. School authority appreciated our effort as this support will provide motivation to these students to continue their education, while striving for basic need in day-to-day life.



20 students from Dyanvardhini School were supported with a set of brand-new uniforms to ensure they feel confident and ready to learn each day.

These students are from very poor families, staying in the slum area at Charkop and their parents are daily wage workers, hence they were unable to afford uniforms for their children.



Community Development

Food and Cloth Support

We extended food and Cloth support to 500 destitute in Madurai. Monthly ration support to 153 destitute in Ahmedabad, Baroda and Mumbai. Food support has been extended to 11429 students through different projects such as; Mid-Day Meal Project in Palghar (Maharashtra), Ahmedabad (Gujrat) and Silvassa Sewa Kutir Project in Betul (Madhya Pradesh), School at Khargone (Madhya Pradesh).



Marriage Support

Marriage Support is extended to 36 girls in Ahmedabad.



Solar Power Panel

Installed at Missionaries of Charity, Nagpur for the destitute to relieve them from the undue expense of electricity consumption.



Repair and Painting Work

Supported at Missionaries of Charity in Amravati and Airoli to ensure safe and lively living environment for the destitute residing at these centres.



Medicine Support for Wandering Destitute

We are partnering with Shraddha Rehabilitation Foundation (SRF) an organization rescues, treats, rehabilitates, and reunites wandering destitute suffering from psychiatric illness.

- We have supported towards the **follow-up medicine** for 806 patients.
- Also, we have funded the cost of construction of a **Cement Concrete Road** at one of their centres of the organization located at Karjat, Maharashtra to improve internal transportation.



“ Bobby (name changed) approximately a 35 years old female was found roaming around on the streets of Mumbai under the influence of mental illness and was referred to SRF, Karjat by Govt Beggars Home, Mumbai. She is suffering from a mental illness called schizophrenia. She received sheltered care and treatment for her mental illness and recovered well in a month's time at SRF. She was then reunited with her brother and family in a remote village in Balaghat District, Madhya Pradesh, India. She was away from home for almost 16 months. She is a widow and her parents have expired. The family is very poor. Although she was suffering from mental illness for more than 2 years, the family was neither aware of availability of treatment for such illnesses nor could afford any kind of treatment. Post reunion, regular follow ups calls are being done by SRF staff and refill medicines are sent. The financial support from Naraindas Morbai Budhrani Trust for these Re-fill Medicinal Support for the poor and mentally ill destitute has enabled SRF to provide free medicine support to her and all such destitute cases. Currently, with regular medicines being sent by post, she is maintaining very well with no psychiatric symptoms. Post treatment and after the reunion with the family she has been very caring and dutiful towards her family. The family is also happy and extremely grateful towards the free, compassionate and proactive services offered.”



Support to Persons with Disabilities (PWD)

This year we have initiated a project for Persons with disabilities in collaboration with CORD in 150 Panchayats of district Kangra Himachal Pradesh. It is a scalable and replicable model through a panchayat-based inclusion, empowerment and rehabilitation of People with Disabilities. It focuses on interventions of integrated therapeutic rehabilitation services, linkage with the Govt. schemes and entitlements, livelihood promotion, accessibility, education, health- hygiene and sanitation to enable people with disabilities to be active participants in the mainstream community development.



Key highlights of the project are

- Linked 59 PWDs with government schemes and entitlements Conducted Medical Check-Ups for 48 needy PwDs in government hospitals.
- Provided Aids and Appliances to 48 deserving PWDs
- Extended Nutritional Support to 53 PWDs
- Initiated Community Based Livelihood (CBL) activities for 51 PWDs and 5 mothers of Child with Disabilities (CWD's) which includes poultry, goat rearing, buffalo rearing, tailoring, petty shops, and barber shops.
- Enhanced accessibility for 30 PWDs by furnishing toilets, constructing ramps, plastering, and installing doors and railings.
- Supplied Educational Materials to 69 children with disabilities. Distributed Hygiene Kits to 62 needy PWDs / CWDs, including handwash, towels, nail cutters, toothbrushes, toothpaste, soap, undergarments, and mackintosh.





Our Partners





NARAINDAS MORBAI BUDHRANI TRUST

"TO BE HAPPY, MAKE OTHERS HAPPY"

☎ 022 - 40101201 / 46190349

✉ nmbudhranitrust@yahoo.co.in

🌐 www.nmbtmumbai.org

📍 125, 12th Floor, Maker Chambers VI,
Nariman Point, Mumbai - 400 021.

