

# Report 2015-16



"TO BE HAPPY, MAKE OTHERS HAPPY"

## NARAINDAS MORBAI BUDHRANI TRUST



"TO BE HAPPY, MAKE OTHERS HAPPY"

## NARAINDAS MORBAI BUDHRANI TRUST

As a mission to serve the most disadvantaged and underprivileged communities, 2015-16 has been the year of way forward in many ways for N M Budhrani Trust. The year helped us increase our reach to the historically underserved and connect with the program participants through various initiatives. All our programs strive to bring about a positive change in the lives of people. At NMBT, connecting with people is an opportunity to enrich their lives as well as ours by working towards a more inclusive and responsive society. Year 2015-16 has been an incredible year reaching out to various states with meaningful programs in turn increasing scope of all our projects. We share this joy and learning experience with you, as you have been part of this enchanting journey.....

### STRENGTHENING INSTITUTIONS FOR LONG TERM SOCIAL IMPACT

As an organisation, we believe in creating social infrastructure that will continue to provide service to the most marginalised sections of society in the long term for the years to come. With strong and able partners and committed

personnel on ground, this year we could create infrastructure facility serving geographically and socially most needy sections of our society.

#### 1. Naraindas & Morbai Budhrani Eye Centre, Odisha



The state of Odisha ranks 15th in eye care services program in India, with very limited access as well as quality eye care facilities available. It is the poor who are the worst affected. In our endeavour to provide high-quality, low-cost, self-sustaining permanent eye care infrastructure in underserved areas of the country, we set up Naraindas & Morbai Budhrani Eye Centre in partnership with L V Prasad Eye Institute Hyderabad. The Eye Centre in Rayagada is equipped with desired medical equipment and well trained staff to deliver excellent and equitable comprehensive eye care services on a sustainable basis, aiming to eliminate avoidable blindness in the region.

The Naraindas & Morbai Budhrani Eye Centre was inaugurated by Shri Naveen Patnaik - Hon'ble Chief Minister of Odisha. Our Trustee Mr. D N Budhrani graced the event with his presence and stated that it was privilege that we as a



Trust have been instrumental in providing access to quality eye care facilities to the Tribals of the region that was otherwise non-existent. Shortly, the Hospital will undertake 2,500 surgeries annually of which at least of 50% will be free of cost. In its first six months intervention, the hospital has served 5,155 patients in OPD and undertaken 299 surgeries of which 83% have been free.





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# NARAINDAS MORBAI BUDHRANI TRUST

Mr. Kolaka Damana (Name Changed), 58 male came to Naraindas and Morbai Budhrani Eye Centre, managed by LVPEI through community screening camp with the chief complaint of both eye decreased vision. After his check-up it was found that patient has cataract in his both eyes. So as per the eye surgeon's suggestions cataract surgery was done on his left eye.

Kolaka is a carpenter and was facing lot of problems in measurement and cutting of wooden plaque and subsequently had to stop his regular work with the diminished vision in both eyes due to cataract. He was completely dependent on his family members for all activities of daily living. Sometimes the family members used to get angry with him. Losing sight, loss of work and complete dependency for mobility left Kolka very depressed. Post his Cataract, with regained vision, Kolka is a different man, boasting full of confidence. His greatest joy was that he was able to resume his carpentry work. During the home visit, he was eager to show off how he is able to work and move around independently.....



## 2. Naraindas & Morbai Budhrani Health Centre, Bihar



State of Bihar reports lowest IMR, CMR & MMR status in the country. Naraindas Morbai Budhrani Health Centre is set up in Masarhi village, Fatuah block of Bihar, with a specific objective of promoting Institutional deliveries, improving IMR, CMR & MMR addressing Malnutrition status of the region. The Health Centre also offers low cost pathological services as well as pharmacy services where patients avail generic drugs at an extremely reasonable price. This has resulted in encouraging response from the community. It is heartening to note that the Musahar (Manji) community, the lowest in the cast hierarchy in social order of Bihar, has been the largest program participating community our Health Centre offering us an opportunity to promote health seeking behaviour amongst them. First batch of Health Centres Assistant Nursing Course also has first girl from Musahar tola, who is now a pride of the community.

The Health Centre offers free ANC, PNC and Institutional delivery services. Also, all patients above 60 are treated for free. With focus on developing comprehensive Maternal Child Health program the Health Centre aims to reach every health seeking person in the region.



### Naraindas Morbai Budhrani Health Centre Coverage

Services reached	Beneficiaries
ANC PNC Check up	155
Institutional deliveries undertaken	11
Family Planning Services	27
OPD patients treated	3,678
IPD services provided	34
Pathological services offered	425
Pharmacy services availed	3,315
Malnutrition cases worked upon	39



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### 3. ENT Oncology Ward, BYL Nair Charitable Hospital, Mumbai



Mumbai Municipal Corporation has proposed to enhance its capacity of treating the Cancer patients at the Corporation Hospitals. ENT Department of BYL Nair Charitable Hospital proposed to set up a separate Oncology ward for its ENT patients to ensure proper treatment and care under one umbrella of ENT Department. A 14 bed separate ENT Oncology ward was refurbished. A combined kitchen of ENT general ward & ENT Oncology ward was also refurbished to cater to the needs of increased no of patients. Ward no 20 of BYL Nair Charitable Hospital was completely refurbished & NMBT provided the refurbished ward with Procedure room, Counselling room & required equipments like Ventilator, Defibrillator, Portable X-Ray Machine. This helped to ensure

that the well equipped ward was available to the patients under one roof. On 13th February, 2016 the ward was inaugurated by our Trustee Mr. D N Budhrani. This occasion was graced by Dr. Suhasani Nagda madam – Director of Medical Education and Dean of Nair Dental College along with Dr. Ramesh Bharmal Sir, Dean of BYL Nair Charitable Hospital & Topiwala Medical College in the kind presence of our friends and well wishers. The ward is now fully functional and started the admission of the patients from inaugural day. As of 31st March 2016, 19 patients have sought specialized care in this newly refurbished and equipped ENT Oncology ward.

### 4. Urology Anaesthesia Workstation, BYL Nair Charitable Hospital, Mumbai



Urology Department of BYL Nair Hospital caters to high volume of cases with 20,000 OPD per year. The department undertakes 1,500 major & over 1,800 minor surgeries every year. Considering the proposal of Urology Department, an Anaesthesia Workstation was supported to ease out the pending load of surgeries and procedures. Since its

installation in mid February – the department has already conducted 396 surgeries and procedures in just 1 and half months period, 50 of which are related to Cancer. A timely support to the Urology department has helped to speed up pending surgeries.





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### 5. Class Room Construction at Rural School, Jawahar, Maharashtra



Jawahar a predominantly tribal region, is very close to Mumbai. We sanctioned construction of a class room for Chatrapati Shkishan Mandals School at Degachi wadi where 134 students of class IX were studying under the tin shed due to lack of a proper class room. NMBT extended construction of a class room structure. The school management

constructed the class room under its close supervision in a very short span of time and we are happy that by September'15 the students got to use their new brand class room. They displayed their joy by setting up a beautiful exhibition of their activities on the inauguration day....

### 6. Kitchen and Dining Hall Facility for Residential school for SC, ST Students, Pune, Maharashtra



Krantiveer Chafekar Smarak Samiti operates a unique residential school "Punuratthan Samarasta Gurukulam" at Pimpri, Pune for educational rehabilitation of the children from SC & ST communities. The school operates on the Gurukul model and offers modern education with skills in traditional crafts to ensure that students do not lose touch with their history. When our Trustee Mr. D N Budhrani visited the school, was touched seeing the challenging situation in which the school was managing with bare minimum. Assessing their need, kitchen shed and dining hall was sanctioned for 320 resident students. A beautiful kitchen and a pleasant dining hall is being constructed and we are happy that the daily meals will be cooked and consumed in a healthy and cleaner environment by all the students.

## EDUCATIONAL INITIATIVES OF NARINDAS MORBAI BUDHRANI TRUST

### 1. Education Support Program

At NMBT our aim is to create enlightened individuals with positive attitude and equip them to face the real life situations. We believe that education is a social commitment towards society. Initiated to support education of children from the Cancer affected families, who were falling off the radar of education for their inability to pay the school fees. The issue affecting many families of economically weaker background, has reached to 1,206 students. The needy students are identified by the schools and each one of the recommended student's family is visited by the NMBT staff. After the detailed need assessment of the family & its economic condition, the selection of students is finalised.

With compelling living conditions, uncertainty of

City	No of Schools	No of Students
Ahmedabad	29	332
Baroda	17	194
Mumbai	47	680
<b>Total</b>	<b>93</b>	<b>1,206</b>

employment, single parent families, often led by women often, critical illness or disability in the family... nothing stopped our students in putting their best in completing their school education. Parents, after paying rent and electricity, often spend up to 50% of their balance income



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# NARAINDAS MORBAI BUDHRANI TRUST

only on education. Systematic support towards the education of children from such families helps us save children getting pushed out of formal education system. Hooch tragedy at Malvani, Malad this year claimed lives of over 104 persons. Most of them lost the bread winner of the family. We assessed the affected families and included students from the hooch tragedy into our education program. In many families the children are very young, below the age of five. We will be tracking the families to assess their

situation in future and if required, include their children into the education program.

Taking into consideration the students desire to continue education beyond SSC, NMBT now supports education upto graduation. Our small initiative has helped us support 68 students from 37 colleges of Mumbai and give them much needed support to complete their higher education. A special attention is paid to include children from the life threatening disease like Cancer and Chronic Kidney Disease.

**Gupta Abhishek Kanhayalal:** Kanhayalal Gupta, age 43 years old, resides in Andheri east with his wife and three childrens. Kanhayalal dreams of giving the best education to his three children, Being a door to door utensil seller he earns around Rs 7,000/- pm., has to pay Rs.1,20,500/- towards the education fees of his children. He is guilty that he studied only till 12th std, due to which he has to take up such odd jobs for daily living. His wife also does the petty works at home and adds some income to the family. Kanhayalal doesn't want his children to do the same. It is very difficult for him to manage home and children fees at a time. Last year, he took loan from the relatives and friends. But this year he was finding it very difficult to pay the fees. Through one of his friends he learnt about the possible support that he could seek from NMBT Trust for his academically brilliant children. In such trying times support received from Budhrani Trust has been a huge support for the family. We also have linked him for support to few more trusts to help him raise some support for his elder son's engineering fees too. This academic year we have extend support to 68 such promising students across Mumbai, who dream to change the future of their life through higher education.



## 1. Value Education Program

Pilot project started in 2013 with an aim of promoting Mental, Emotional, Spiritual, Intellectual, Social growth along with the academic performances that have been fulfilled by the students. Jeevantirth, Ahmedabad & IAPA - Indian Association for Promotion of Adoption and Child Welfare, Mumbai enthusiastically implement the project. The VEP program covers students of class 6th, 7th & 8th standards of English, Marathi, and Gujarati medium schools.

The project has now invited by 32 schools and directly benefiting the 7,493 students. Qualified and professionally trained counsellors undertake sessions ensuring complete participation of each student of the class. The whole process of Value Education Program is focused on experiential learning that uses medium of story telling, songs and activities. There were noticeable behavioural changes in students that also created more impact about the process of counselling adapted by the counsellors. Group sessions were held considering the need of the students such as addictions (of smoking, tobacco and alcohol), relationships, and disciplining issues. Remedial sessions to deal with learning issues and confidence building sessions were organised. The schools are acknowledging the role of counselling in school

set up and that's an un planned but a great outcome. The structured teacher's orientation, parents meetings are organised at all the schools to ensure involvement of all key stakeholders of the program. The Principal of one of our Mumbai School specified that *"I personally observe the change in the students. Now our teachers have to make hardly any effort to draw student attention in the class, this batch of students is well behaved. It has created a different environment in our school & I wish all schools adopt VEP model for their schools"*.

A special session for 10th standard students was held on Stress Management and Effective Studying Habits benefiting over 500 students.

City	No of Schools	No of Students
Ahmedabad	9	2,044
Baroda	4	751
Mumbai	20	4,698
<b>Total</b>	<b>33</b>	<b>7,493</b>







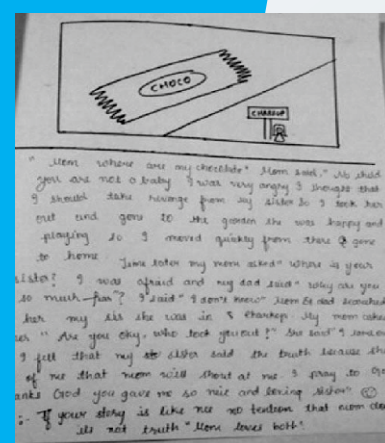
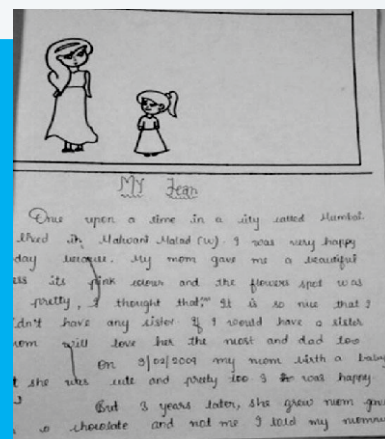
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# NARAINDAS MORBAI BUDHRANI TRUST

Shirley (Name Changed) is an 11 year old girl studying in standard 6th expressed her own experiences in the form of a story 'My Fear'. The topic "Overcome Your Fear" was conducted by the counsellor. The topic included explaining the concept of FEAR to students and also knowing about their experiences of this feeling.

Shirley shared her experience of fear from a story of her own life. In the story she narrated incident that happened during her toddlerhood. She was in conflict situation about relationship with her younger sister. Shirley feared that she would lose love of her parents to her younger sister, as she felt that they gave more attention to the younger sibling. One day, Shirley's mother had purchased chocolate for her little sister and not for her. This aggravated her fear of loss of parental love. Hence, she decided to find a solution to this issue. One day she left her younger sister in the middle of the road while playing, so that she would lose her way and never return back home. Back home, she now feared of consequences of her action, if her sister really gets lost. She would never see her again and her parents will never love her. However, the younger sibling was dropped back home by the known passer by and issue got resolved automatically. Memory of fear of first losing parental love and then her younger sister, stayed afresh in her mind. This brought about feelings of guilt and also realization within her that her parents love both their daughters equally and how she managed to overcome her fear.

The counsellor spoke to the student after reading the story written by her on the topic 'fear'. The student explained to the counsellor that she does not experience fear of losing her parents anymore and she has also developed a healthy and loving relationship with her younger sister.



## 3. Inclusive Education for Visually Impaired Students



Vandana Gupta: determined to complete her studies from Varanasi



Akshay Takle from Ahmednagar, Learning basics of Brail

A specially designed inclusive education program encourages Visually Impaired students to study in mainstream formal schools where the opportunity for social integration are greater while studying with normal students. Our special teachers visit each student at their residence or group of students at a school to assist them in coping with academic performance. The efforts of students are supplemented by Large Print Books, Audio Books, Brail teaching, as per the specific need of each students. Students are offered mobility training, assistance in seeking certification from the medical authorities, helping them to get the writers for the exams by closely working with the schools. This helps to ensure that the attendance at the schools is regular and special support is offered to the students to participate in the cultural events organised at the school level.

Location	Low Vision	Totally Blind	Total
Ahmednagar	62	17	79
Varanasi	34	56	90
<b>TOTAL</b>	<b>96</b>	<b>73</b>	<b>169</b>

**During the board exams held in Feb-March'15, all 9 students who appeared for HSC exams cleared their papers and 16 out of 17 students passed their SSC Board exams.** This has been the continuous benchmark progress by our supported students for the third consecutive year of the project. Our team is working with them to assist them to plan out their career choices of further education or employability options aligning with their skill sets and opportunities.



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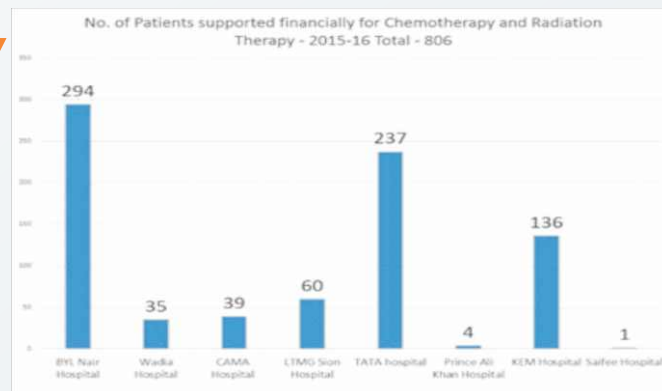
## HEALTH INITIATIVES OF NARAINDAS MORBAI BUDHRANI TRUST

Health has emerged as a significant factor leading to huge out of pocket expenses for the people from economically weaker background. The complexity of the illness has upwardly harming effects on the economic condition of the family, eroding family of every rupee saved and borrowings

### 1. Cancer Care Program

Cancer is still a taboo word when it comes to the life threatening disease. People avoid using C word and extremely scared as well as often confused about the treatment procedures. The high cost involved in this, further complicates the matter for person from the economically marginalised background. Cancer Counselling Centre Program of NMBT with wholehearted support from the Hospital administration, along with BYL Nair Charitable Hospital and LTMG Sion Hospital, this year we initiated counselling services at Bai Jerbai Wadia Hospital. Through Counselling, we were able to reach out to 1,560 patients and care givers with guidance, information and confidence building. The financial assistance to the patients is a critical part of the treatment support. This year we are happy to be part of treatment of 2,286 patients from various public hospitals of mumbai catering to the economically most

from the last possible source to meet the treatment costs. NMBT offers a range of health care service programs, keeping in mind this very situation of the people from the economically most marginalised section.

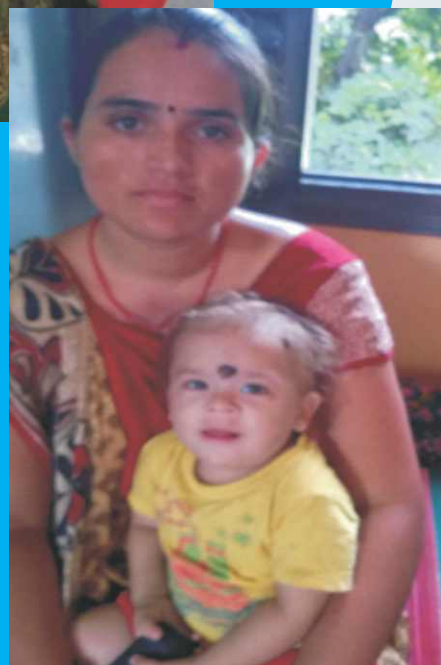


marginalised section of society. The most essential service of temporary accommodation for the patients undergoing Cancer Treatment from the Public hospitals was launched in March. We continue to strive to provide comprehensive support to the patients undergoing Cancer treatment in Mumbai, to help their successful completion of treatment and bring about an overall improvement in treatment process of cancer patients.

Megh Bajaj came from Borivali to Wadia Hospital along with his parents in the last week of November'15 with high fever and weight loss and low blood count.

Megh is the only child of the parents & they were worried that his fever was not subsiding. Megh's father has a small job with very limited income. The investigations revealed that the child was suffering from infant ALL. When doctors broke the news to the parents, the parents were heartbroken and shocked. Parents went into complete denial and refused to start treatment.

NMBT Counsellors worked in close association with the Doctors and undertook separate and joint sessions with parents. For them Cancer meant death. The parents were calmed down using stress management and relaxation techniques. It took a while for the counsellor to convince them that the chances of recovery are very bright. They were guided about the medications to be done, estimated duration of treatment. Since the first week of hospital visit, the counsellors are in regular contact with the parents. With everybody's efforts, Megh has responded well to the treatment and parents are happy and thank that they listened to the counsellors and started the treatment instead of denying and shying away if the issue. Timely intervention, guidance and handholding by the compassionate counsellor helps many families to complete the treatment process, leading to saving of lives and reducing the period of treatment.







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Annual get-together of the Cancer Challengers was organized with much fun fare where over 250 patients and their relatives participated. The fun event was aimed at providing moments of joy and happiness to the patients and their care givers who are otherwise struggling to find support for completion of treatment and dealing with other challenges on family and occupation front. The event was inaugurated by Hon Dean of LTMG Sion Hospital Dr. Suleman Merchant Sir and Marathi Film star Pushkar Shrotri enthralled the audience with his encouraging words as a special guest. The children and adults enjoyed on stage, participated in games along with the magic show, puppet show and the entertaining acts of juggler.



## 2. Eye Care Program

Visual impairedness, if identified at an early stage is treatable and a productive life of an individual is ensured. NMBT historically has been investing into the issue of avoidable blindness. This year along with setting up an Eye Hospital in Odisha, the support to 5,451 eye procedures was granted, where most of our program participants are from rural and tribal region. While the support offered is completely free for the program participants, the special attention is paid towards quality of treatment & patient support.



## 3. Heart Care Program

Subsidized Heart Care procedure is being offered for the people from the economically disadvantaged background. We are happy that patients from rural Maharashtra benefit from this facility the most. Out of total 60 surgeries supported, 10 were children up to the age of 10. What draws attention is whooping 72% of this service is being utilised by the male patients, drawing our attention to the need to connect female patients to this life saving heart care program.



## 4. Mobile Health Care Program

The underserved interior Khandala region of Maharashtra is served through the Mobile Health Van that covered over 15 villages through the year making as many as 320 trips reaching out to 5,417 patients. It is interesting to note that as many as 64% patients were females. Each of the patient is

being registered and follow up record of the same is being maintained. Patients requiring further follow up and investigation were guided to the parent health centre at Lonavala.



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### 5. Community Clinic Program

Daily evening facility, in the midst of the community, served by the dedicated MBBS Doctor providing effective, generic low cost medicines is the USP of our community clinic initiative. The trained and compassionate doctor attends each patient with desired attention, keeps track of their progress and guides them to lead a healthy life. The clinic this year has served 12,753 patients with Registration Charges of Rs.5/- , it has led to immense saving of out of pocket expenses for the community. Apart from responding to the ongoing health complaints and seasonal illnesses like phneomonia, typhoid, sometimes its gets cases where doctors have to go out of their way to treat the patient.



### 6. Dialysis Support Program

With growing incidences of End Stage Renal Disease (ESRD), dialysis is an extremely unaffordable but lifesaving treatment procedure. In order to bring relief to some of the economically most disadvantaged patients, NMBT has placed dialysis machine to undertake free dialysis service. This year total of 5,040 dialysis were offered free of cost benefitting over 199 ESRD patients. Undertaking home visits of the dialysis patients has helped us include seven children under NMBT's education program.

Till a year ago Sagvekar family was picture perfect family of four members – husband wife, son & a daughter lived a content life in Malad slums with regular gold polishing job done by Mr. Sagvekar. The recurring fever led to identification of kidney failure of the only earning member of the family. In desperation, family went to all possible private hospitals seeking cure. This led to washing off whatever was saved off as well as borrowing from every possible source. Our partner school directed us as a case of needy student unable to pay school fees. Home visit helped us identify the real reason behind this situation. Sagvekar was avoiding Dialysis due to high cost involved. It took a lot of time to convince the family to start on Dialysis and guided them at our partner hospital. We included his daughter Subodha Sagvekar who has now scored 74% in her HSC Board exam. As part of our comprehensive care for people connected with NMBT, we also included Vikas's second child Prathamesh in School Education Support Program. A well combined education and health initiative helps us bring out many families like Sagvekar out of clutches of abject urban poverty.



## INITIATIVES FOR COMMUNITY DEVELOPMENT BY NARAINDAS MORBAI TRUST

### 1. Care for Senior Citizens



We aim at improving the quality of life of the destitute senior citizens. Through our partner support, we ensure that dignified living conditions and care is provided for the resident senior citizens who have nobody to care for. In a

small way NMBT extends support to 44 senior citizens where the USP of our partners is providing personalised care for the elderly members of society who were abandoned and left without caring for.





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## 2. Ration Support Program

Urban poverty situation is extremely challenging and often more complex. As an organisation we support the extremely needy and poor families, fractured families, with free ration program. Carefully selected 194 beneficiaries from the city of Ahmedabad and Baroda are served with dedication by the volunteers.



Muliben Lalwani a 70 yrs old female resident of KhadiTalav, Baroda. She has a son and a daughter both married. Son stays separately whereas, daughter shifted near Mumbai after her marriage. As there was no one to take care of her, she is enrolled in Naraindas Morbai Budhrani Trust's ration support programme. Now she is completely bed ridden due to spine injury. As she could not come to collect monthly ration at the centre, we ensure home delivery of her monthly ration. Also, our volunteers from Sadhu Vaswani Mission, Baroda help her and provide fruits, daily food. Muliben is also a beneficiary of Baroda charitable dispensary of NMBT and gets medicine, diapers etc as per the need. NMBT's ration program is a life saver for the people who are near the destitution, neglected in the over crowded city's, often living unnoticed, even by the next door neighbours.

## 3. Marriage Assistance Program

NMBT participates in the joy of the economically marginalized families when it comes to marrying off to their daughters decently. We provided 40 Marriage kits to the

bride who goes to her in-laws house with bag full of goodies and essentials as a gift from her maternal home.

## 4. Skill Building Program for Livelihood Promotion

70 women undergo training on a regular basis at our Narishala program at Baroda, carefully designed to offer guaranteed employment for the young women a livelihood,

on mastering the skill. 280 women completed their training successfully this year by undergoing training in carefully organised four batches.

Aarti Sarvankumar Dubey a 19 years old female resident of Baroda had to discontinue her education after 12th std due to financial constraints. Her father works in a cutlery shop with a salary of 6,000/- per month which is not enough to run a family of 6 persons (Mother – father, a sister and 2 brothers).

Her genuine interest in learning and motivation from our volunteers at Baroda lead her to join tailoring classes run by Naraindas Morbai Budhrani Trust and managed by SVM volunteers. She mastered the skill and now stitches mosquito nets and kurti etc. She earns Rs. 125/- to 150/- per day and happy that she is contributing in running her family. She also guides her younger siblings in their studies.





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## MAHARASHTRA DROUGHT RESPONSE BY NARAINDAS MORBAI BUDHRANI TRUST

Marathwada region of Maharashtra state is facing unrepresented drought situation from last 4 years. Osmanabad district is affected the most amongst the drought affected regions of Maharashtra. After the initial discussion with villagers of 6 villages of Kalam block along with our partner organisation Paryay, as an immediate response to drought, the small and marginalised farmers were needed to be protected from the distress sale of cattle due to limited

availability of fodder, and provision of drinking water for people as well as cattle. Provision of six fodder thresher machine, one for each village was granted with the intention that available fodder can be used completely. Also, supported fodder supply in all these 6 villages. Provision of creating water storage facility in two villages and supply of water to one villages is committed.

Archana Balasaheb Bhosale, age 32 yrs, is a resident of Pimpalwadi village of Vashi Taluka of Osmanabad district. Her family includes father in law, mother in law, two children and husband. Farming is the primary source of income for the family but from last four years there was poor rainfall and the entire district is facing drought situation. Every second family was finding it difficult to feed themselves. Archana's family was also going through a difficult situation. They were unable to feed their cattle which include a pair of bullock of "Killari" category which cost around Rs. 1,00,000/- but under such circumstances she had decided to sale it at only Rs. 45,000/-. She had received advance payment of Rs. 2000/- from the buyer.

With timely planned support right from the month of December'15, we have been able to save over 800 cattle form 400 families from 6 villages of Kalam block. This has not only prevented unwilling selling of cattle but also gave a source of income for many others like Archana's family. The best part of this project is that in such difficult situation, the villagers have contributed 25% of the fodder.



### Our Partners



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