

REPORT

2018 - 19



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"TO BE HAPPY, MAKE OTHERS HAPPY"

NARAINDAS MORBAI BUDHRANI TRUST



Introduction

Since its inception in 2002, NMBT has been engaged in bringing about long term changes in the lives of needy sections of the society. Its focus has been on the key developmental areas of education, health and community development.

Over the years, the Trust has evolved significantly providing services to the most-needy sections of society, through carefully selected and tightly monitored programmes. In 2018-19 NMBT programmes have impacted lives of over 93,410 people. Some of these have been directly managed by the Trust, and others in association with 20 carefully selected and nurtured partners spread across eight states, viz. - Maharashtra, Gujarat, Tamil Nadu, Karnataka, Assam, Odisha, Bihar and Madhya Pradesh.

2018-19 has been yet another eventful year for us! We have evolved further. Our new initiatives involved setting up a recovery centre for paediatric and female cancer patients and signing a contract to set up a new Eye Hospital in the extremely backward state of Bihar. Our Cancer Care programme encompassed many meaningful initiatives at the ground level. These included Teachers' Training, Career Guidance, Menstrual Hygiene Sessions for adolescent girls and Value Education Programme along with Counselling. Our community welfare programs, served the most vulnerable sections of society with a lot of vigour and enthusiasm.

This year we also enrolled new Board members whose active inputs and presence infused new energy in our team members. Our enthusiastic team members, well aware of the conditions on the ground, contributed substantially towards the Trust's progress.

As we present our journey of financial year 2018-19, we know that together we have miles to go. Our onward journey will focus on improving the lives of those needy persons with whom we get associated. Through our initiatives and programs, we eagerly look forward to bringing a smile on their face ...in line with our Trusts' guiding mantra.

"To Be Happy, Make Others Happy"

Healthcare Infrastructure Initiatives of NMBT

- **ASHRAY- Recovery Centre for Paediatric and Female Cancer Patients:** "ASHRAY" has been conceptualized as a completely free of cost, high quality recovery centre. This centre dedicatedly caters to poor paediatric and female cancer patients who travel to Mumbai along with their caregivers while undergoing treatment at public hospitals in Mumbai.

The centre provides free shelter and ration till they complete their treatment during their stay in Mumbai. For this noble initiative, King George V Memorial Trust has very generously offered a barrack space at Anand Niketan campus, Mumbai. The facilities at the centre have been

developed under the guidance of St. Jude's Child Care homes. Besides free and hygienic space for recovery of poor patients, the centre also provides regular counselling, skill development and Yoga sessions for the residents. The well trained and motivated staff at the centre assists and guides all the families during their stay at the centre.





- **Secondary Eye Hospital at Samastipur, Bihar:** The state of Bihar has the highest number of persons with bilateral cataract in the country. Taking cognizance of this crucial issue, NMBT has entered into a partnership with Akhand Jyoti Eye Hospital (AJEH), one of the premier Eye Care institutions of Bihar, to set up a 60 bed Eye Hospital in the backward district of Samastipur. The hospital is expected to be ready by early 2020. The hospital is likely to

have an average footfall of 20,000 patients. It will have the capacity to undertake 5000 cataract surgeries annually. We eagerly look forward to this hospital bringing in significant relief to the rural poor of Bihar, for whom Cataract removal would be a life changing experience for gaining economic and social independence.

“ Educational Initiatives of NMBT ”

Education plays a very important role in the economic development of any country. And India has always focused on improving educational attainment in the country. Even today the government runs many programmes to promote Primary and Higher Education in India. While quantitatively India is inching closer to universal education, the quality of education is of concern. While more than 95 percent of children attend primary school, only 40 percent attend secondary school (Grades 9-12). NMBT plays a crucial role in reducing the dropout rate from the

formal school system amongst the students belonging to the economically weaker section. Through this initiative, NMBT also focusses on overall development of students.



Educational Programme Coverage	
Overall Students Covered	10,603
Total Schools Covered	158
Fees Support to students	2430
Mid-Day Meals Support	5025 students
Nutrition Awareness and education	27 schools: 1510 parents
Value Education Project	13 schools: 2758 students
Career Guidance Participation	23 schools
Menstrual Hygiene Participation	9 schools
Teachers Training	31 teachers
Summer Camp Participation	3 schools

1) Education Support Program:

NMBT's Education Support programme ensures that students do not drop out of schooling for lack of resources. Our team consciously ensures that students whose families are challenged by life threatening diseases like Cancer, CKD, HIV-AIDS, Tuberculosis, etc., are reached out to, and provided the necessary support. This program covers 120 schools from the cities of Ahmedabad, Baroda and Mumbai and financially supports 2430 students. This includes the support for Higher Education of 71 students. The students are selected in coordination with the schools, hospitals where children are undergoing treatment and like minded NGOs associated with NMBT.

While supporting students to continue their formal education, attention is also paid to undertake initiatives that are crucial for their overall development.

- Career Guidance was introduced in 23 schools for students of Std. 10. The process involved undertaking aptitude tests and individual counselling to make them aware of the various career options available.
- Following the request from schools, special sessions on menstrual hygiene were organised for female students of Standard 6 to 8. Considering this to be a taboo topic at home, every session witnessed enthusiastic participation and innovatively innumerable questions from students.
- Education and awareness sessions about nutrition were organised during parents' meetings held in the 27 schools.
- This year too NMBT distributed nutrition supplements to students from schools in Malvani, who participated in Kickboxing Championships.
- As a special gesture, NMBT supported a school in need of benches. 60 benches for an additional classroom were procured as the school had no funds for the purchase.



Reema S. (Name Changed) of Sardarnagar, Ahmedabad is a mother of 4 children. One fine day her husband walked out of the family with two of their children.

Reema S. was left to take care of the other two children. This left her with many challenges. She had no formal education and was not literate.

She managed to get work as a cook with few households. However the income was not sufficient to run her home, and pay for her children's education. Despite the difficulties she was keen on educating her children. NMBT enrolled her for its Ration programme after assessing her situation Just as she thought that

some tension was eased out, her husband came home to leave the other two children with her. This posed an even greater challenge for the family. Her children dropped out of school, as she could not pay their fees. She almost agreed to send her daughter to work in a family. The family assured to pay her Rs.15,000/- and take care of her daughter. In return her daughter was expected to do all the household work. The NMBT team took quick action, a home visit was conducted and two of her children were re-admitted to school. This timely support by the alert team members prevented the girl from bonded labour and separation from rest of the family.

2) Mid Day Meals:

Most children happen to consume just starchy food with minimal nutritional value. As per NFHS 4 (National Family Health Survey) data in India, 38% children under the age of 5 years have stunted growth, a sign of chronic malnutrition; 21% are wasted (low weight for their height), a sign of acute under nutrition; and 36% are underweight.

NMBT team members have seen a large number of students feeling hungry during class time. It is a known fact that a nutritious meal improves classroom attention and students perform better in academics as well as co-curricular activities. What started on a small scale with 25 students from Malvani, has reached 5000 students from different municipal schools. The midday meal support covers students in Mumbai and Ahmedabad. This initiative aims at countering malnutrition and in turn supporting the right to education of students from economically weaker sections of the society.



Komal S. (Name Changed) studies in class 4 of Elis Bridge Gujarati School No. 28 at Paladi. Her parents are educated till class 5. While her father is a driver, her mother is a homemaker. The average family income is INR 8000. Komal has 3 siblings who study in the same school. Post school, she studies at home and helps her mother in the household chores.

Komal has been a beneficiary of the mid-day meal support since childhood. She likes the food because it is served hot, is tasty and it calms her hunger. Her parents are also happy that she receives nutritious food at school.

NMBT is happy that like Komal, it has made each school day a bright day for over 5,000 students!!

3) Value Education:

In the cities of Ahmedabad and Mumbai 13 schools were a part of the Value Education Project. Fun filled value education sessions were a hit amongst the students from the most challenging backgrounds. All class room exercises were participative and non-judgemental. It was encouraging to see the eagerness of the students to learn, experiment and participate in the process of shaping their personality. Parents and school teachers reported positive changes in the children as a result of these sessions. These weekly sessions recorded highest school attendance. The students were seen to maintain their value education exercise notebooks with pride; and sported them as trophies! Despite its success, NMBT has been unable to extend the programme to more schools due to limited human resources.



Health Initiatives of NMBT

Health Programme Coverage	
Overall patients covered	81,738
Health care Institutions partnered with	21 organisations
Cancer Patients & care givers served	21,282
Patients served in Eye Care	50,503
Community Health Care beneficiaries	9,768
Heart surgeries supported	60
Malnourished (SAM/MAM) children covered under 5 yr. age	329

India accounts for a relatively large share of the world's disease burden, and is undergoing an epidemiological transition. Non-communicable diseases are dominant in the total disease burden of the country. In a recent report of India Council of Medical Research (ICMR), titled India: Health of the Nation's States: The India State-Level Disease Burden Initiative (2017), it is observed that the disease burden due to communicable, maternal, neonatal, and nutritional diseases, as measured using Disability-Adjusted Life Years (DALYs), dropped from 61 per cent to 33 per cent between 1990 and 2016. In the same period, disease burden from non-communicable diseases increased from 30 per cent to 55 percent. NMBT's resource allocation is aligned to serve the most economically marginalised sections for dealing with the increasing challenges of non-communicable disease.

1) Cancer Care Project:

Cancer burden in India has more than doubled over the last 26 years. According to a recent report, there is highest increase among all therapy areas, with breast cancer as the most common disease among Indian women.

As per the Indian Council of Medical Research (ICMR) data, India had 14 lakh cancer patients in 2016 and this number is expected to increase. With clear focus on serving the poorest of poor, NMBT worked with the public hospitals of Mumbai and offered a range of services for cancer patients. Our professionally trained counsellors placed with the major hospitals attended to every patient in need and provided the necessary hand holding. Our team was equipped with

- Helping patients and their families in understanding the process of treatment,
- Finding their way in large multispecialty tertiary hospitals,
- Putting together resources for treatment process,
- Skills to help patients and their relatives to be strong, calm and optimistic throughout the treatment .

Team NMBT under took a range of activities to ensure that the multiple needs of the patients alongwith their care givers are addressed effectively, and patients complete their treatment process at the public hospitals. Nutrition care and guidance for adult oncology patients ensured their supplementary diet intake in line with their treatment regime. 'Support Group' program for Breast Cancer patients and their care givers, the one of its kind in the public hospitals, completed one year with encouraging response from the patients and their family members. Hats off to the Doctors from the public hospitals, who despite their heavy patient load, made it a point to participate and drive this group personally, each month, without a break!! This has been a key motivational factor for our team members!

Cancer Care Coverage	
Services	No. of Beneficiaries
Counselling*	10,140
Financial Assistance	2,976
Accommodation*	113
Nutritional Guidance & Support	140
Support Group Participation*	271
Infrastructure Facility at Public Hospital	7,974
Institutions Partnered	9
Note: *Patients + Caregivers	



Rajul (Name changed), 14 years old, lives at Parel-Mumbai with her father, mother and elder brother. Her father is the only earning member in the family. Being a daily wage earner, supporting a four member family was a herculean task for Rajul's father. The family was faced with an additional challenge. Rajul suddenly developed high fever, and black marks appeared on her hands. Her parents took her to the doctor who after certain blood tests asked them to go in for further investigation at KEM or Tata hospital. The investigations at KEM hospital revealed Rajul was afflicted with Blood Cancer; her family went into complete denial, took no steps to start treatment. Knowing the complexity of the situation, the case was directed to NMBTs' counsellor. The counsellor worked with the family in a sensitive manner, persuading

them to initiate the treatment. Just as the counsellor's intervention boosted the morale of the family, the required financial assistance was organised. Gradually the family took Rajul for regular treatment and follow up process. Rajul came across as a brave girl with a positive outlook. The counselling sessions with NMBT counsellors have inspired Rajul to fight cancer. Our consistent follow up paid off. Rajul has completed 2 years treatment at KEM hospital and is now absolutely fine. She is regular with her quarterly follow up, has resumed her schooling and is living happily with her family and friends.



The annual get together of Cancer Challengers

was attended by over 350 cancer patients and their family members. A thematic session on infection control was well guided by Dr. Prabhat Bhargava of Tata Memorial Hospital. Our special guest, Mr. Dev Mishra, who tragically lost both his legs in a train accident, motivated the challengers by talking about how he overcame the extreme situations he faced. Mr. Vijay Gala- a counselor, motivator and a survivor gave tips from his own personal life of dealing with the cancer. Dr. Bharmal-Dean of BYL Nair Charitable Hospital



appreciated the efforts of NMBT as a Trust that is focusing on the overall care of the cancer patients from municipal hospitals. Our Founder Trustee **Mr D. N. Budhrani**, expressed gratitude towards the overwhelming support extended by the municipal hospitals and also highlighted how the love given by the patients motivates our Trust to do our best. He emphasized that in life one needs to deal with the infection of the mind, while we deal with the external infection causing elements.

The participants enjoyed thoroughly the entertainment program rolled out for them which included a magic

show by a seven year old young magician winning everyone's heart. Beautiful dance performance by the students of St. Mathews School and the games and quiz organized by Praveen enthralled the participants.

Distinguished guests included our friends from the NGO circle, our Trustee members and Heads of Departments from the hospitals.



2) Eye Care Project:

Over the decade, NMBT has been making significant contribution in achieving the Governments' Millennium Development Goal of eradicating avoidable blindness. This has been achieved by partnering establishment of five quality eye care institutions across India and ensuring the on-going support for cataract surgeries, where resources do not reach. In this financial year, NMBT has committed to set up a secondary Eye Hospital in the resource poor district of Bihar; it has also offered free cataract surgery support to 5,995 poor and needy patients. Institutions established through the active partnership of NMBT annually, serve over 50,000 patients through its OPD. It's amazing to see how small, simple cataract surgery changes someone's life and helps them gain independence from their physical and economic dependency and enhance their social status.



Bagwat Jadhav (Name Changed) is a carpenter living with his family in SANGOLA village, Solapur District, Maharashtra. His son, a driver by profession does not support his parents financially. Bagwat's wife is a home maker.

Few days back Bagwat suddenly realized he is losing sight in his left eye. Being a carpenter he faced problems in his work and occasionally met with accidents while working.

When he went for eye screening in a primary healthcare centre he got to know about free eye screening camp arranged by PBMA's H.V.Desai Eye Hospital in collaboration with NMBT. He visited that camp where he went through eye screening and was diagnosed to have cataract in his left eye. For his cataract surgery he was taken to H.V. Desai Eye Hospital, Pune. The cost of the surgery was borne by NMBT.

Like Bhagwat, NMBT has extended support to over 5,995 Free Cataract surgeries for India's rural poor, helping each one of them stand tall on their feet empowered with economic and social independence..

3) Heart Care Initiatives :

Heart ailments continue to be one of the major cause claiming lives. Since every hour counts, it is very challenging for the patients getting support for heart surgery. In keeping with its tradition, NMBT continued to support critical surgery processes for 60 poor and needy patients, especially those from rural Maharashtra. 99% patients supported by NMBT were from outside Mumbai region.

4) Primary Health Care for Poor :

Primary health care at the door step of the patients is the basic essence of health care - endorsed by every health policy of the state. We realise its worth, when our community clinic continues to draw up to 10,000 patients annually. Our small community health clinic served the community with affordable treatment, at a time convenient to them and communicating in their language.





Sunitaben (Name changed), 60 years female works in a catering service establishment as a helper. She earns Rs. 5,000 per month. Her husband is addicted to alcoholism and doesn't support her. Sunitaben one day on her way to work was hit by an autorickshaw, and badly injured her left hand. The initial treatment at a nearby clinic was not effective. She then approached the charitable community clinic run by NMBT at Warshiya, Baroda. Within 3 days of treatment at the clinic, 80% of her wounds healed. Like Sunitaben, over 10,000 patients visit the community clinic for primary health care issues year after year.

5) Support to combat Malnutrition:

When NMBT initiated malnutrition intervention in Bihar, for the economically and socially most marginalised communities who have always experienced disconnect with all developmental initiatives of the state, little did we imagine, that educating them on child health care would yield such good results. Our focused intervention in 12 villages with our ground level team's continuous follow up, regular home visits, community meetings, demonstration of successful cases, has drawn home the point that malnutrition can be combatted. 'Sukhada' is an initiative of total child care where even the poor with little care, attention and support can overcome malnutrition successfully. We are very proud to have attended to over 329 SAM-Severe Acute Malnutrition, MAM-Moderate Acute Malnutrition children and successfully brought them out of the clutches of malnutrition. It is heartening to know that now malnutrition is no longer a regular feature amongst children up to 5 years in these selected villages.



Baby Ajay Kumar, (Name Changed) 13 months old male child from Abdullahpur village was diagnosed as severely malnourished on 28th September, 2018 with 7 kg weight, 11.2 cm (MUAC) - Mid Upper Arm Circumference and 71.8 cm height. He was enrolled in our programme to combat

malnutrition. His parents showed reluctance towards this. NMBT Partner team was concerned about Ajay, and decided to counsel his parents through home visits. Simultaneously Ajay was fed (RUTF) - Ready-to-Use Therapeutic Food with close monitoring by the NMBT team. He underwent regular check-up. On 18th March 2019, Ajay's parameters for malnourishment were checked. He was no longer malnourished. He was discharged from treatment on 30th March 2019 with normal status.

Community Development Initiatives of NMBT

Community Development initiatives help NMBT to serve the people affected by abject poverty. NMBT with the support of its committed partners and dedicated volunteers takes initiatives to offer dignity, respect and hope for people fighting heavy odds on a daily basis.

1) Ration Support Project :

While there is enough food in the world to satisfy everybody's hunger... there are many who are not assured of a single meal. Basic meal remains a luxury for them. NMBT's Ration Support program reached out to persons and families lacking access and affordability to adequate food resources. Under this initiative NMBT covered 220 families from the urban centres of Ahmedabad and Baroda. NMBT's dedicated volunteers undertook this programme with high level of compassion and sensitivity where each of 220 receivers felt proud to be part of this programme.



Renuben J. (Name Changed) husband had diabetes. He died at a young age, leaving behind two children. One of the children is affected with Thalassemia. To add to their challenges, the landlord drove the family out of their rented house.

Renuben lived in a temple with her children, facing hard times. No sooner NMBT volunteers learnt about her, they helped her construct a room, and enrolled the family in its ration programme. The assured food supply is a great help for Renuben and her daughter who has Thalassemia. She does not have a regular job and thus no regular earning. Like Renuben, NMBT very carefully selects beneficiaries who need the support for basic survival and where the ration from Public Distribution System is not always adequate. In urban areas,

where social support system is very fragile, especially for the economically vulnerable, NMBT Ration Support helps uphold their individual dignity...

2) Nari Shala Programme :

Skill development programme in tailoring meant for young women has found a strong acceptance in the community as it is clearly linked with the opportunities for livelihood. Each participant is encouraged to acquire some skill so that she also can be an earning member of her family. Every participating girl, who demonstrates potential and interest, is supported with opportunities to work. In most cases the centre becomes the work station for these girls who are able to take home a decent income. This programme has also engaged the girls productively. This year we successfully trained over 150 girls in four batches.

3) Marriage Support Program :

It's always a very fulfilling experience to be of support in an auspicious event in a poor family. We were thankful to 44 deserving families who gave us the opportunity to make our humble contribution in their important life event this year. Our team did the due diligence before committing support and ensured that the marriage kit reached the respective family well before the marriage date.

4) Destitute Support Program :

A Society's character is judged by the way it treats its children, women and senior citizens. NMBT has always been conscious about prioritising and ensuring that it reaches out to senior citizens, the destitute, and mentally ill. This year NMBT provided the very needy, destitute and poor senior citizens with continuous support and a dignified living through its various initiatives. NMBT reached out to quality institutions caring



for destitute and mentally ill persons with much compassion. Our direct financial support benefited over 790 residents of various institutions. This year, we could also support replacement of tin roof shed for an institution housing over 180 mentally ill female residents. Blessings of each one of them is what drives NMBT.



Baby Sai (Name Changed) was found lying on a Railway track by the Railway Police. She was taken to a Government hospital for treatment. The Doctors had to surgically cut one of her hands and a leg since they were severely damaged. Baby was 8 months pregnant at the time of accident and soon she gave birth to a still born child. Baby did not reveal the identity of the child's father and her family. Hence the police referred her to NMBT's partner Jeevan Anand Sanstha for Shelter.

Baby has been staying at Samarth Ashram since past two years but for a long time, she did not reveal anything about herself. One day, during her counselling session, she told the Counsellor that she was in a relationship with a boy. She got pregnant and then she expressed her wish to marry the boy, but the boy was not willing. Baby says that she can recall someone throwing her on the railway track but she doesn't remember who exactly did it.

Baby is totally dependent on her care takers since she cannot stand or walk on her own. She sits on her bed for the whole day and talks to people around her. Baby manages to maintain her smile even after the hardship she has suffered in life. Like Baby, who has nowhere to go and no family to accept back, NMBT partnered with quality residential care programmes. This partnership helped provide shelter and a dignified life to over 790 persons, all victims of abuse, neglect, mental illness and desertion.



Team: Naraindas Morbai Budhrani Trust



Active Board Members - The Real Driving Force Of Trust



Mr. D N Budhrani



Ms. Vandana Budhrani



Mr. Kishin Wadhwani



Mr. V. N. Hegde



Mr. Arun Arora



Dr. Avinash Supe



Dr. Basanti Roy



Mr. Sushil Shah

OUR PARTNERS ON JOURNEY TO SERVE THE ECONOMICALLY MARGINALISED



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