

Annual Report of Udaan Welfare Foundation - Year 2019-2020

Udaan Welfare Foundation has been consistently thriving and making strides in achieving its mission to help the vulnerable community. With the dedicated support from members, staff, donors and volunteers we feel blessed to walk the path of success with grit & determination.

The Saksham Community Centre completed five years. It continues to empower with health, knowledge, skills and guides the beneficiaries towards building health and confidence. This well-equipped community centre offers multi-speciality medical care, educational facilities including computer training, and skills training.

Saksham's success is purely due to the committed support of our sponsors, donors, doctors, staff, volunteers and well-wishers, plus the time, effort and resources put in by the Udaan team. We remain committed to keep improvising to help the community in all possible ways in the years to come.

Here are the highlights of Udaan's activities between April 2019 and March 2020.

SAKSHAM COMMUNITY CENTRE:

MEDICAL SERVICES

- Saksham is now recognised for its quality medical care, with its team of specialist doctors in the fields of Dentistry, General Practice, Internal Medicine (including Cardiology and Diabetes), Gynaecology, Orthopaedics, Ophthalmology, Dermatology, Paediatrics, ENT, Homeopathy and Ayurveda.
- With its fully equipped dental and eye clinics and a tie-up with a pathology lab for routine blood tests at subsidized rates, ECG machine, BMI machine, foetal monitor and nebulization facility, Saksham has served more than 10000 patients at Saksham over the past five years.
- A talk on **Oral Health Awareness** was held by Dr. Sonali Das on 18th June, 2019.
- Free general medical consultations have been provided daily. Medical camps in TMC schools were conducted during January 2020 to March 2020 for more than 2000 students. We also took this as an opportunity to spread awareness about general, cardiac and chest ailments.

| Patient Statistics for the last five years: | |
|---|-------------|
| Sept. 2015 to Mar. 2016 (Total) | 253 |
| Apr. 2016 to Mar. 2017 (Total) | 1038 |
| Apr. 2017 to Mar. 2018 (Total) | 2033 |
| Apr. 2018 to March 2019 (Total) | 3069 |
| Apr. 2019 to March 2020 (Total) | 3690 |

| HEALTH CHECK-UP CAMPS IN TMC SCHOOLS 2019 - 2020 | | |
|---|--------------------------------|----------------------------|
| Health Camp (Height, Weight, General, Dental, Eye Checkup) | | |
| Venue | Date/Duration | Number of attendees |
| School No. 128 Manorama nagar | 27-Jan-20 | 68 |
| School No. 59 Pankhanda | 30-Jan-20 | 99 |
| School No. 101 Takarada | 31-Jan-20 | 48 |
| School No. 97 Gaimukh | 1-Feb-20 | 72 |
| School No. 56 Owala | 3-Feb-20 | 120 |
| School No. 58 Bhainderpada | 4-Feb-20 | 112 |
| School No. 66 Waghbil | 5-Feb-20 | 132 |
| School No. 57 Mogarpada | 6-Feb-20 | 23 |
| School No. 62 Kasarwadavli | 7-Feb-20 | 165 |
| School No. 63 Kasarwadavli | 8-Feb-20 | 31 |
| School No. 50 Garden Estate - Koknipada | 10-Feb-20 | 103 |
| School No. 43 Majiwada | 11-Feb-20 | 91 |
| School No. 10 Manpada | 14-Feb-20 | 117 |
| School No. 60 Balkum | 17-Feb-20 | 96 |
| School No. 55 Azadnagar | 22-Feb-2020, 24-Feb-2020 | 132 |
| School No. 25 Patlipada | 25-Feb-2020 to 27-Feb-2020 | 275 |
| School No. 54 Patlipada | 27-Feb-2020 to 02-Mar-2020 | 313 |
| School No. 52 Kolset | 3-Mar-2020 to 4-Mar-2020 | 208 |
| School No. 53 Patlipada (Marathi Medium Afternoon) | 05-Mar-2020 to 06-Mar-2020 | 324 |
| School No.112 Balkum | 07-Mar-2020 | 112 |
| School No. 64 Manpada | 11-Mar-2020 to 12- Mar-2020 | 240 |
| Total Beneficiaries | | 2881 |

EDUCATION

- We conducted **Summer Vacation activities** at Saksham from 11th April to 11th May, 2019. We invested 1026 student-hours in conducting various activities for the 50 participating children from TMC School No. 55. Activities such as cursive writing, Warli painting, block painting, clay modelling, Madhubani Painting, Zen Tangling Art, Drawing classes, Spoken English and dance (Zumba), Maths Basics, General Knowledge, games, drawing and theatre sessions etc. were conducted for the kids. Manorang, a theatre group based in Thane, Maharashtra, set up a 3-day workshop for children at Saksham, from 30th April to 2nd May 2019. This workshop, which spanned 145 student-hours, prompted many kids to consider acting as a career. The activities culminated in a closing ceremony where the children showcased their learnings. This activity was part-sponsored by United Way of Mumbai.
- **Mini-Edufests:** Mini Edufest “UDAAN AKANKSHA KI” was held on 21st July, 2019 for the students of Sanket School and about 35 students participated. This year’s theme was focused at the importance of continuing education beyond 10th and 12th grade and the host of career opportunities available for children to pursue. An Interactive session, conducted by panelists from various walks of life from their own community, helped convey the importance of thinking big and dreaming big. From triggering their entrepreneurial abilities to encouraging teamwork, we aimed at providing a glimpse of the bright future that lay ahead of them. New bedsheets were distributed to all the participants.
- **Computer Education**

We help educate digital technology to less-privileged students and women at Saksham. Qualified teachers and trainers are conducting regular classes, with great results.

Around 30 TMC school children studying in 7th and 8th standards also learnt the basics of computers once a week.

The ladies attending the Saksham Tejaswini program are taught to how to use digital technology on a weekly basis.

We thank Capgemini India Ltd. through WeKare Society and Sharda Cropchem International for supporting these projects.

| Total No. of Students in Computer Course | |
|--|------------------------|
| Courses | Apr 2019 to March 2020 |
| MS Office | 314 |
| Adv. Tally | 1 |
| Corel Draw | 64 |
| Photoshop | 39 |
| Typing | 1 |
| Digital Technology for women | 64 |
| Total | 483 |

- **Saksham GyanGanga**

Under Saksham Gyanganga, a project launched in July 2018, we are currently coaching around thirty 5th to 8th standard students from Azadnagar and TMC school No. 55, daily for 2 hours, free of cost. These students are taught English, Math and Science by a team of experienced teachers. We have also introduced Science classes over weekends with the use of our Science Lab equipment. Over time, there have been positive changes in the children's focus, discipline and regularity. This project is partly funded by United Way of Mumbai.

In addition we distributed free notebooks and other stationery to more than 150 children of TMC school no. 55 in July 2019. This activity was part-sponsored by United Way of Mumbai and other donors.

On 19th August, several books were donated to the kids, collected and donated by Mrs. Archana Pradhan from Dubai.

- **Saksham Kilkari**

Saksham Kilkari, a programme designed for very young minds, is a game-changing project led by Mrs. Babita Khanna since July 2018.

Continuing further, since August 2019 our volunteers Ms. Nikita Tolani and Mrs. Smita Anikhindi are going to Balwadi of TMC School 55 to teach 10 to 30 children.

We are proud to have excellent teachers, who are making such a big difference to the children's lives and over the period more committed volunteers have joined to provide quality education.

- **Saksham Poshan (Nutrition)**

We provide hygienic and nutritious evening snacks, milk or fruits to nearly 30+ TMC school students, who attend the Saksham Gyanganga classes at Saksham daily. This activity was part-sponsored by United Way of Mumbai, T. Punamchand Charitable Trust and other donors.

Food & Drug Administration Mumbai conducted an awareness session on Nutrition for more than 100 children of TMC School 55 on 22nd January, 2020.

Woman Empowerment:

Saksham Tejaswini:

Project Saksham Tejaswini aims to empower women from the slums. This two to three month programme includes daily sessions to build the women's self-confidence, personality, nutrition and health through yoga, medical checkups, digital literacy, skills development, etc. The programme commenced on 16th April 2018, and we have already trained four batches of nearly 125 ladies till date and the new batch of nearly 20 ladies started from 18th Nov. 2019 until February 8th. All facilities and material have been provided to the women free of cost. We have witnessed positive changes in the participants, and their attendance and enthusiasm are testimony to the success of Tejaswini. We have had an excellent group of faculty to take various sessions and activities and we feel proud to provide the best for these women. We thank all the faculty members for their effort and time.

This program is sponsored by Sharda Cropchem Ltd., United Way of Mumbai and International Board of Surgery & Medicine (IBMS), USA.

We are extremely proud of our Tejaswinis and will continue to empower more ladies to transform into a Tejaswini.

Skill development through Tailoring/Paper Bags

Saksham began offering tailoring classes in 2016. These classes have benefitted 156 women in 2016-17, 370+ women in 2017-18, and 274 women in 2018- 2019 and 174 until November 2019. The class has flourished under the able guidance of our tailoring teacher Mrs. Seema Chaube. We also had an opportunity to extend the tailoring classes for one more batch of 23 ladies under the able guidance of Mrs. Sangeeta Agarkar for a period of two months.

| Student Hours invested in various educational initiatives Apr. 2019 to Mar. 2020 | | | |
|---|------------|-------------|---------------|
| | Students | Hours | Student Hours |
| Saksham Kilkari | 20 | 90 | 1800 |
| Saksham GyanGan- ga | 49 | 187 | 9163 |
| Saksham Tejaswini | 64 | 106 | 6784 |
| Tailoring | 391 | 734 | 216982 |
| Total | 524 | 1117 | 234729 |

Celebrations:

- **International Yoga Day** was celebrated by conducting a yoga session for kids on 21st June.
- On the occasion of **Independence Day**, 15th August, 2019, kids were given flags and snacks. Kids presented a patriotic skit and played a quiz on the topic - India's Independence. Students from Sanket and Gunjana School had joined in for the celebrations and they were also encouraged to try Scrabble-making.
- **Independence Day** was also celebrated by sending 80 students to watch the movie 'Mission Mangal' on 18th August 2019. This show was sponsored by the Inner Wheel Club of Hiranandani Estate, Thane through the efforts of Mr. Pradeep Nair.
- **Ganesh Chaturthi** was celebrated with the children of TMC School 55 at Saksham in 2019 by making Ganesh idols from clay. This session was conducted by Mr. A. N. Rao.
- **Daan Utsav**, the occasion of giving, was celebrated from 2nd of October to 8th of October, 2019.

It began with a program for 55-60 ladies on the first day. A four-hour session was held by Subconscious Synergies which focused on how to deal with stress on a daily basis. This session was conducted by Mr. Naresh Rangwani and Ms. Hema Ahuja.

On the 2nd day, a Rangoli making competition was organised for the ladies who are a part of their Tejaswini program. The winners were rewarded with prizes after being judged by Mr A N Rao. We also held a letter-writing, kandeel and origami making session for the TMC children. The Kandeel making workshop was taken by Mrs. Rachna Sharma and Mrs. Shreya Shanbaug and over 25 students participated in the workshop.

The 3rd day involved distributing sarees to the ladies. These were hand-me-downs in good condition that were distributed among the ladies living in the community. 92 ladies benefited with this program. The children associated with Saksham were taught about giving by being encouraged to bring in a fistful of grains – rice or pulses to be put into a bag which was donated to another community.

On the 4th day, the staff and ladies of our tailoring classes and the ones belonging to the Tejaswini program participated in a potluck held at the centre, along with dandiya celebrations.

The 5th day saw a workshop held on Mind and Memory by Mr. Naresh Rangwani and Ms. Hema Ahuja for the children aged 12 to 18 of Sanket School. It focused on teaching them how to cope with pressure and stress while studying. Thirty children attended the session.

On the last day of the Daan Utsav, teachers from Daffodils Preschool, Thane visited the centre to give gifts and sweets to the kids aged 4 and 5 of the TMC School. They organized games, put up a puppet show and distributed food. The young kids thoroughly enjoyed the session.

- **Children's Day** - Udaan Welfare Foundation celebrated Children's Day 2019 with a lot of vigour by taking children from TMC School 55 and Jeevan Foundation on a trip to the Yeoor hills. A fun-filled program was organized by 'Fauji Ki Paathshala' that included adventure activities and lots of fun games.

The celebration continued in the evening at Udaan's Saksham Community Centre where volunteers from SIMC and SCMC, Pune engaged with the excited children from Saksham's Gyaan Ganga Program. Many innovative games were played and at the end, gifts graciously donated by Daffodils PreSchool were distributed which left the kids happy and grinning!

- **Makar Sankranti** was celebrated with women and brand new sarees donated by Mr A. V. Gopalakrishnan were gifted to the ladies attending the tailoring classes.

OTHER ONGOING FLAGSHIP PROJECTS OF UDAAN:

- **Technology Centre:** The Technology Centre at Ma Niketan Children's Home, Thane has completed its eighth year. The training centre, which imparts skills in computer/web technology and MS Office, has transformed many students into employable adults. The students attending the centre range from 4 to 18 years of age. We are grateful to the teachers and the Administrator, Mrs. Shaila Kamdar, for nurturing these children and helping shape their future. So far we have helped over 800+ girls with 35,000 teaching hours being invested over the 7+ year duration. This project is supported by a grant from Sharda Cropchem International. We also gratefully thank M/s Orbit Info Systems for the unstinting technical support since 2018.
- **Udaan Edufest 2019:** The Edufest themed - Udaan Hauslon Ki, a two day programme organized by Udaan Welfare Foundation which was tailored to inculcate courage in the hearts of the disadvantaged girls of different Children's Homes of the Society of Helpers of Mary so that they can take on any challenges thrown to them in life and help guide them in the right path. This was held on December 28 and December 29, 2019 at Ma Niketan, Thane with 260 girls participating. All the participants invested their time in this event and gained a lot of grit and courage. The event was an overwhelming success as the children participated wholeheartedly. This event was part funded by Sharda Cropchem International. We thank all the Faculty for sharing their expertise.

WELFARE / COMMUNITY WORK

- We collected used clothes, grains and other materials at our Saksham Community Centre and share with individuals, Goonj and other NGOs around Thane.
- We have distributed Sanitary Napkins to several women and students attending our Saksham Tejaswini, Tailoring as well computer classes in the last one year.
- Sangli Dist. Floods relief support: In 2019, Maharashtra suffered from severe floods especially in the Konkan and Gadchiroli regions. An appeal for donations was circulated and we collected about Rupees 20 Lakhs jointly with Association of Food Technologists, Solvent Extractors Association and Suraj Foundation and distributed the same to nearly 150 flood-affected families of Bimana village directly into their bank accounts in three instalments. We also distributed 3000 school bags to the school children in the affected areas.

Other Events:

- We were the NGO partner for Madan Mohan's Musical Marathon Program on 27th April, 2019. This was an excellent musical program for the whole day (3 shows) with nearly 120 singers participating from across the country and melodious songs composed by the late Madan Mohan were performed. We were privileged to have Mr. Madan Mohan's son grace the occasion. We thank Mr. Raj Iyer for the perfect organization of this event.
- We had a distinguished guest - Inspector General Mr. A. P Badola, Chief of Staff, from the Indian Coast Guard, and his family visit our Saksham Community Centre. They were highly impressed with our work and happy to see the children performing and learning.
- England's World Cup winning captain Eoin Morgan and former Indian fast bowler Zaheer Khan interacted with 30 children of Success Academy and Azadnagar slums, through our NGO, Udaan Welfare Foundation on 22nd September, 2019. They were accompanied by our President Dr Anil K Luniya, Secretary Mr. Sandeep Ramakrishnan, and Udaan Member Mr. Sunil Patil.

The children got to interact with the two players and ask them a variety of questions, including those on cricket tips and techniques. Children were thrilled and excited and left with memories which couldn't be described in words. We thank Sony Sports Ten Team for giving us this golden opportunity to meet and interact with these two great players.

- We had a distinguished guest - Chief Fire Officer of Thane Fire Brigade visit our Saksham Community Centre to conduct a session on Fire Safety for TMC School children.
- Udaan Welfare Foundation was the official NGO Partner for SwarOm Entertainments Musical Evening - Phir Wohi Raat Hai, Melodies of Lyricist Gulzar, on 20th December, 2019. A packed audience of 1000 enjoyed this musical extravaganza at the Ravindra Natya Mandir. We thank Mr. Mohan Iyer & Mrs. Radhika Mohan Iyer for the support and for raising funds for Udaan through the show.
- Tata Mumbai Marathon 2019 - Udaan Welfare Foundation has been associated with the United Way of Mumbai since last several years and have been helped for raising funds through the Tata Mumbai Marathon. We are grateful to all the runners for supporting us by running in the Tata Mumbai Marathon on 19th January, 2020.

Internships:

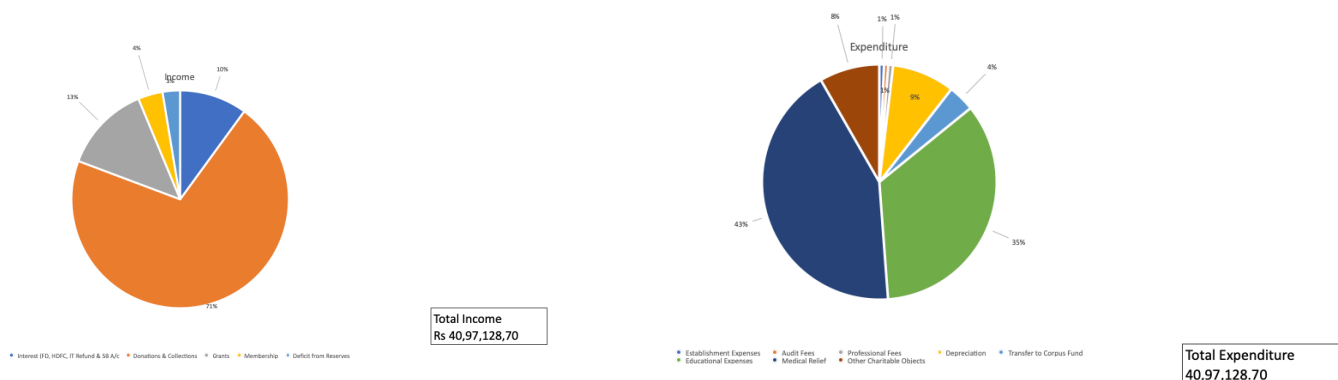
Once again, we had four MSW students of Mumbai University and ten MSW students from the SNDT University, Mumbai intern with us for a year. We thank Mr. Ameya Mahajan from the Social Welfare Department of Mumbai University and the SNDT University for the opportunity to train these students.

We also had interns from Symbiosis Centre for Media & Communication (SIMC), Pune, OP Jindal University, Sonapat, Haryana, ITM University, Navi Mumbai and Swami Vivekananda College of Engineering, Mumbai. We thank all the participating institutions for continuing to repose faith and trust in our work and giving their students an exposure to serve the community.

AWARDS & RECOGNITIONS:

The Udaan Welfare Foundation was conferred a NGOs Leadership in Healthcare Excellence award on 20th Nov. 2019 by the World CSR Congress and ABP News. We thank the selectors for this award and dedicate it to all the doctors, staff, patients and donors for helping us provide excellent healthcare services.

Income & Expenditure (FY 2019 -2020)



ACKNOWLEDGEMENTS:

We would like to sincerely thank everyone - donors, beneficiaries, members, staff, faculty, volunteers, and well-wishers - for their constant and selfless support and encouragement.

The Udaan family have always aimed for excellence in all endeavours. Everyone has contributed towards making these initiatives successful and resolved to make a difference in response to the changing needs of our society. We tremendously value the painstaking efforts and investment of time more than just the financial contributions of each of our stakeholders. We have always experienced that as our relationships deepen, we are able to collectively handle all challenges – funds, efforts, technology, resources or any other. We consider it a great privilege and honour to be part of such a committed team as Udaan readies itself to scale new heights of service towards society.