

Annual Report of Udaan Welfare Foundation - Year 2018-2019

"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come." - Dwayne "The Rock" Johnson

Four years after its launch, the Saksham Community Centre continues to empower the members of the community with better health, knowledge, skills and guides them towards building confidence to achieve their goals. We are happy to state that this well-equipped community centre offers multi-speciality medical care, educational facilities including computer training, and skills training. Currently, Udaan's multi-dimensional setup is witnessing increasing footfalls of around 100-150 daily across the multiple facilities. Saksham is a grass-roots revolution that is constantly improving lives without losing sight of commercial viability and self-sustainability.

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 2018 and November 2019.

SAKSHAM COMMUNITY CENTRE:

MEDICAL SERVICES

- Saksham has grown into a hub for 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.
- We have fully equipped dental and eye clinics.
- We also have a tie-up with a pathology lab for routine blood tests at subsidized rates, ECG machine, BMI machine, foetal monitor and nebulization facility. We have treated more than 8500 patients at Saksham over the past four years.
- Free general medical consultations have been provided every day. Multiple medical camps were conducted during the year to spread awareness about general, cardiac and chest ailments. Both of these were possible due to a grant received from The American College of Chest Physicians (WIC).
- Free, regular eye and dental checkup camps were periodically conducted at Saksham, local schools and residential complexes.
- Our Health camps (Dental, General Child Health, Ophthalmological, Diabetes, Cardiac, Respiratory and Gynaecological) have benefitted thousands of children, women, and senior citizens in the last four years.

Patient Statistics for the last four + 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 Nov. 2019 (Total)	2443

HEALTH CHECK-UP CAMPS IN 2018 - 2019			
Health Camp	Venue	Date/Duration	Number of attendees
Dental, Eye & Medical (Children)	Capgemini, Airoli	2nd May, 2018	77
Pediatric, Eye, Dental	Saksham Community Centre	20th May, 2018	60
Eye, Medical, & Dental	Rodas Enclave, Hiranandani Estate, Thane(W)	21st July, 2018	150
Eye, Cardiac, Respiratory, Medical, Dental, Paediatric, (Including Bl. Sugar, Lipid Profile, ECG, PFT)	Saksham Community Centre	15th August, 2018	92
Medical, Eye, Dental & BMI (TMC School Children)	Saksham Community Centre	6th September, 2018	106
Eye & Dental Check-up Camp	Saksham Community Centre	29th December, 2018	45
Medical, Eye, Dental & BMI (Children)	Holy Trinity School	14th Jan 2019 to 18th Jan 2019	403
Diabetes, Heart, Lungs, Eye & Dental Check-up	Saksham Community Centre	26th Jan 2019	135
Total Beneficiaries			1068

EDUCATION/AWARENESS

- Bi-weekly *tabla* sessions have been conducted with 5-10 children participating in each session under the tutelage of Mr. Niranjan Bade until February 2019.
- We conducted Summer Vacation activities at Saksham from 15th April to 31st May, 2018. We invested 1026 student-hours in conducting various activities for the 86 participating children such as games, environmental visits, drawing and theatre sessions, etc. The activities culminated in a closing ceremony where the children showcased their learnings. This activity was part-sponsored by United Way of Mumbai.
- Self-defense classes were organized at Saksham for children and women in the summer. The classes were conducted by Mr. Kankar Singh from Beed, and 16 girls and 25 boys participated in them in 2018. This activity was sponsored by United Way of Mumbai.
- The Plastindia Foundation shared around 550 T-shirts recycled from plastic bottles to be distributed among young children from the locality. We were happy to host the programme and distribute the T-shirts which also feature Udaan and Saksham logos among children from TMC School no. 55 and Azadnagar on 23rd June, 2018. Several children wear these T-shirts daily when they attend classes at the TMC School.
- Rakshabandhan was celebrated with the children and staff of TMC School 55. Beautiful handmade Rakhis made out of recycled paper were donated by RNisarg Foundation in 2018.
- **Daan Utsav:** Daan Utsav was celebrated from 2nd October to 8th October 2018 with many events for hundreds of beneficiaries. After Mumbai Darshan for 35 children, T Shirts (200), Sarees (195) and Tiffin boxes (100) were distributed. A musical fun-filled program conducted by the Senior Citizen's Club of Hiranandani Estate and distribution of snacks brought cheers and smiles to about a hundred children.
Daan Utsav was again celebrated from 2nd October to 8th October 2019. The event included programs like Kandeel making, Saree distribution (90), Ek Muthi Anaj and Rangoli competition for the children and women in the community.
- Upgrading of eye examination facilities - We purchased one of the best and latest equipment - Slit Lamp for our Eye Department on 1st Nov. 2018. This will help patients get better examination, interpretation and advice on their eye problems. This was procured by the funds received from H L Somany Foundation.
- Udaan Welfare Foundation was the official NGO Partner for SwarOm Entertainments Musical Evening - Ek Anokhi Shaam, on 23rd November, 2018. A packed audience of 800 enjoyed this musical extravaganza. We thank Mr. &

Mrs. Radhika Mohan Iyer for the support and for raising funds for Udaan through the show.

- We celebrated Christmas 2018 with students of Thane Municipal Corporation (TMC) School 55 and the Bombay Scottish Boys School, Thane. All the children enjoyed themselves with games, skits and carol singing. As usual Santa Claus was there to give chocolates and blessings. This event was planned and organized by the interns from OP Jindal Law College, Haryana.
- In January 2019, Interns from OP Jindal Law College, Haryana conducted a workshop on Stress and Time Management for 60 10th Std. students of Navbal Vidyalaya, Thane.
- We gave an exposure of theatre to our computer class students by sending them to watch the play 'YTC' hosted and supported by the Manorang Theatre Group.
- Women's Day Celebrations - More than 40 ladies participated. Mrs. Manjushree Patil, a Psychologist, Motivational speaker and Founder Director of Aatman Academy shared with the audience some moments of her journey and motivated women to recognize their inner strengths and potential to lead a more happy and fruitful life. This was followed by the introduction of Ms Preeti Jain, owner of 'Toile Fashion' the only high-end fashion house dealing with organic, eco-friendly clothing. She evinced interest to associate with Udaan Welfare Foundation to teach fashion designing to the ladies attending the tailoring classes and build their lives. The celebration ended with games and recognition of the women for the best dressed, best participants, etc. and thereafter Udaan Welfare Foundation gave away new bedsheets (donated by Ek Muthi Anaaj) to all the attendees.
- Once again, 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 performances (Zumba), Maths Basics, General Knowledge, games, drawing and theatre sessions etc. were conducted for the kids. The activities culminated in a closing ceremony where the children showcased their learnings. This activity was part-sponsored by United Way of Mumbai.
- 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.

- Manorang, a theatre group based in Thane, Maharashtra, set up a 3-day workshop for children at Saksham, from 30th April to 2nd May 2018. This workshop, which spanned 145 student-hours, prompted many kids to consider acting as a career.
- A talk on Oral Health Awareness was held by Dr. Sonali Das on 18th June, 2019.
- International Yoga Day was celebrated by conducting a yoga session for kids on 21st June.
- **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.
- 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 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.
- On 19th August, several books were donated to the kids, collected and donated by Mrs. Archana Pradhan from Dubai.
- 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, the community centre held a Rangoli making competition for the ladies who are a part of their Tejaswini program. The winners were rewarded with prizes. We also held a letter-writing, kandil and origami making session for the TMC children. The Kandil 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 were benefited by 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 who came in for 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.

- 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!

- **Computer Education**

Capgemini India, through WeKare Society, and Sharda Cropchem International helped educate less-privileged students and women at Saksham. Qualified teachers and trainers are conducting regular classes, with great results. All participating students of Tally scored A Grade (80 - 86.7% marks) on online assessment through our partner Tally Academy.

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 through WeKare Society and Sharda Cropchem International for supporting these projects.

Total No. of Students in Computer Course		
Courses	Apr 2018 to Mar 2019	Apr 2019 to Nov. 2019
MS Office	282	193
Adv. Tally	15	1
Corel Draw	8	27
Photoshop	8	25
Typing	1	1
Digital Technology for women	68	57
Total	314	247

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 2018 and 2019. This activity was part-sponsored by United Way of Mumbai and other donors.

Udaan has also sponsored monthly bus passes for 62 children of construction workers living in Rodas Enclave in 2018 for one full academic year. The children were able to commute to and from their homes to the TMC School. The fallout of this project was that the Thane Municipal Corporation has made bus services free for all the students of TMC across Thane. We thank all the individual donors for supporting us.

We also introduced a programme for thirty 7th and 8th standard students to enhance their behaviour and attention span through the Playway method. The

programme was conducted six days a week at the TMC school premises, from August 2018 until Feb. 2019. This free project is funded by Udaan.

We also now intend to extend the classes for 9th & 10th Std. children of other TMC Schools nearby daily.

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.

Saksham Kilkari

Saksham Kilkari, a programme designed for very young minds, is a game-changing project led by Mrs. Babita Khanna since July 2018. Under her guidance, thirty-five naughty children have channelized their energies and have become disciplined, observant, creative and respectful. The feedback from some of these kids' mothers is also positive.

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.

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 is in session from 18th Nov. 2019. All facilities and material have been provided to the women free of cost. We are witnessing 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/teachers 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.

It was a great moment for Udaan to share the success story of our successful program "Saksham Tejaswini" for empowering women.

The ladies who were once shy and timid, nervous to even speak in front of a small crowd, completely dominated the stage of Kashinath Ghanekar Auditorium, Thane (W) on 25th October 2018 for the celebration of the 5th successful year of Forever Young Anandeas. Every dance step of theirs emanated confidence. They took up the challenge to show everyone how much they have changed from what they were to what they are now. They say art is a language of its own and the ladies showed the positive change in them over the span of 3 months through their performance.

We are utmost thankful to all our teachers for bringing about this change in them and especially Dr. Roopali Deshpande for presenting these women with such a big opportunity to perform and showcase themselves in front of a huge crowd.

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

We thank Sharda Cropchem International and The International Board of Medicine and Surgery (IBMS), USA, for sponsoring this initiative.

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.

Paper bag-making: During the year we taught several women the art of making bags out of paper and cloth. These included both simple bags for regular use and designer bags with high quality paper/cloth. Staff from Paryavaran Dakshata Manch helped these women learn the art. From the second batch we have also introduced a basic Beautician Course and trained 16 ladies.

Capgemini donated 6 sewing machines for our tailoring department. We thank Capgemini for the same.

	Apr. 2018 to Mar. 2019			Apr. to Nov. 2019		
	Students	Hours	Student Hours	Students	Hours	Student Hours
Saksham Kilkari	35	140	4900	20	36	720

Saksham GyanGanga	43	180	7740	49	91	4459
Saksham Tejaswini	68	158	3768	57	57	3249
Tailoring	274	624	10796	174	434	45822
Total	420	1102	27204	300	618	54250

WELFARE / COMMUNITY WORK

- We continue to collect 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.
- **Kerala Floods relief support:** We shared the sufferings of the flood affected population in Kerala and raised around Rs. 3.5 lakh donations for providing medical relief material to the flood-hit state of Kerala. The Government Taluka Hospital in Chalakudy, Thrissur was the recipient in December 2018. Once a model hospital, it was severely damaged by the floods. We provided two latest-model Oxygen Concentrators, two Crash/Emergency Carts and a Floor Scrubber with the funds raised. We hope these will benefit the hospital's patients over a long period of time.
- **Sangli Dist. Floods relief support:** In 2019, Maharashtra suffered with 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.

Miscellaneous:

- Udaan was invited by Sahayadri channel, Doordarshan Mumbai, to participate in a panel discussion on 12th April, 2018. Mr. Niranjana Bade represented us and was well appreciated.
- On 3rd July 2018, Udaan was invited again by national channel Doordarshan to participate in a talk show with Mr. Thawar Chand Gehlot, Minister of Social & Welfare Department, Govt. of India. Mr. Niranjana Bade, along with our students

Ms. Khushi Singh and Master Aniket Singh, participated in the show and shared their experiences with Saksham.

- 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 Standard Chartered/Tata Mumbai Marathon. We are grateful to all the runners for supporting us.
- 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.

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.

OTHER ONGOING FLAGSHIP PROJECTS OF UDAAN:

- **Technology Centre:** The Technology Centre at Ma Niketan Children's Home, Thane has completed its seventh year. The training centre, which imparts skills in computer/web technology and MS Office, has turned 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 700+ girls with 26,000 teaching hours being invested over the

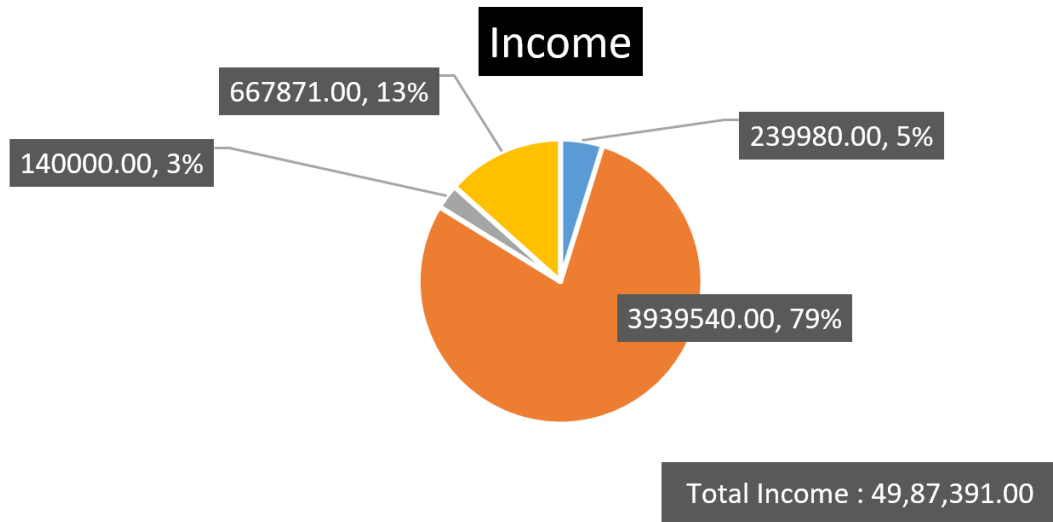
7+ year duration. This project is supported by a grant from Sharda Cropchem International. We have also revamped the hardware and software at the centre in 2018 with support from Orbit Info Systems.

- **Udaan Edufest 2018:** The Edufest themed - Udaan Kala Ki was held for two days on November 17 & 18 at our Saksham Community Centre, where various art-themed activities were conducted with the 135+ children of Ma Niketan. The event was an overwhelming success as the children participated with enthusiasm and energy. It was inspired by the thought that everyone has talent within themselves, they just need to focus and polish it in order to shine brighter. The event focused on how girls can work on their skills and abilities to create something innovative. Various facilitators were invited who executed programs related to cooking, clay, thread, paper and colours. All the participants invested their time in this event and gained a lot of knowledge out of it. The event was an overwhelming success as the children participated whole-heartedly. This event was part funded by Sharda Cropchem International. We thank all the Faculty for sharing their expertise.

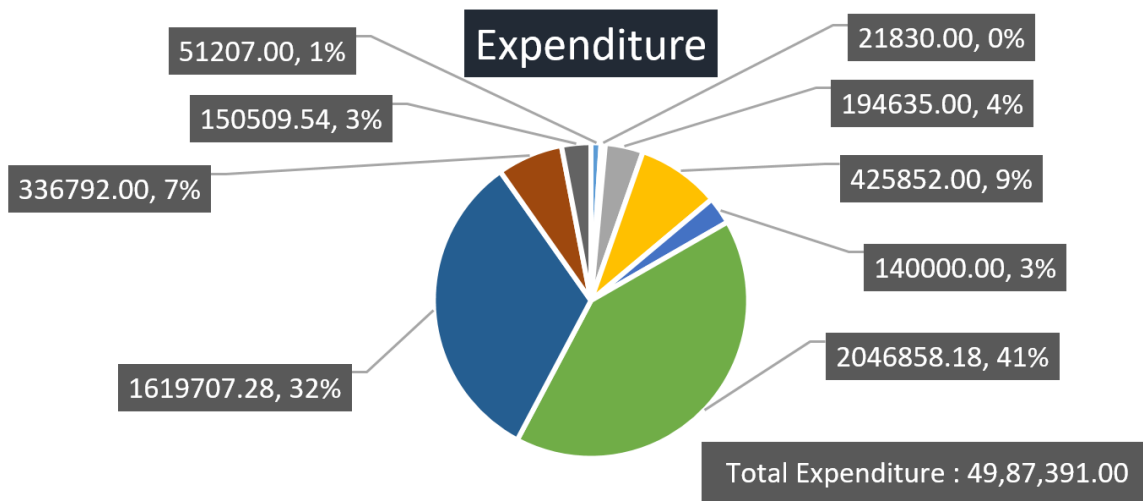
- **AWARDS & RECOGNITIONS:**

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 2018 -2019)



- By Interest (On FD, HDFC, Savings Bank A/C)
- By Donations and Collections
- Membership Fees
- Grants



- Establishment Expenses
- Audit Fees
- Professional fees
- Depreciation
- Amount Transferred to Corpus fund
- Educational Expenses
- Medical Relief
- Other Charitable Objects
- To Surplus

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.