Annual Report of Udaan Welfare Foundation - Year 2017 - 2018, 2018 - 2019

"A river cuts through rock not because of its power but because of its persistence."

Jim Watkins

Perseveration, hard work, sincerity and a zeal to achieve, forces success to knock at the door. Our dream project 'Saksham Community Centre' has taken off well after sincere and steady efforts of three years. The integration of Saksham Community Centre into the part and parcel of the lives of people of Azadnagar and the neighbouring communities has been Saksham's first successful step to reach out to as many people as the organisation can, and to give them a helping hand in best possible way. We are happy that all the verticals in the project are helping the community to build and empower themselves. This is witnessed with the increase in the number of patients and the many beneficiaries who are able to utilise the opportunity and learn many things from the various activities and events conducted at the centre throughout the year.

The well-equipped community centre, offering multi-speciality medical care, education facilities including computer, and skills training infrastructure is now nearing optimal utilisation. Sustained support from our dedicated sponsors, donors, doctors, staff, volunteers and well wishers, plus the time, effort and resources Udaan team has been pouring, has borne the fruits of success.

We stay committed to keep raising the bar of success and empowering the lesser-privileged with better health, nutrition, education and skills.

We are happy to share that Udaan Welfare Foundation has been granted FCRA registration by the Ministry of Home Affairs, Govt. of India in September, 2017.

We present the highlights of the activities conducted between April 2017 and September 2018.

SAKSHAM COMMUNITY CENTRE:

MEDICAL SERVICES

- We are proud to state that the team of our specialist doctors in the fields of Dentistry, General Practice, Internal Medicine including Cardiology and Diabetes, Gynaecology, Orthopaedics, Ophthalmology, Dermatology, Paediatrics and Homeopathy is very sincere and devoted.
- The usage of equipments sponsored by M/s Galaxy Surfactants Ltd. and M/s Somany Ceramics Ltd. and other donors, has increased substantially and has benefitted hundreds of patients this year.
- To spread awareness about general, cardiac and chest ailments medical camps have been conducted as well as General Medical care has been provided at a highly sub-

sidised rate. This was possible due to the grant received from The American College of Chest Physicians (WIC).

- Free Regular eye check-up camps have been conducted, provided free/subsidised glasses to children women & Senior Citizens, free cataract surgeries for the lesser-privileged through grants received from M/s H L Somany Foundation and other donors.
- We again conducted Medical, Eye & Dental check up camp for 955 students of Gunjana School, Thane.
- Several other medical camps conducted periodically has benefitted the community at large as listed below.

Our Pathology Lab project could not take off due to several legal, logistical and staff challenges.

Sept. 2015 to Mar. 2016 (Total)		253
Apr. 2016 to Mar. 2017 (Total)		1038

2017 - 2018	Apr	Ma y	Jun	Jul	Au g	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Total
Dental	74	72	141	159	118	83	108	98	106	82	80	128	1249
Cons. Physi- cian	4	17	15	13	17	14	12	16	6	12	7	14	147
Gynaecology	1	0	0	1	0	0	0	0	0	0	0	0	2
Opthalmolo- gist	4	10	12	13	15	13	16	16	17	20	23	25	184
Orthopaedi- cian	1	2	8	1	3	1	3	7	6	3	11	11	57
General Prac- titioner	4	0	6	5	15	35	27	43	25	33	17	35	245
Dermatologist	2	2	2	5	6	7	7	12	10	10	6	12	81
Homeopathy	0	0	0	0	4	6	7	6	10	0	5	6	44
ENT	0	0	0	0	3	2	1	4	4	0	3	7	24
Total	90	103	184	197	181	161	181	202	184	160	152	238	2033

2018 - 2019	Apr	Ma y	Jun	Jul	Au g	Sep	Oc t	Nov	Dec	Jan	Feb	Mar	Total
Dental	157	132	165	154	116								724
Cons. Physi- cian	19	0	11	10	13								53
Gynaecology	0	0	1	1	0								2
Opthalmolo- gist	24	17	20	20	22								103
Orthopaedi- cian	5	9	9	7	10								40
Dermatologist	12	16	12	10	11								61
Paediatrician	1	1	3	6	3								14
General Prac- titioner	23	0	26	79	46								174
Homeopathy	5	6	8	6	7								32
Total	246	181	255	293	228	0	0	0	0	0	0	0	1203

HEALTH CHECK-UP CAMPS in 2017 - 2018

Health Camp	Venue	Date/ Duration	No. of Attendees
Eye checkup Camp (Children)	Saksham Community Centre	7th May, 2017	76
Women Eye Check up (Adults)	Saksham Community Centre	14th May, 2017	26
Health Check up Camp (Mixed)	Saksham Community Centre	21st May, 2017	76
Eye checkup Camp (Children)	Saksham Community Centre	7 June 2017	64
ENT & Homeopathy (Mixed)	Saksham Community Centre	27th to 29th June 2017	80
Medical & Dental (Children)	TMC School No. 55, Azadnagar	26 June 2017	83
Cardiac Health (Adult)	Saksham Community Centre	9 July 2017	61
Dental & Cardiac Camp (Mixed)	Saksham Community Centre	15th Aug. 2017	115
Eye Check up (Mixed)	Patlipada Slums, Thane	3rd September 2017	170
Cardiac, Eye and Dental (Mixed)	Saksham Community Centre	26-Jan-18	126

Health Check up (Children)	Gunjana School Azadna- gar, Thane	18th December 2017 to 22nd Feb 2018	955
Total Beneficiaries			1832

HEALTH CHECK-UP CAMPS in 2018 - 2019

Health Camp	Venue	Date/ Duration	Number of atten- dees
Dental, Eye, Medical (Children)	Capgemini, Airoli	2nd May 2018	77
Pediatric, Eye, Dental 20-May-18 60	Saksham Community Centre	20th May, 2018	60
Eye, Medical, & Dental	Rodas Enclave, Hi- ranandani Estate, Thane (W)	21-Jul-18	150
Eye, Cardiac,Respiratory, Med- ical, Dental, Paediatric, (including Bl. sugar, Lipid Pro- file, ECG, PFT)	Saksham Community Centre	15th August 2018	92
Total Beneficiaries			379

EDUCATION/AWARENESS

- The Yoga Vidya Pranic Healing Foundation continued to support Udaan for the education of children until September 2017.
- During summer vacations various activities were organised at Saksham from April 15 to June 5, 2017. These activities were attended by children from III Std. to X Std. in different batches and we invested 1205 student hours. The activities included various educational sessions related to English, science, environmental education, painting, drawing and more. In addition, various games and modules on origami, public speaking, creative writing, singing and theatre were conducted by 25 faculty members. We thank all the faculty members for helping these children enjoy themselves, and for nourishing them intellectually in so many ways.
- Regular bi-weekly Tabla sessions have been continued throughout the year with 5-10 children participating. One of the student Aniket Singh has picked up very well. Our dedicated teacher Mr Niranjan Bade has been continuously mentoring these children. We were also fortunate to receive a Tabla set from one of the donors.
- Ganesh Chaturthi, Janmashtami and other festivals were also celebrated with the children at Saksham in 2017.

• Children's Day - The children from Azadnagar associated with Saksham Community Centre were taken on a fascinating journey to the Chhatrapati Shivaji International Airport Terminal T2 on Children's day for a unique experience. The whole event was organised by Udaan Welfare Foundation in coordination with GVK and Rainbow International School.

The kids were enthralled to see the airport and were fascinated by the massive structure as well as the beautiful décor. They were thrilled to adorn the pilot suits gifted and felt like one in them. In addition, they were filled with awe when they experienced flying an aircraft using a simulator. Their enthusiasm knew no bounds while trying to understand the mechanics of flying.

Overall, the authorities of Mumbai Airport created a magical day for the thirteen young children which has had a huge impact on their young minds. Miss Muskaan exclaimed 'I have had the most exciting day and I wish that every child gets to experience the same.' Udaan team thanks Rainbow International School, GVK and the Chhatrapati Shivaji International Airport Authorities for this kind gesture.

• We had a surprise visit of 14 students pursuing fashion designing from Kevin College, Glasgow Scotland, UK along with their Principal & Faculty, at Saksham Community Centre on 3rd December, 2017, as a part of their social visit.

This gave an opportunity to our women attending the tailoring classes at Saksham, to interact with the visitors. The visitors were given a traditional warm Indian welcome by the women.

The students were extremely intrigued by the different intricate embroidery designs shown to them signifying the diverse Indian culture. The various stages of making the designs on the saree and how a plain cloth is later cut out into a custom made blouse was witnessed by the students, especially the fact that the female tailors take out the measurement and create a rough sketch of the blouse on paper before making the blouse, was an eye opener to them.

In exchange their Indian counterparts learnt the importance of documenting the different designs they created and maintaining their individual portfolios. Our tailoring students felt very happy and honoured to have the guests visit them and were very happy to drape sarees for some of the students. The entire workshop was a fantastic learning experience for both the group of students.

A warm send off was given to the visitors with European snacks, tea and coffee courtesy D'Crepes Cafe.

 Chess Base India, in association with Udaan Welfare Foundation, organized a two-day Chess training-camp on the 9th and 10th of December 2017 at Saksham Community Centre. The camp was solely aimed to bring the intellectual game of chess to those who could not access it. 70 underprivileged children from Ma Niketan, Azadnagar & Patlipada slums participated in this exciting event. The camp was conducted by Mr. Aditya Pai, an editor of ChessBase India magazine. Visiting coaches included Mr. Vivek Rane, a renowned coach in the city and internationally acclaimed coach Master Mr. Vikramaditya Kulkarni. The camp introduced to the participants the art and skill of the game. Beginners learnt how to apply certain principles. ChessBase India also donated Chess sets for the children to learn Chess in the future,

As a fall out of this event, 14 girls from Ma Niketan started coming to Saksham Community Centre every Sunday for two hours to learn chess with Mr. Akshay Patil as the coach. Unfortunately, due to unavailability of Mr Patil, we had to temporarily discontinue the classes after 6 months.

- This year we celebrated Christmas with the TMC school children. These young children took the initiative to decorate the community centre themselves and created a magical atmosphere of fun and cheer. Several activities were held to make the celebration much more interesting including a movie on Christmas, drawing competition etc. The kids also got the opportunity to sing some songs wrapping this celebration in a blanket of melodious tunes. Healthy Snacks were provided to the children before the concluding the event.
- Photography is an art that requires immense patience and knowledge about the various angles that will capture the moment in its best form. On March 24th and 25th 2018, Mr Sanket Ray, an avid professional photographer, conducted a 2 day photography workshop for 6 children at Saksham Community Centre, Azadnagar, Thane (W). The objective was to teach the children the basics of camera and the various techniques that are employed to get beautiful, surreal photos. The children thoroughly enjoyed the session with their cameras and gave an extremely positive feedback.
- We again conducted the Summer Vacation activities at Saksham from 15th April to 31st May, 2018. We invested 1026 student hours for the 86 participating children in various activities. Different activities like games, drawing, environmental visits, theatre etc. were conducted. The activities culminated with a closing ceremony with the participating children showcasing their learnings. We gratefully thank all the faculty members for their time and efforts. This activity was part sponsored by United Way of Mumbai.
- Self Defence classes were organised for the children and women attending Saksham Community Centre during summer by Mr Kankar Singh from Beed. About 16 girls and 25 boys participated and found to be beneficial. This activity was sponsored by United Way of Mumbai.
- Manorang, a theatre group based in Thane (W), Maharashtra set up a 3 day workshop for the children attending the Saksham Summer activities, from 30th April to 2nd May, 2018 and invested 145 student hours. Through this workshop Manorang was able to enlighten the children about new, fun technique of performing. This was entertaining and prompted many children to think about acting as a serious career option.
- M/s Capgemini India Ltd. through WeKare Society and M/s Sharda Cropchem International Ltd. each contributed towards the purchase of five desktops, and also helped educate lesser-privileged students at Saksham. Digital Education has been supported with the grants from Capgemini India Ltd. through WeKare Society which has helped 154 students (children women and senior citizens) gain knowledge in basics of computers, MS Office and Tally.

Initially, volunteers Mrs Sharwari Kulkarni, Mrs Susheela Joish, Mr Niranjan Bade and Mrs Vinodha Ramanajum guided these students. We now have experienced teachers on part time/full time basis to conduct regular classes. Mrs Vanita Magade and Miss Ankita Kokitkar are teaching MS Office and Tally. About 30 TMC school children of 7th & 8th std. also participate once a week to learn the basics of computers.

We have also recently added Corel Draw and Adobe Creative Cloud (Photoshop) classes and have presently enrolled 8 students. Mr Hrishikesh Sawant and Mrs. Vanitha Magade are teaching these students. We thank Capgemini India Ltd. through WeKare Society for supporting this project.

Sr No.	Type of a student	Course name	No.	Start Date	End Date/Expected completion date	
1	Community Children	Basic MS-Office	08	October 2017	December, 2017	
2	Community Ladies	MS-Office	06	October 2017	December, 2017	
3	TMC School Stu- dents	Basic MS-Office	25	October 2017	December, 2017	
4	Community Ladies	MS-Office	06	December 2017	10 May 2018	
5	Community Children	Basic MS-Office	11	January 2018	28 Feb 2018	
6	TMC School Stu- dents	Basic MS-Office	06	March 2018	April 2018	
7	TMC School Stu- dents	Basic MS-Office	02	March 2018	Still Continuing in September. 2018	
8	TMC School Stu- dents	Basic MS-Office	14	July 2018	Continuing Aug. 2018	
9	Senior Citizen	Basic MS-Office	16	March 2018	19 May 2018	
10	Senior Citizen	Basic MS-Office	09	June 2018	14 July 2018	
11	Students	MS-Office	08	March/ April 2018	July 2018	
12	Students	MS-Office	35	July 2018	15 September 2018	
13	Students	Advance Tally	08	March 2018	30 September 2018	
	Total	1	154			

New Projects:

1. Saksham GyanGanga

Saksham Gyanganga is a new project launched at Saksham Community Centre from July, 2018, for the benefit of children. We are coaching nearly 35 - 40 students of 5th to 8th Std. from Azadnagar and TMC school no. 55, daily for 2 hours with the subjects of English, Maths and Science. We have dedicated teachers - Mrs Rachana Vaidya, Mrs Gayathri Srivastava, Mrs Lakshami Krishnan and Miss Ritobrota Sanyal. Earlier the children were not attentive, focussed and would spend their time playing with each other, but gradually they have settled down and are regular and attentive. The TMC school teachers have also observed changes in the children. This free project is partly funded by United Way of Mumbai.

We also distributed free notebooks and other Stationary material to more than 150 children of TMC school no. 55 in July 2018. This activity was part sponsored by United Way of Mumbai and other donors.

Udaan has sponsored the monthly bus passes for 62 children of construction labour living in Rodas Enclave where there was no educational facility available. The children are now able to commute to and fro from their homes to the TMC school, all thanks to our donors who have given these children a chance to fulfil their dreams. This project started in July will be continued throughout the academic year.

We have also introduced a program for the 30 children of 7th and 8th to improve their behaviour and attention span by the playway method, which is being conducted by Mrs Babita Khanna, retired Principal and a teacher par excellence, at the TMC school premises 6 days a week from August 2018. This free project is funded by Udaan Welfare Foundation.

2. Saksham Poshan (Nutrition)

We are providing evening hygienic and nutritious snacks to nearly 35 - 40 children of TMC school no. 55, who attend the Saksham Gyanganga classes at Saksham daily. This has also given an opportunity for a lady and a family from the slums to prepare the food and serve to these children and earn a living for themselves. This activity was part sponsored by United Way of Mumbai.

3. **Saksham Kilkari** for the very young minds is a game changing project under the leadership of Mrs Babita Khanna, since July 2018. The naughtiest of children have channelised their energies and have become disciplined, observant, creative, respectful. Feedback from a few mothers about their children was very positive and said their children do not trouble them now. Lately, when the 20 - 25 participating children were informed about one week's vacation during Ganpati celebrations, all the children refused to accept the holidays and insisted that they will come everyday.

We are proud to have excellent teachers, who are making a difference in the children's

lives, who are raw but intelligent.

Women Empowerment:

4. Project Saksham Tejaswini:

It is just not the children that we train, our Project Saksham Tejaswini enlightens the slum women to make their lives better over a period of three months. Multiple distinguished faculty come and empower these women daily to build their self confidence, personality, nutrition, health through yoga, check ups and remedies, digital literacy and skills development etc. Started from 16th April 2018, we have already trained one batch of 22 ladies for 3 months and second batch of 16 ladies have completed two months of training. We have provided all facilities free of cost including health check ups, medicines, spectacles, materials, etc. We have seen significant changes in the participants and their attendance and interest are a testimony.

We thank M/s Sharda Cropchem Ltd. and The International Board of Medicine and Surgery, USA for sponsoring this initiative.

SKILLS DEVELOPMENT FOR WOMEN

Regular tailoring classes started since 2016 at Saksham community centre has benefitted 156 women in 2016 and 100+ women till now in 2017.

Mrs Seema Chaube is an excellent Tailoring teacher and has taught more than 200 women Tailoring in the past 2 + years.

Paper Bag making - During the year we have taught several women the art of making paper bags, both simple bags for regular use and designer bags with high quality paper. We have also showcased these bags to different corporate to market on their behalf.

During the first batch of Project Saksham Tejaswini, we have had once a week sessions on Paper Bag and Cloth bag making. Staff from Paryavaran Dakshata Manch helped these 22 women learn the art.

For the second batch of Saksham Tejaswini we introduced Beauticians basic course and has helped 16 ladies learn the techniques. We intend starting regular Beautician courses shortly.

Clothes bag making opportunity in bulk - We have introduced an agency to the ladies attending Tailoring classes as well as the first batch of Saksham Tejaswini for preparing Cloth bags in bulk. These ladies get the ready cut cloth and thread and they are paid directly to their bank account as per the job they accomplish. Presently about 5 ladies have taken the responsibility of completing the orders they get. This is a God sent opportunity for the women wherein they do not have to go to purchase the material, cut or design. They also do not have to market the product.

WELFARE/COMMUNITY WORK

We continue to collect large quantities of clothes, grains and other materials at our Saksham Community Centre and share with Goonj and other NGOs around Thane.

Distributed 600 brand new Raincoats to Adivasis at Dahanu in July 2017 through Ek Muthi Anaj and Tanna Trust.

Women's day was celebrated on 8 March 2018 which was attended by 55 women wherein they played several games as well had educational sessions on life management.

Udaan was invited by Sahayadri channel of Doordarshan Mumbai studio to participate in panel discussion on 12th April 2018. Mr Niranjan Bade represented us and was well appreciated.

Udaan was again invited on 3rd July 2018, by National channel of Doordarshan for participating in a talk show with the Hon'ble Minister of Social & Welfare Department, Govt. of India. Mr Niranjan Bade, our students Ms. Khushi Singh & Master Aniket Singh participated in and shared their experiences at our Saksham Community Centre. It was a first time exposure to TV studio for young Khushi and Aniket.

Plastindia Foundation shared nearly 550 T Shirts recycled from plastic bottles to be distributed amongst the young community children. We were happy to host the program and have distributed the same to children from TMC School no. 55 children and Azadnagar. Several children do not have clothes to wear and these T shirts are being worn daily when they come to attend classes at TMC school with branding of Udaan & Saksham.

Daan Utsav: We celebrated Daan Utsav from 2nd October to 8th October 2017 with setting up stalls at the offices of Securens Ltd. Vashi and Amazon Mumbai for 2 days each. Here we sold the products like hand made diyas, lanterns, Cloth bags, paper bags made by nearly 10 women learning tailoring at Saksham. This helped them earn & learn bag making, designs, entrepreneurial and management skills. This was ably supported by Miss Ujwala, Miss Mapuni and other MSW students from Mumbai University.

We again had a batch of four students pursuing MSW from Mumbai University to intern with us for one year. We are thankful to the Social Welfare Department of Mumbai University for the opportunity given to train these students.

OTHER ONGOING FLAGSHIP PROJECTS OF UDAAN:

Technology Centre: Having completed its sixth year, the Technology Centre at Ma Niketan continues to engage and empower the resident girl children presently nearly 200+. Imparting skills in computer/web technology and Microsoft Office, this training centre has helped many children become employable. Young children from age 4+ to 18+ are enthusiastically attending the classes daily. 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 6+ years duration. This project is supported by a grant from M/s Sharda Cropchem International Ltd.

We have also revamped the hardware and software for the centre in 2018 with the able support from M/s Orbit Info Systems.

Udaan Edufest: In November 2017, the **Udaan Edufest**, titled 'Ek Aur Udaan Khushiyon Ki', was successfully conducted at Ma Niketan with active participation from over 350 Std. X to Std. XII girl students of Ma Niketan and other associated Homes of Helpers of Mary across Mumbai, Maharashtra, Goa, Gujarat, Daman & Diu; Patlipada and Dongripada slums. The Happiness Quotient of all the attendees was at its peak during the event. This event was part funded by M/s Sharda Cropchem Ltd.

Education Support: Udaan Welfare Foundation supported the education fees of 5 girls of Smt. P N Doshi College, Ghatkopar, Mumbai with interest free loans. These Post Graduate students successfully completed their courses and returned the loan amount on time.

AWARDS & RECOGNITIONS:

Udaan Welfare Foundation was conferred the "Certificate of Merit" by the World CSR Congress on 18th February 2018.

Udaan Welfare Foundation was recognised by the International Board Medicine & Surgery, USA (IBMS) for the social cause on 20th March 2018. Later Udaan was registered as a Professional Association and Life Member of the IBMS and was also gifted US dollar 1000 for the Saksham Tejaswini project.

We thank Dr Vijay Sharma, Dr David Kalin & Mrs Hyon Kalin for this recognition and kind gesture.

INCOME AND EXPENDITURE FIGURES FOR FY 2016-17

GRATEFUL ACKNOWLEDGEMENTS:

We would like to sincerely thank everyone from donors to beneficiaries to well-wishers who have supported us for so long and continue to do so. Without their support & contribution these achievements wouldn't have been possible.

The major institutional donors Capgemini India Ltd., WeKare Society, Sharda Cropchem International Ltd., Galaxy Surfactants Ltd., H L Somany Foundation, The American College of Chest Physicians (WIC), Neurogen Brain & Spine Institute, Yoga Vidya Pranic Healing Foundation of South Mumbai, Saltlabs, Kalarini, SwarOm Entertainment, United Way of Mumbai & The International Board of Medicine & Surgery, USA have helped us stand with our heads high. We also thank all the donors who supported us by placing Ads in our Souvenir - "Empowering Lives".

The Udaan Welfare Foundation thanks all the teachers, interns and volunteers who have associated with us for their selfless support. We'd like to specifically thank the management of Symbiosis College of Mass Media and Communications Pune, for sending their students for internships consecutively for five years, the students of Dhyan Sadhna College (B.Ed), Thane, Mumbai University's MSW students. Special thanks to United Way of Mumbai for supporting our cause at the Tata Mumbai Marathon 2017 and 2018, helping us raise funds since 5 years.

A special mention of Hindustan Unilever Ltd. for again donating Ice Creams for all the participants of our Edufest 2017.

We shared the grief, sorrow and sufferings of the flood affected families in Kerala by donating medicines worth 2.5 lakh rupees through IMA Kochi in September, 2018. We thank all the donors for contributing to this noble cause.

Words feel short to thank all the doctors, staff members and volunteers who have painstakingly helped us and continue to help Saksham Community Centre to a position where we strive to do better each year.

Last but not least, we would like to thank all the members of Udaan Welfare Foundation and their families who have always supported us from the bottom of their hearts.

THE ROAD AHEAD

We look at the future with a great deal of optimism and enthusiasm. Our mission of empowering the underprivileged is gradually taking shape, and we take heart from the fact that we're not alone. Help, advice and financial support has come from several (and sometimes even unexpected) quarters. While donations certainly help our cause, we hope to get support of other kinds as well—namely the priceless gifts of time, knowledge and skills. These go a long way towards building deep bonds with the community that we seek to serve, and also help us overcome all constraints related to capabilities, technology, resources and more.

We look forward to having more volunteers join hands with us in making a difference to society, as we hope for a better tomorrow for all.

The Udaan Welfare Foundation seeks to achieve excellence across every area of operation. Winning the confidence and hearts of people being served is the key, and we will continue to work towards this goal with selflessness, dedication, and humility.

Achieving a goal over a period of ten years and entering the eleventh year is a matter of great pride and satisfaction. It has always been a challenge to build the foundations of the organisation, but with the consistent support of the Almighty, humanity and our firm resolve, we have set our path to EMPOWER LIVES well on the road to success.