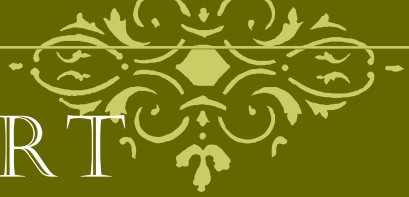




ANNUAL REPORT 2008—2009



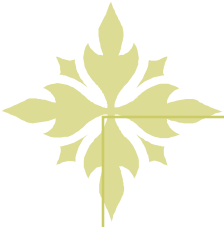
NIRAMAYA HEALTH FOUNDATION



HEALTH FOR ALL.....



Niramaya
Health Foundation



TEAM NIRAMAYA

Board of Directors

Madhav Chavan

Dr. Janaki Desai

Vimla Nadkarni

Dr. Nobhojit Roy

Dr. Atul Varadhachary

Management and Program execution team

Dr. Janaki Desai,

– Hon. Medical Director

Amruta Godbole-Majalkar

– Program Manager

Dr. Vinayak Sonavane

Dr. Ravindra Rathod

Dr. Rahul Sonawane

– Project Officers

Chief Supporters

Pratham USA

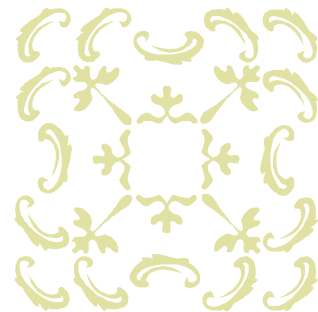
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| Niramaya Health Foundation | | | | | | | |
|---|-------------------|-------------------|--------------------|---|-------------------|-------------------|--------------------|
| Receipt and Payment Account for the year ending 31 March 2010 | | | | | | | |
| Receipts | FC | INR | Total | Payments | FC | INR | Total |
| | Amt in Rs. | Amt in Rs. | Amt in Rs. | | Amt in Rs. | Amt in Rs. | Amt in Rs. |
| Opening Balance | | | | Expenses for the object of the company | 4642857.14 | 4319957.8 | 8962814.94 |
| Cash | 2605.75 | 28630.75 | 31236.50 | | | | |
| Bank | 655243.03 | 1979637.86 | 2634880.89 | | | | |
| Fixed Deposit | 0.00 | 90000.00 | 90000.00 | Office & Administrative expenses | 417289.5 | 279751.34 | 697040.84 |
| Donations Recd. | 5649922.25 | 4808834.00 | 10458756.25 | Decrease in liabilities | 29119.00 | 2352.00 | 31471.00 |
| Bank Interest | 23746.00 | 42440.00 | 66186.00 | Increase in assets | 29316.00 | 517788.00 | 547104.00 |
| Other Income | 171342.00 | 67090.00 | 238432.00 | Purchase of fixed asset (furniture & fixture) | 0.00 | 14450.00 | 14450.00 |
| Increase in Liabilities | 563721.14 | 31496.00 | 595217.14 | | | | |
| Decrease in as- | 5350.00 | 17717.5 | 23067.55 | | | | |
| | | | | Closing balance | | | |
| | | | | Cash | 25418.25 | 4175.41 | 29593.66 |
| | | | | Bank | 1927930.28 | 1837371.61 | 3765301.89 |
| | | | | Fixed Deposit | 0.00 | 90000 | 90000 |
| Total Rs. | 7071930.17 | 7065846.16 | 14137776.33 | Total Rs. | 7071930.17 | 7065846.16 | 14137776.33 |

Niramaya Health Foundation so far....

Established in the year 1999 as Pratham Health and took off as Niramaya Health Foundation, a non-profit, non governmental health organization in Mumbai from 2001. Basically, founded to cater to the health needs of underprivileged, our vision is to ensure a disease free childhood for a healthy and responsible adulthood. And our twin missions are to fight for an anemia free world for the children of India, and to sensitize adolescents on their reproductive rights and sexual health.

Current programs

Anemia Prevention and Control (APCP):

- Pre-school children from Pratham Balwadis are given iron and deworming tablets twice yearly – 4000 children benefited annually.
- Nutrition education sessions and nutrition recipe demonstrations conducted for preventive care.
- Focused intervention conducted in Bainganwadi, Mumbai slum amongst adolescents. 4000 adolescents to be intervened for anemia with a behavior change strategy.

SPARSH (Sensitization Program for adolescents in Sexual and Reproductive Health and rights)

- Designed to equip adolescents to make right decisions about their reproductive health.
- Focused intervention in the schools of Bainganwadi, Mumbai slum.

Rag Picker Health care Program

- Clinic based health care for ragpickers and their family.
- Door-to-door visits to reach children and women.
- Drop-in centre for children for education, recreational and health awareness activity.

Nashik-Tribal Health Care Program

- Two health centers and mobile van clinics run in the remote, hilly areas of Peth block.
- Antenatal clinics established.
- Need based preventive health education sessions.
- Training of tribal girls/boys to be the community health leaders.

HIV/AIDS awareness and Prevention program for Migrant Textile Workers

- In association with AVERT Society.
- Targeted populations migrant zari workers.
- Areas of operation – Dharavi, Bainganwadi and Bandra slums.

Bainganwadi Community and Clinic based Health Program

- Clinic cum Resource Centre based in the community to provide curative services.
- General OPD sessions along with door-to-door visits are conducted.
- Health awareness sessions to promote health seeking behavior are emphasized.

Other activities

Trainings

- Early Childhood and Care Education (ECCE)
 - Curriculum entirely designed by Niramaya, to train community girls/women as a part of balwadi teachers' training.
- District Resource Centers
 - In association with Pratham
 - Pratham health coordinators trained from Bihar, Rajasthan and Uttar Pradesh.
 - Around 80 health coordinators trained annually by Niramaya.
- Corporate trainings on different health topics

Camps

- Health check-up camps conducted for children from different organizations.
- School health check-up camps also in the routine schedule.

Our progress this year

Anemia Prevention and Control (APCP)

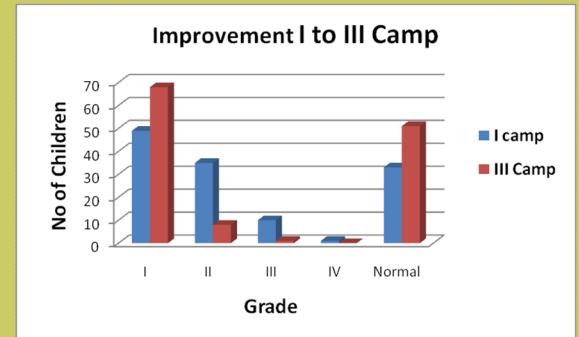
Activities Performed

- Two intervention camps for children
- One follow up camp and follow up visits
- Health check up camps
- Nutritional education sessions and cooking demonstration
- Teachers sensitization training
- Nutrition related Marker day celebration
- Promotion and sale of Niramaya protein powder and recipe book



Impact

- Amongst a strength of 128 children 38 percent were grade I, 27 percent were grade II, 8 percent were grade III, and 1 percent were grade IV malnourished children. Niramaya's intervention helped to improve their nutrition status greatly.
- Also nutrition education and nutrition sessions helped to highlight the importance of iron protein rich diet to be given to the children.
- Total children benefitted – 7048 – children from balwadis (4759) and school children (2289)



SPARSH (Sensitization Program for adolescents in Sexual and Reproductive Health and rights)

Activities performed

- Training sessions for children of standards 8th and 9th regarding Sexual and Reproductive Health and rights
- Apart from the school training, trainings on demand were also conducted for various organizations like Mukta-Pathfinder International, Sahyag Pratham, Kotak Education Foundation, Hindustan Convent Church, Kherwadi Social Welfare Association.
- The program is designed to equip adolescents to make right decisions about their reproductive health.
- Total schools covered – 69, across Mumbai city.
- The population catered by this program has increased its span to include, caretakers of children, and trainers of various organizations.
- Pre and Post evaluation of students was conducted, which showed, there is almost 70 percent increase in children's knowledge after being trained by Niramaya and a lot of anxiety calmed down in them.
- Lot of misconceptions were cleared regarding pregnancy, HIV/AIDS and Sexually Transmitted Diseases.



Ragpicker Health Care Program



Activities Performed

- Health check-up camps
 - General OPD
 - Special camps
 - Health Education sessions
 - Home visits
 - Drop-in centre activities
- Provision of primary preventive and curative health services to the underprivileged in and around the dumping ground area is the primary objective of this program.
 - Number of beneficiaries covered under curative services – 3359. number of female beneficiaries (2032) are more than those of males (1327).
 - As per the statistics, people in the community are vulnerable for fevers, gastro-intestinal infections and reproductive tract infections. Other infections do prevail however, these are the prominent ones.
 - 1420 home visits were completed in the year to have extensive health educations in the community.
 - The newly started drop-in center conducted educational sessions for children like basic Math, English, Computer skills etc. it received a good response from boys however parents were apprehensive to send their daughters.
 - Baseline survey to update the database about the community was conducted, that lasted for two months.

Nashik Tribal Health Program

Activities Performed

- Provision of curative services in two static health centers and five mobile health centers.
 - Health Education sessions
 - Protein powder distribution
- Provision of basic medical and primary health to tribal population with the help of static and mobile clinics and health education sessions is the main aim of this program.
 - The total number of beneficiaries reached out were 11738, residing in about 38 padas of Peth taluka.
 - 77 health awareness sessions were conducted to answer to the questions of 2244 villagers.
 - Nutritious protein powder was distributed to children, pregnant and lactating women. About 1000 persons benefited from this.
 - Major ailments found were Upper Respiratory Tract Infections, Fevers, Musculoskeletal illnesses, and Gastrointestinal infections.
 - Creation of Health Monitors from the villages near the health centers and the periphery of the taluka has also been started. An extensive training to make them health experts will be given to them in the coming year.
 - 49 percent of the population reached was addicted to tobacco, especially to masher.



Bainganwadi Community Health Centre



Activities Performed

- General OPD
 - Extensive health sessions in the community
 - Door-to-door visits
- Health sessions in the community were more focused on adolescent sexual health education, general health awareness, women 's health, awareness on HIV/AIDS amongst Zari workers.
 - The patient beneficiaries were, 13,257 throughout the year.
 - Adolescents catered were about 421 girls and 124 boys through health sessions.
 - General health sessions conducted for ragpickers showed presence of 126 of them for these sessions.
 - Conducting sessions on women's health was important as there prevail many misconceptions, myths, lack of knowledge which lead to unhealthy health practices. Number of women attended through these sessions were 757.
 - HIV/AIDS is prevalent in zari workers in quite a high number. 83 zari workers we sensitized on this issue along with RTIs and STIs.
 - Counseling sessions were also conducted for de-addiction as most of them are addicted to tobacco.

HIV/AIDS Prevention and Awareness Program for Migrant Textile Workers

Activities Performed

The activities primarily focused on Behavior Change Communication which include,

- Counseling
 - Condom distribution and promotion
 - Sexually Transmitted Diseases (STI) management
 - Peer education
- Niramaya has been working with the migrant Zari workers to reduce the transmission of HIV/AIDS by increasing awareness levels and other activities.
 - This is the only NGO in the city conducting intervention in the unorganized sector
 - Total number of workers we have been able to reach is 7445 through 1049 counseling sessions.
 - 54 peers were formed to have a better hold on the community and help in communicating with them effectively.
 - The program is performed at three places: Dharavi, Govandi and Bandra. In all three places interaction and rapport with the owners, local leaders other NGOs have to be strengthened to conduct all the activities smoothly.



Future Plans

- Programmatic expansion.
- Increase health promotion activities. For example: undertake more of trainings of trainers, corporate trainings.
- Advocate with the government for policy changes.
- Initiate research projects
- Collaborate with international bodies to implement best practices of the world in our community.



Support Niramaya for
a healthy city a healthy nation
Your contribution is always valued..
Donate
Volunteer
Hold a fundraising event

Reach Us at

16-B Krishna Niwas, flat no. 3, 2nd floor,
Dr. Ambedkar Marg, Naigaon, Dadar (E),

Mumbai – 14

E-mail: niramayahealth@gmail.com

Web: www.niramaya.org

All donations are 50% Tax free under Sec. 80-G of the Income Tax Act 1961

Cut here

Experience....the joy of giving.

- 10 beneficiaries for APCP ó Rs. 1,000/-
- Nutritious powder for 10 children ó Rs. 1,000/-
- Adolescent education workshop for 100 children ó Rs. 2,000/
- Hb Estimation camp for 100 adolescent girls ó Rs. 2,000/
- Health Camp - Rs. 2,000 per camp for 40 patients
- Medicine Expenses for 20 patients - Rs. 1,000 per month

Attached is the cheque no. _____ dt. _____

For Rs. _____

favoring Niramaya Health Foundation drawn on
(Name of Bank) _____

Please send a receipt to me at:

Name _____

Address _____

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E-mail: _____



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