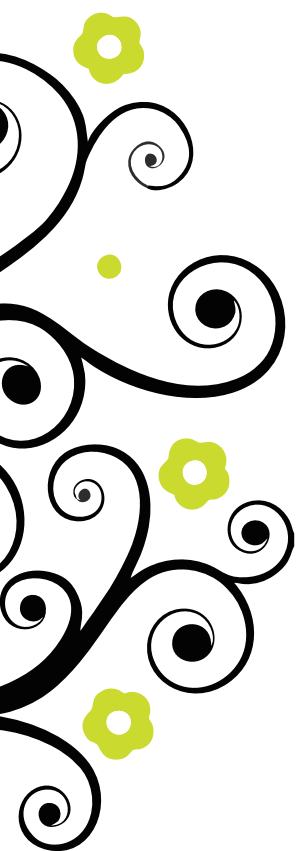


ANNUAL REPORT

2023 - 2024





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From Director's Desk

Dear Supporters, Well-wishers and Friends of Niramaya Health Foundation, I am presenting the 23rd Annual report with a heart full of gratitude and satisfaction.

In the year 2023-24, we had more opportunities to expand our services to different deserving persons. Launching of Mobile Medical Unit with the help of Rotary Club of Bombay Pier is serving 12 localities in the slums of Mumbai and 12 villages in Wada, Palghar. It has reached more than 16 thousand patients with primary healthcare.

Eradicating Malnutrition in children remains our primary focus. We have reached 12,652 children through all our projects in this year. The average recovery is at 87% however, the project supported by TATA Motors Limited tops the list with 95% recovery. Thanks to their continuous support in this area.

The project SPARSH supported by Metropolis Foundation have motivated and influenced 4000 adolescent girls to undertake desirable practices in the menstrual health. We created 12 Kishori Manch in the area.

The rural projects at Virar, Palghar and Khandala, Satara have completed two years. This experience has boosted our ability and confidence in managing distant projects. We thank Wipro Cares and Asian Paints Limited for this opportunity.

Our baby steps taken in Youth Development and skill training have yielded positive results. GeBBS Healthcare Solutions' support and their employee volunteers' involvement made this possible. We thank all of them.

Thanks to Ms. Ami Parekh whose support is continued for TB patients with distribution of dry ration kits.

Our school health project supported by TATA Power has seen value addition with health sessions for students along with creating health corners in schools.

The USA based Aarti Foundation has continued to be our partner for a decade now. We profusely thank Mr. and Mrs. Tolat who also visit us every year.

With the support from Clearing Corporation of India (CCIL), we have installed Sanitary Napkin Vending machines and Incinerators in 43 schools and provided napkin to them for a year. Thanks to CCIL team and specially Mr. Hare Krishna Jena, Managing Director, CCIL who visited the school.

This year, our strong team of over 50 employees have handled more than 13 projects in various locations and conditions. We truly appreciate their commitment and readiness to learn and implement variety of projects. About 140 Niramaya Peers assisted them. Our Peers are local community women and men who volunteer to help others in sustaining our inputs.

We thank numerous stakeholders, local leaders and government services for teaming with us for common goal of Good Health for All.

The year 2023-24 has boosted our ability and confidence in expanding our services in kinds and volumes. Our donors and supporters are biggest contributors in this process.

The biggest challenge we are facing today is the space constraints. We appeal to all of you to help us in finding bigger and affordable place to house our activities. While Healthcare remains our primary focus, in the coming year, we wish to venture into livelihood and skills development areas. We look forward to support for these. We once again thank all our donors.

Thank you,
Shubhalaxmi Patwardhan
Honorary Director
Niramaya Health Foundation



NHF in Brief

Niramaya Health Foundation, a not-for-profit organization registered under Section 8 of the Companies Act, has been dedicatedly serving the slums of Mumbai and the few rural areas of India for the past 23 years. We are committed to a disease-free Childhood and healthy adolescence which will enable them to become responsible, productive and healthy adults.

This year, we also continued our work to tackle Tuberculosis, non-communicable diseases (NCDs) such as Hypertension, Diabetes, and preventable cancers. Additionally, we addressed other felt health needs of the community through Special Health camps such as Eye checkup, Dental checkup, Bone densitometry examination etc. and crucial social issues like addiction, gender equality, and youth development. Our work is anchored in creating awareness and building strong linkages with local government agencies to ensure that the needy communities can access and benefit from available government health services.

Tackling nutritional issues in urban slums requires a complex, multi-dimensional approach. We work at the individual, community, and government levels to create a sustainable impact.

In FY 2023-24, along with Virar, Palghar and Khandala, Satara, we extended our programs to rural areas in Wada, Palghar.

Looking Ahead, In the coming year, we aim to contribute in:

- Expansion of Health and nutrition programs to more rural areas.
- Strengthening of TB and NCD initiatives.
- Increasing focus on preventive healthcare and early intervention.
- Expansion in the areas of Vocational training, Livelihood generation and Women Entrepreneurship development.

Niramaya's Board and Governance

At Niramaya Health Foundation, we are guided by a dedicated and experienced Board of Directors who bring a wealth of expertise and commitment to our mission. Our board members play a crucial role in steering the organization, ensuring we adhere to our vision, and maintaining the highest standards of governance and accountability.

Board of Directors

- **Dr. Madhav Chavan**, Founder-Director, Founder-Trustee, Pratham Education Trust
- **Ms. Shubhalaxmi Patwardhan**, Honorary Director, HRD Consultant
- **Dr. Anita Panot**, Retired Asst. Professor, Nirmala Niketan College of Social Work
- **Dr. Ravindra Narkar**, Retired Sr. Medical Officer, MCGM
- **Dr. Veena Yardi**, Retired Associate Professor, Nirmala Niketan College of Home Sciences
- **Dr. Prasanna Patil**, Project Director, Savitribai Phule Ekatma Vikas Mandal, Sambhaji Nagar
- **Dr. Milind Shejwal**, Pediatrician and Medical Writer

Management Team

Our management team, led by the Chief Executive Officer, is responsible for the day-to-day operations and implementation of our strategic plans. The team works closely with the board to translate our vision into action, ensuring that our programs are impactful and sustainable.

- **Dr. Kshama Nikam**, Chief Executive Officer
- **Ms. Dipti Mathure**, Junior Project Officer
- **Ms. Sejal Khaire**, Junior Finance Officer
- **Ms. Ankita Bhoi**, Junior Project Officer
- **Ms. Dipti Panekar**, Project Coordinator
- **Ms. Preeti Dhabdhabe**, Project Coordinator
- **Ms. Diptisha Shinde**, Project Coordinator
- **Mr. Vinod Bhosale**, Program Officer
- **Dr. Poonam Garad**, Medical Officer

We adhere to rigorous financial controls and reporting standards. Our commitment to transparency is reflected in our regular audits and the open sharing of our financial statements and program reports.



Our Partners, Stakeholders, and Individual Donors

At Niramaya Health Foundation, our success and impact are deeply rooted in the robust support and collaboration we receive from our partners, stakeholders, and individual donors. Their contributions, whether through financial support, resources, or expertise, are pivotal in enabling us to achieve our mission.

Partners

Our partners include a diverse array of organizations and individuals that share our vision and commitment to health and development. We are proud to collaborate with the following key partners:

- **Corporate Partners:** Our corporate partners play a crucial role in supporting our projects through corporate social responsibility (CSR) initiatives.



GODREJ & BOYCE



Stakeholders

Our stakeholders include a wide range of individuals and groups who have a keen interest in our work. These stakeholders are integral to our program development and implementation.

- **Community Members:** The communities we serve are at the heart of our work. Their active participation and feedback are vital in shaping our programs and ensuring they meet local needs.
- **Healthcare Providers:** Local healthcare providers, including doctors, nurses, and community health workers, are essential partners in delivering our health services.
- **Educational Institutions:** Schools and colleges in the areas we serve play very significant role in our youth and adolescent health programs.
- **Local Government Officials:** Collaboration with local government officials Like ICDS officials and staff from government Primary Health centers helps us align our efforts with regional health policies and gain support for our initiatives.



Individual Donors

We are immensely grateful to the many individuals who have supported Niramaya Health Foundation this year. Their trust and support inspire us to strive harder and achieve more.

We extend our heartfelt gratitude to all our partners, stakeholders and individual donors for their unwavering support and generosity.

Testimonials from Donors, Stakeholders and Beneficiaries



“

“In June 2023, the Rotary Club of Bombay Pier (RCBP) donated a fully functional Mobile Medical Unit (MMU) to Niramaya Health Foundation. The purpose being to deliver essential primary healthcare services to the underserved populations in Mumbai's slums. Beyond the donation of the unit, RCBP also committed to supporting the operational costs, ensuring the sustainability and effectiveness of this vital program.

Through this Mobile Medical Unit, Niramaya Health Foundation has provided a wide array of health services, including general healthcare, health screenings, early detection of non-communicable diseases, and essential health and nutrition counseling. The unit currently serves 15 selected slum communities in Mumbai, and I am pleased to note that over 15,000 individuals have benefited from these services. This initiative has not only met critical health needs but has also significantly reduced the out-of-pocket healthcare expenses for these communities.

Niramaya Health Foundation is distinguished by its rigorous project monitoring and transparent reporting practices. Our Rotary Club undertakes Projects every year with a number of NGO's. Working with Niramaya and the MMU team (Dr. Vaishali Pagare, Ms. Triveni Jadhav, Mr. Yogesh Gurav) has been a very good experience in terms of work done, timely and transparent reporting on the Projects and a never say “not possible” attitude. This dedication and work ethic encouraged us to donate a second MMU this year to be used exclusively in Palghar, Wada region.

We are honored to have Niramaya Health Foundation as our implementation partner and look forward to continuing our collaborative efforts to make a lasting impact on the health and well-being of those in need.”

Mr. Ashish Shah

Medical Director 2022-24, Rotary Club of Bombay Pier

”

“

The government health system is striving to eliminate tuberculosis from India under the National Tuberculosis Elimination Program (NTEP). Hon'ble Prime Minister of India has set a target to eradicate tuberculosis from India by 2025. To achieve this goal, it is very important to have the contribution of all the elements of the society along with the government system. From September 2022, under Prime Minister T. B. Mukt Bharat Abhiyan, the Honorable Madam President has appealed to all sections of the society to cooperate in eradicating tuberculosis. It is the desire of all District TB Officers like me to get help for the TB program through social work NGOs. In Andheri East Division of Mumbai Municipal Corporation, we have been receiving help from the Niramaya Health Foundation, an NGO, for the tuberculosis program for the last two years. Through this NGO, we have been searching for the Nikshay Mitras (donors) to provide nutrition to tuberculosis patients, explaining the importance of this program and getting them to participate in this program. Last year from May 2023, a total of 100 patients at Squatters Colony and MIDC Health Center in Andheri East Division were provided nutrition kit for a period of one year, and nutritional kits were distributed to the patients. This year also, from the month of April 2024, a total of 110 Drug Resistant Tuberculosis (DRTB) patients have been provided nutrition kit for a period of one year by Niramaya. Nutrition kits are being distributed to patients every month. Apart from the distribution of nutrition kits by the Niramaya, health sessions are being conducted for tuberculosis patients from time to time. A special health card is being made for each patient and a record of their improvement is being maintained on it at each visit. This initiative not only provides proper guidance to the patients to get rid of serious diseases like tuberculosis and also reduces their financial burden on nutrition. All officers and staff of the Niramaya's understand and implement the guidelines of the TB program to the best of their ability. Certainly, their cooperation contributes to the timely and complete recovery of patients. Niramaya Health Foundation's support to the National Tuberculosis Eradication Program should continue regularly and with their help, we will definitely eradicate TB from India.

Dr. Nitin Mahajan,

District TB Officer, Andheri East Division

”

Annual Highlights

In the financial year 2023-24, Niramaya Health Foundation successfully implemented 15 distinct health programs across 4 states, encompassing 64 urban slums, 48 villages and 39 Tribal hamlets and reaching a population of over 10 Lakhs. Through these initiatives, we directly served 2.5 Lakhs beneficiaries.

Child Healthcare

Our child healthcare initiatives targeted the youngest members of our communities, ensuring their early development and health were prioritized.

- **12652** Children below 10 years benefitted
- **10589** Children screened for nutritional assessment
- **1906** Children detected with Severe and Moderate Malnutrition. 92% among them progressed into normal nutritional grade at the end of the program.
- **1541** Children identified with incomplete Immunization. 100% Immunization is achieved among these children.

Maternal Healthcare

Our maternal healthcare programs focused on providing comprehensive antenatal and postnatal care to ensure safe pregnancies and healthy outcomes for mothers and their infants.

- **917** Pregnant women were supported. 100% ANC Registration and 100% Institutional deliveries are achieved.
- **1456** Lactating mothers were supported
- **172** High Risk pregnancies were detected and averted
- **123** First-time pregnant women were supported to get enrolled under Pradhan Mantri Matritva Vandana Yojana.

Adolescent Healthcare

Our Adolescent Health programs aimed to empower young individuals with the knowledge and resources necessary for their physical and mental well-being.

- **26625** adolescents benefitted from the Adolescent Health and Nutrition Program
- **21788** Adolescents were supported through the Adolescent Life Skills Education program. 45 to 55% improvement in their knowledge about life skills was achieved.

- **2147** Adolescent girls were screened for Anemia
- **1630** Adolescent girls detected with Anemia. 92% severe anemic girls and 72% Moderate Anemic girls showed improvement in their Hemoglobin levels at the end of the program. 19% anemic girls progressed to normal Hemoglobin levels.
- **1794** Youth participated in youth-building programs.

Community Healthcare

- **118544** Community members received information on health and nutrition
- **36530** Community people received Healthcare services through Community clinics and camps
- **1083** Women received treatment for Gynecological disorders.
- **38** Community people were diagnosed with Non-communicable disease
- **67** Community people were diagnosed with Anemia
- **3375** Community people received Family Planning Counselling
- **3480** Couples accepted Family planning methods, which includes 38 CU-T users, 44 Injectable Contraceptive users and 144 female sterilizations.
- **812** Active TB patients received Monthly Nutritional kits. 313 TB patients completely recovered from the disease.

School based Health and hygiene corners

Health and Hygiene Corners were established in 18 new schools, equipped with sanitary napkin vending machines and portable hand-wash units to ensure effective WASH (Water, Sanitation, and Hygiene) practices.

- **14** Health Corners at Rajasthan- Bikaner, Jaisalmer
- **4** Health Corners at Uttar Pradesh- Banda

Peer Training and Community based Stakeholders Sensitization Program

- **144** Community Volunteers i.e. Niramaya Peers were trained.
- **824** Community based stakeholders such as Members from Women's Self Help Groups, Youth Groups, Governmental/ Non-governmental institutions were sensitized and engaged in program activities.
- **129** ICDS centers were covered
- **21** Government Health posts were covered.



Expanding Our Reach: Program Implementation Across 4 States

This year, our programs reached Maharashtra, Madhya Pradesh, Uttar Pradesh and Rajasthan.



Projects

1. Aarogyasampanna Project- Child Malnutrition Program

Area of Program	New & Old Bharat Nagar, Vashinaka, Chembur, Mumbai, Maharashtra
Population Covered	3 Lakh
Beneficiaries supported	1004 Children
Impact Achieved	95% improvement was achieved in identified Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM) children.
Supported by	TATA Motors Private Limited



2. Sehat Project- Community Health Awareness program with high risk assessment for Non-communicable diseases

Area of Program	Jogeshwari and Vashi naka, Chembur, Mumbai, Maharashtra
Beneficiaries supported	17533 Community people
Supported by	TATA Motors Private Limited





3. **Yuvashakti project –Adolescent Health and Youth Development Program**

Area of Program	Maharashtra nagar, Mankhurd, Mumbai, Maharashtra
Population Covered	15506
Beneficiaries supported	5470 Adolescents and Youth
Supported by	GeBBS Healthcare Solutions



4. **Mamta project –Mother and Child Health and Nutrition Program**

Area of Program	Maharashtra nagar, Mankhurd, Mumbai, Maharashtra
Population Covered	11342 Community people
Beneficiaries supported	2004 Children and 444 Mothers supported. 97% identified malnourished children showed improvement in their nutritional status.
Supported by	GeBBS Healthcare Solutions





5. **Aarogyajeevan- Mothers, Children and Adolescent Health and Nutrition program**

Area of Program	Meghwadi - Jogeshwari, Gilbert Hills-Andheri, Mumbai, Maharashtra
Population Covered	35099
Beneficiaries supported	2,000 children, 596 pregnant women and lactating mothers, and 1,300 adolescents
Supported by	Wipro Cares



6. **Swasthya Project- Mothers, Children and Adolescent Health and Nutrition program**

Area of Program	Virar, Agashi, Palghar, Maharashtra
Population Covered	13500
Beneficiaries supported	502 children, 258 pregnant women, lactating mothers, and 832 adolescents
Supported by	Wipro Cares





7. **MANAS Project- Mothers, Children and Adolescent Health and Nutrition program**

Area of Program	14 villages from Khandala Block, Satara, Maharashtra
Population Covered	40660
Beneficiaries supported	1928 children, 169 pregnant women and lactating mothers, and 2602 adolescents
Supported by	Asian Paints Limited



8. **Ek Peהל Swasthya Ki Aur**

Area of Program	24 schools from Madhya Pradesh, Uttar Pradesh and Rajasthan
Population Covered	18 schools were supported with installation of Health and Hygiene corners and 7 schools were supported with installation of Sanitary Napkin Vending machines
Beneficiaries supported	<ul style="list-style-type: none"> • 4796 students benefited • 172 Health Ambassadors were created
Supported by	TATA Power Community Development Trust





9. SPARSH Project

Area of Program	Vashinaka, Chembur, Mumbai, Maharashtra
Beneficiaries supported	<ul style="list-style-type: none"> • 4000 adolescent girls benefitted • 12 Kishori Manch formed.
Supported by	Metropolis Healthcare Limited



10. TB Support and Management Program

a) N for Nutrition- TB Support Program

Area of Program	N and S MCGM Wards of Mumbai, Maharashtra
Support Provided	<ul style="list-style-type: none"> • Monthly supply of dry Ration kit • Nutritional counselling • Follow up to ensure TB Treatment Compliance
Beneficiaries supported	306 Active Tb patients
Supported by	Godrej Consumers Limited

b) TB Support Program

Area of Program	N and S MCGM Wards of Mumbai, Maharashtra
Support Provided	<ul style="list-style-type: none"> • Monthly supply of dry Ration kit • Nutritional counselling • Follow up to ensure TB Treatment Compliance • Installation of Water Filter and Cooler at Ghatkoper Police station
Beneficiaries supported	348 Active Tb patients
Supported by	Godrej and Boyce Private Limited

c) Nutritional Support to Tuberculosis Patients

Area of Program	K East MCGM Ward of Mumbai, Maharashtra
Support Provided	<ul style="list-style-type: none"> • Monthly supply of dry Ration kit • Nutritional counselling • Follow up to ensure TB Treatment Compliance • Installation of Water Filter and Cooler at Ghatkoper Police station
Beneficiaries supported	101 Active Tb patients
Supported by	Tree of Life Foundation



Launch of New Projects

This year, we have launched three new projects.

1. **MAHI project – Menstrual Awareness and Health Initiative**

Area of Program	43 schools from Mumbai, Virar and Vikramgad, Palghar, Maharashtra
Support Provided	<ul style="list-style-type: none"> • Installation of Sanitary Napkin Vending machines and Incinerators in school • Free supply of annual stock of sanitary napkins to each school • Awareness sessions on Menstrual Health and Hygiene Management
Beneficiaries supported	<ul style="list-style-type: none"> • 4577 Adolescent girl students • 113 School Teachers
Supported by	Clearing Corporation of India Limited





2. Aarogyasanjivani Swasthya Clinic- Community Healthcare Program

Area of Program	Maharashtra Nagar, Mankhurd, Mumbai, Maharashtra
Beneficiaries supported	10000 patients
Supported by	DSV Limited



3. Mobile Medical Unit Project

Area of Program	15 slums of Mumbai and 12 villages of Wada, Palghar, Maharashtra
Beneficiaries supported	<ul style="list-style-type: none"> 16380 patients received primary Healthcare services 26574 community people attended Health Education sessions
Supported by	Rotary Club of Bombay Pier



Mass Awareness Campaigns

We celebrated following Health Markers Day in all project locations.

- | | |
|----------------------------------|----------------------------------|
| 1. World No Tobacco Day | 7. World Diabetes Day |
| 2. International Yoga Day | 8. Universal Health Coverage Day |
| 3. World Population Day | 9. National Youth Day |
| 4. World Breastfeeding Week | 10. World Cancer Day |
| 5. National Nutrition Month | 11. International Women's Day |
| 6. Breast Cancer Awareness Month | 12. World TB Day |

More than 70 Thousand Community People participated in these Mass Awareness Campaigns.





Success Stories



Mr. Mohan Annappa Ambarge is a 42 years old patient had visited the Niramaya Community Clinic to take treatment for a burned toe. Mr. Mohan had diabetes for 12 years, He visited so many doctors to treat his bruise but it was not healing. He took treatment but all was worthless. Doctors told him that if it will not heal then his toe will be amputated. Mr. Mohan started his treatment at the Niramaya Clinic from the month of May 2023. He followed all the instructions and treatment given by the clinic and after one month his bruise was cured.

Mr. Mohan was very happy and thankful to Niramaya team for running community clinic. He also joined the clinic team as volunteer for community mobilization.

Sunita Wadari, a 25-year-old woman, became a part of Niramaya's Community Health program when her daughter Baby Tanushree was detected as severely malnourished during child Malnutrition Assessment program. Tanushree was born with low birth weight as her mother Sunita was anemic and underweight during her pregnancy. Niramaya Team counselled Sunita to bring changes in her daily diet and hygiene practices and informed her about planned parenthood practices to delay second pregnancy. However, in spite of that Ms. Sunita did not accept any contraception and became pregnant second time.

Like first pregnancy, Sunita started feeling weak, nauseating and tired during this pregnancy as well. However, Niramaya Team visited her regularly and advised appropriate diet and care to reduce pregnancy related complications. Topics like newborn care, planned parenthood were discussed with her, her husband and her mother-in-law. Early ANC registration and regular Doctor's examination is ensured throughout her pregnancy period.

Due to Niramaya team's rigorous interactions and support provided to Ms. Sunita and her family, She delivered healthy baby and effective new-born care is ensured. Sunita accepted family planning method- Copper T insertion immediately after child birth.

The case of Sunita Wadari highlights the challenges and successes in addressing maternal and child health within a community context. Through targeted interventions, education, and family involvement, the Niramaya team has contributed to positive changes in Sunita's family.



Corporate Employee Volunteers Engagement Program

Niramaya Health Foundation invests on development of volunteers who can support Niramaya Team during their community programs. This year, more than 100 Employees from different Corporate companies like Asian Paints Limited, GeBBS Healthcare Solutions, Wipro Limited, Johnson and Johnson Limited volunteered in various community based programs and events.





Accounting Year: 2023-2024

PAN: AAATN2934J

Status: Trust

D.O.F.: 01-June-2001

Statement of Income

		Rs.	Rs.	Rs.
Taxable Income u/s 11 to 13	1			0
Total Income				0
TDS / TCS	2			1,03,393
Refund Due				1,03,390

Schedule 1
Taxable Income u/s 11 to 13

Return to be furnished u/s	139(4A)			
Whether registered u/s 12A / 12AA/12AB?	Yes			
Whether approved u/s 10(23C) (iv) to (via)?	No			
Aggregate income referred to in sections 10,11 & 12				4,31,97,811
- 11(1): applied in India during the PY		3,75,13,330		
Revenue account	3,72,90,390			
Capital account	2,22,940			
- 11(1): Accumulation to the extent of 15%		56,84,481		
- 15% of Non-corpus Donations paid to trust/institution regd. u/s 12AB/ 10(23C)(iv) to (via)				4,31,97,811
Income after application				0
Taxable Income				0

Schedule 2

TDS as per Form 16A

Deductor, TAN	TDS Deducted	TDS claimed in current year	Gross receipts offered
IDBI Bank Limited, TAN- MUMI04922B	74,038	74,038	740,375

Tax collected at source

Collector & TAN

	TCS Collected	TCS claimed in current year
Ravindra Prahlad Survase, TAN- MUMR21040F	14,482	14,482
Vashi Automobiles, TAN- MUMV00439F	14,873	14,873
Total	29,355	29,355
Grand Total	1,03,393	1,03,393

Bank Name	Account No.	IFS Code
IDBI Bank	026104000059796	IBKL0000026
Axis Bank	912010051322215	UTIB0000124
IDBI Bank (Utilisation FCRA A/c.)	026104000060048	IBKL0000026

For Niramaya Health Foundation



Authorised Signatory

Date : 07-Oct-2024

Place : Mumbai



We thank all our Donors, Supporters, Stakeholders and Well-wishers for supporting and encouraging us for past 23 years. Niramaya Health Foundation could touch lives of millions of people through your generous donations.

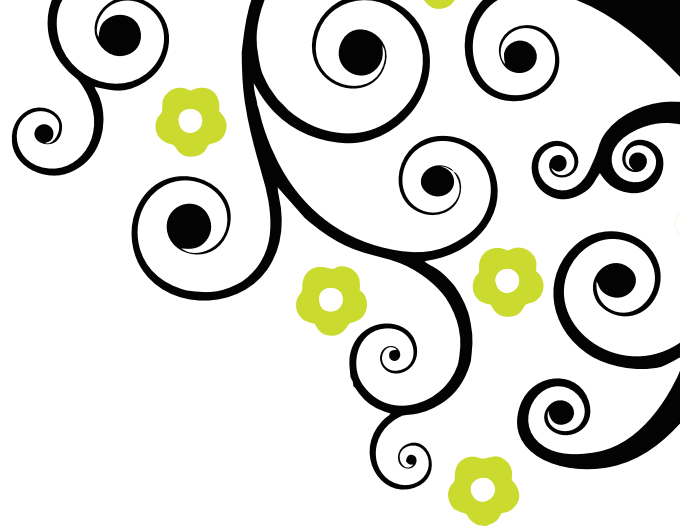
As we are gearing up to celebrate our 25th Foundation Day on 1st June 2026, we would like you all to join us in this celebration.

COME and **JOIN US** in this proud moment

- Be a Patron by donating Rs. 2,00,000/-
- Be a friend by donating Rs. 1,00,000/-
- Be a Well-wisher by donating Rs. 50,000/-



- www.niramaya.org
- Facebook: <https://www.facebook.com/NHF2001>
- LinkedIn: <https://www.linkedin.com/company/8575737>



Room No. 102, Lions Pioneer High School,
Bhau Daji Road, Near Municipal Office,
"F/N" Ward, Matunga (Central Railway),
Mumbai - 400019.

Ph.: +91 22 2402 1110

Email : niramayhealth@gmail.com

Web.: www.niramaya.org

