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ABOUT NIRAMAYA HEALTH FOUNDATION

Niramaya Health Foundation is a Not-for-Profit organization that has been working since 2001 to improve the health and well-being of vulnerable communities. For the past 25 years, we have provided quality healthcare and support to families living in the slums of Mumbai and in selected rural areas across India.

Our Journey of 25 years

The journey of Niramaya Health Foundation began with a simple yet powerful vision—to support children to stay well-nourished and healthy. The programs of Niramaya Health Foundation expanded from addressing child malnutrition to supporting mothers, adolescents and overall community to ensure Good Health and Nutrition to all.

Today, we are a multi-dimensional organization working across urban slums and rural geographies with preventive, promotive, and curative healthcare services. Our journey has been shaped by continuous learning, strong community relationships, and meaningful collaborations with government systems and partners.

Our Approach

We take a holistic approach to health, recognizing that well-being goes beyond medical treatment. It includes nutrition, education, awareness, strong support systems, and access to government services.

Key areas of work in year 2025-26:

1. Child Health and Nutrition
2. Maternal Health and Nutrition
3. Adolescent Health & Nutrition
4. Community Healthcare Program
5. Tuberculosis Support Program
6. School Health Programs
7. Government System Strengthening
8. Youth Development
9. Livelihood

Expanding Our Reach

This year marked an important milestone as we expanded our programs in new geographies covering interiors of Pune, Raigad and Palghar. Our interventions reached communities in Andar Maval (Pune), Uran (Raigad), and blocks such as Jawhar, Vikramgad, and Dahanu in Palghar. We also extended our school health programs to Gujarat.



MESSAGE FROM LEADERSHIP



Namaste!!!

Celebrating 25 years of Service!!!

Dear Friends and Well-wishers of Niramaya Health Foundation!!!

I feel extremely privileged and happy to present to you this 25th Annual Report of Niramaya

Health Foundation.

I am sharing our Niramaya Story here. In 2001, our founder Dr. Janaki Desai and her few friends established NHF with a dream of supporting disease-free childhood for the underprivileged children in Mumbai slums. A very high drop out and absenteeism in preschool children in slums was due to illness and malnutrition in those days. For many years, NHF worked with a single focus on Malnourishment in children. We continue to do so even today. As more insights in causative factors deepened, our work included mother care, Antenatal and postnatal care, Anemia, Adolescent Health, menstrual Hygiene, 1000 days care and more. While working with children, issues like child labour, child abuse, street children, ragpicker children were encountered. For some time, we dealt with these too. However, NHF remained focused on health as priority.

Over the years, expansion and growth in our services became inevitable as we responded to the changing needs of the society. Today our services include child healthcare, maternal healthcare, community healthcare, school healthcare programs. Besides mother and child care, we now include TB/NCD/Anemia as priority health areas for all ages. Also Adolescent anemia, menstrual hygiene, life skills education have been regular features of our work.

We have shifted our base from individual healthcare to family healthcare now. Hence, we try to reach out to every member of the family to meet their health needs. Our 3 Mobile medical Units and dispensaries cater to all people in the community. In recent years, we have undertaken Self employment and skill development for women and dropout adolescent girls. We could not exclude the youth

population. Youth development projects are undertaken at few locations. One of our sustained activities over 10 years is training and motivating community volunteers and stakeholders.

In the last five years, we have extended our services to rural areas outside Mumbai. Ongoing projects are being conducted in Raigad, Palghar, Satara and Pune districts. Short projects were undertaken in the 9 states of our country. We look forward to more outreach services in the future.

25 years of service provision was full of achievements, challenges and some disappointments too. With the support from all of you, we could face them and grow stronger. We feel our success is in working in collaboration with community, government and other charitable organizations. We strongly feel working together and not parallel will bring us closer to Good Health for All.

The details of work done in 2025-26 are presented in the following pages in this annual report.

We wish to express our deepest gratitude to all those who have supported us, not just this year but helped us in the last 25 years. We could not have reached here without their love and generosity. So, once again, a very big thank you to all. We look forward to our continued relationship in cocreating healthy society.

I fondly remember the contribution of all those employees who have worked here for 25 years. Our current team is extremely dedicated and hard working. I truly appreciate their readiness to take on any challenge and territory. We could deliver 24 projects in this 25th year. We received appreciation awards from Government of Maharashtra and Palghar district. I am thankful to the Board of Directors for their keen interest and support.

From this desk, I have only two words to say- Thank You!!

Our new journey has begun.....

Ms. Shubhalaxmi Patwardhan
Honorary Director
Niramaya Health Foundation



ORGANIZATIONAL STRUCTURE & 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.

Board of Directors

- **Ms. Shubhalaxmi Patwardhan**, 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 Science
- **Dr. Prasanna Patil**, Project Director, Savitribai Phule Ekatma Vikas Mandal, Chhatrapati 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 Program Officer
- **Ms. Sejal Khaire**, Junior Finance Officer
- **Ms. Ankita Bhoi**, Junior Program Officer
- **Ms. Dipti Panekar**, Project Coordinator
- **Mr. Vinod Bhosale**, Program Officer
- **Dr. Poonam Garad**, Medical Officer
- **Dr. Nitin Dhavale**, Medical Officer
- **Dr. Kavita Dupare**, Medical Officer
- **Dr. Shrutika Surlake**, Medical Officer
- **Dr. Aditya Kambli**, Medical Officer
- **Dr. Devyani Bhoir**, Medical Officer



KEY HIGHLIGHTS OF FY 2025–26

The year 2025–26, our 25th year, marks a defining chapter in the journey of Niramaya Health Foundation—one of meaningful growth, deeper outreach, and sustained impact.

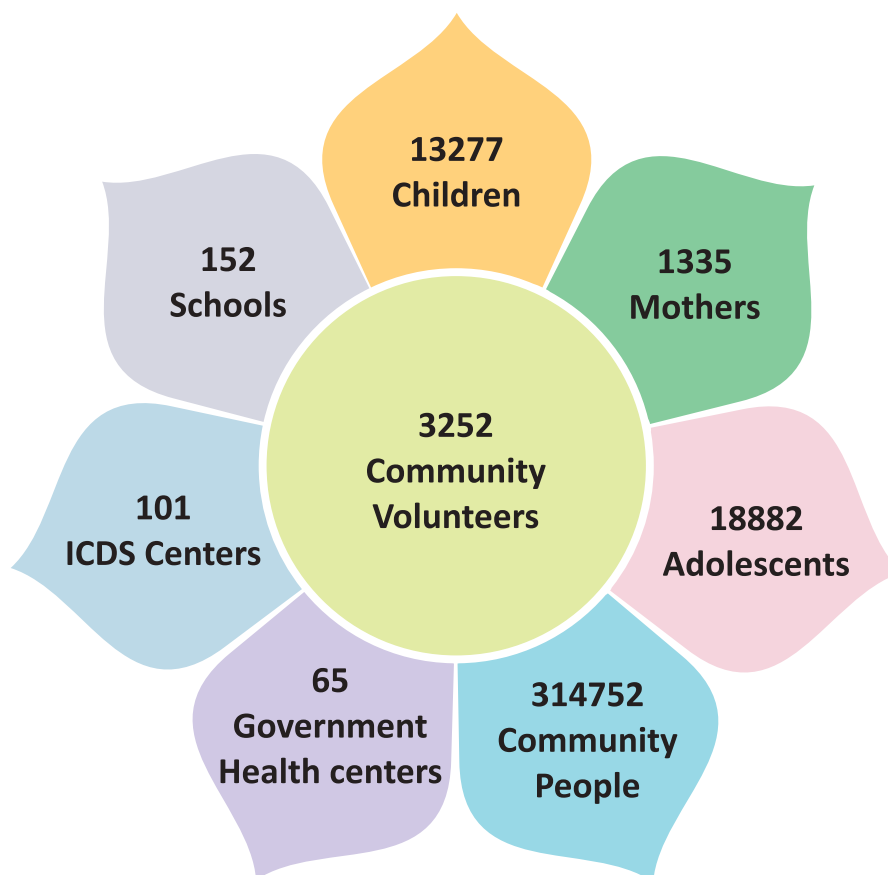
This annual report reflects the strength of our vision, the trust of our partners, and the dedication of our teams working at the grassroots.

As we step into 2026, this report also holds special significance as we commemorate 25 years of our journey—a journey shaped by compassion, collaboration, and a shared commitment to the philosophy of 'Good Health for All.'

314752 Lives touched

347 Villages & slums reached

In FY 2025-26, The Annual Reach of Niramaya Health Foundation was as follows:



OUR PROGRAMS & INTERVENTIONS

1. Child Health and Nutrition

No. of children screened	Found Malnourished	Improvement achieved	Parents participated in Health education sessions
13277	6935	91% improvement achieved among children with severe acute malnutrition 85% improvement among moderately malnourished children.	8168



2. Maternal Health and Nutrition

No. of pregnant women supported	No. of High-risk pregnancies managed	No. of Lactating mothers supported	No. of mothers accepted Family planning for birth spacing
575	250	760	275

107 first time pregnant women participated in Godbharai(Babyshower) event.



3. Adolescent Health & Nutrition

No. of adolescents screened for Anemia	No. of Adolescents detected with anemia	Recovery achieved among anemic adolescents	Adolescent Life Skills Education
9894	5245 (53%)	99% improvement achieved among severe anemic adolescents. 76% improvement achieved among Moderate anemic adolescents.	5115 adolescents participated achieving 55% improvement in their knowledge about adolescent life skills.

28090 Adolescent girls participated in Menstrual Health and Hygiene Management program. 932 Girls supported with Menstrual Hygiene kits.



4. Community Healthcare Program

Patients supported through Curative Health services	Patients received diagnostic support	Patients detected and supported for non-communicable diseases	Patients received surgical support
61629	8662	2289	598 44 patients underwent Cataract surgery, 28 underwent angioplasty, 3 women underwent hysterectomy.

2 community clinics, 3 Mobile medical Units, 4 community OPDs were functional in FY 2025-26. 246 couples received Family Planning services.



5. Tuberculosis Support Program

TB patients supported with monthly dry ration supply under Nikshay Mitra initiative	Community people screened for Tuberculosis	No. of new TB cases detected and supported with treatment	TB patients completed treatment and achieved full recovery
533	3609	8	58



6. School Health programs

School based Health & Hygiene corners installed and replenished	Schools supported with installation of Sanitary napkin Vending machines and Disposal bins	Students supported through school-based health & nutrition camps	School based Health Ambassadors trained
7 schools from Uran, Khalapur, Khandi 14 schools from Gujarat	120 schools from Palghar, Pune, Satara, Khalapur, Uran and Mumbai 31424 girl students and teachers benefitted.	2077	190

11 Schools were supported with donation of school infrastructure related instrument and stationeries to improve quality education.



7. Government System Strengthening

Government Grassroot workers trained	Government TB Volunteers trained	Government health centers were supported with donation of Medical Instruments.	Community people were supported to get enrolled under government health & social welfare schemes
1721 ANMs, ASHA workers, ICDS workers from Khandala block of Satara, Virar Block of Palghar, Khalapur block of Raigad and Jogeshwari, Mumbai.	545 TB-HVs from Mumbai.	30	115



8. Youth Development

Youth supported	Community people sensitized through Youth led community actions	Youth benefitted through Yoga and Meditation workshops
431	17000	34



9. Livelihood Programs

People benefitted through Livelihood trainings	Trainees started generating income after attending the courses	Average monthly income generated by trainees	Families supported under Nutritional Gardening program
90 Youth and 38 women	90	Rs. 16 to 17 thousand	115 families from Khalapur, Raigad and Virar, Palghar region



10. Community Health Awareness

Community people participated in Community events	Outcome achieved	Health Libraries
147804	55% improvement achieved in community's knowledge after attending these events.	31 Health libraries were active in Mumbai slums benefitting 9859 readers.



NEW PROJECT LAUNCHED

In FY 2025-26, New Mobile Medical Unit was set up at Lonavala region with the support of The Clearing Corporation of India Limited. This Unit will cover villages from Andar Maval, Pune and Khopoli region ensuring provision of primary health services to underprivileged communities.



Obesity Clinic was inaugurated at Jogeshwari slums and Maharashtra Nagar, Mankhurd slums of Mumbai. The Once-a-month Clinic provides Dietician's consultation and support to address obesity among adult population.



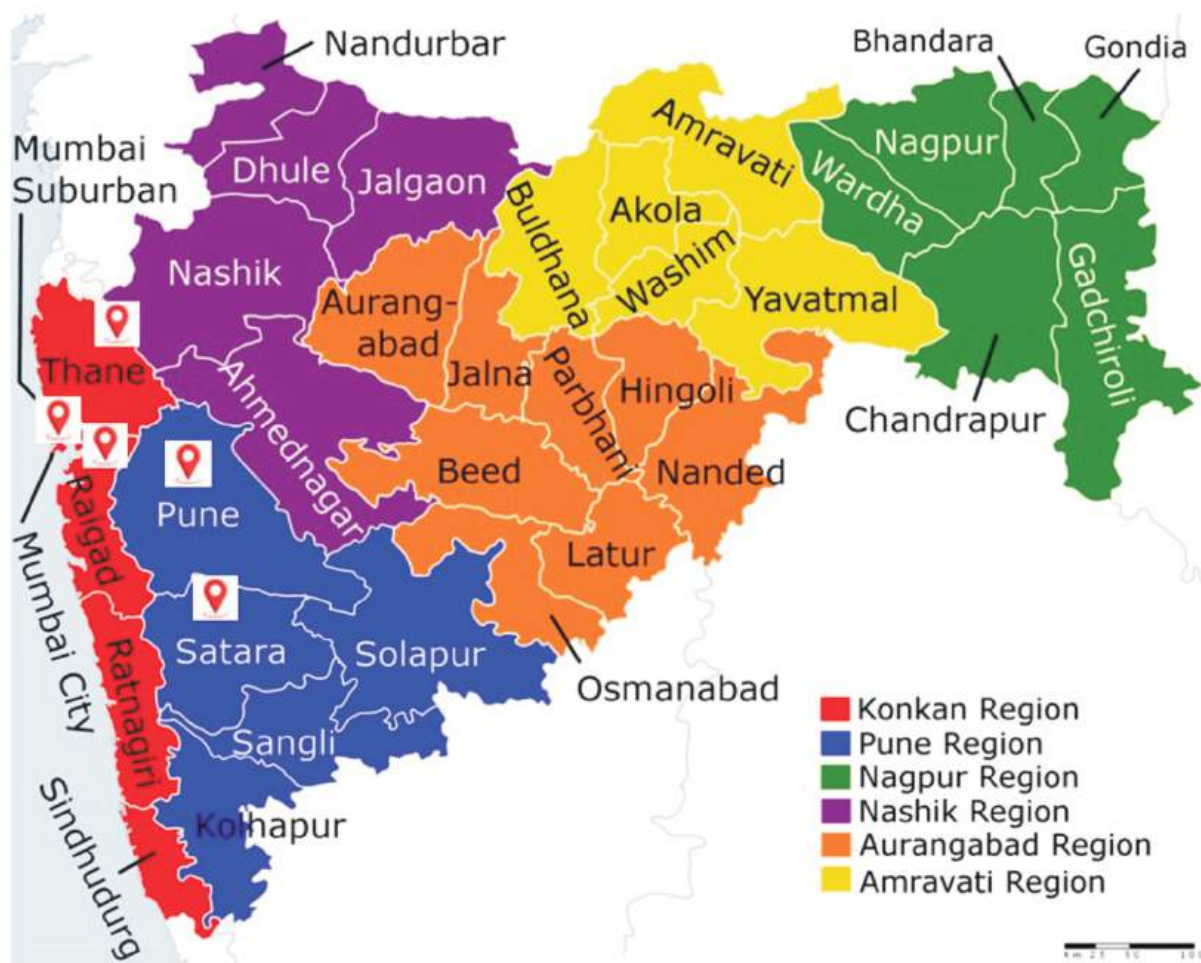
PROJECTS IN BRIEF

Sr. No.	Project Name	Project Location	Donor
1.	AarogyaJeevan- Community Healthcare program with special focus on children	Jogeshwari, Mumbai	Wipro Cares
2.	Swasthya 2.0- Community Healthcare program with special focus on Nutrition, Non-communicable diseases and Tuberculosis	Satpala, Virar, Palghar	Wipro Foundation
3.	Acchi Sehat Subke Liye Program-Community Healthcare program with special focus on Nutrition, Non-communicable diseases and Tuberculosis	Agashi and Arnala, Virar, Palghar	Azim Premji Foundation
4.	Aarogyasampanna- Child Health and Nutrition Program	Bharat Nagar, Chembur, Mumbai	TATA Motors Passenger Vehicles Limited
5.	SEHAT- Community Health Awareness Program	Bharat Nagar, Chembur, Mumbai	TATA Motors Passenger Vehicles Limited
6.	Yuvashakti-Youth Development and Livelihood Program	Maharashtra Nagar, Mankhurd, Mumbai	GeBBS Healthcare Solutions
7.	Mamta- Mother and Child Health and Nutrition Program	Maharashtra Nagar, Mankhurd, Mumbai	GeBBS Healthcare Solutions
8.	TOLF- TB Support Program	Jogeshwari, Mumbai	Tree of Life Foundation
9.	AAA Capacity Building Program	Virar, Palghar and Khandala, Satara	Johnson and Johnson Limited
10.	Aarogyasamruddhi-Community Healthcare program with special focus on Nutrition, Non-communicable diseases and Tuberculosis	Khalapur, Raigad	Godrej Enterprises Group
11.	Aarogya- Community Health and Nutrition program	Khandi, Andar Maval, Pune	TATA Power Community Development Trust
12.	Aarogya- Community Health and Nutrition program	Bhivpuri, Raigad	TATA Power Community Development Trust

13.	Ek Peהל Swasthya Ki Aur-School Health & Hygiene Corner program	Gujarat	TATA Power Community Development Trust
14.	Menstrual Awareness and Hygiene Management Program	Mumbai, Pune, Satara, Palghar, Navi Mumbai, Uran	The Clearing Corporation of India Limited
15.	Mobile Medical Unit-Community Healthcare Program	Raigad and Andar Maval, Pune	The Clearing Corporation of India Limited
16.	Mobile Medical Unit-Community Healthcare Program	Mumbai slums	Rotary Club of Mumbai Malabar Hill, India
17.	Mobile Medical Unit-Community Healthcare Program	Wada, Palghar	Rotary Club of Mumbai Malabar Hill, India
18.	Aarogyasanjivani-Community Health Program	Maharashtra Nagar, Mankhurd, Mumbai	DSV Air and Sea Private Limited
19.	Pragati- Adolescent Health Program	Malvani, Malad, Mumbai	United Way of Mumbai
20.	RugnaSeva- Community Health program	Andheri, Mumbai, Virar, Palghar and Khalapur, Raigad	Capri Global Limited
21.	Sahyog- Women Livelihood Training program	Uran, Raigad	Gateway Terminals India Private Limited
22.	Aarogyasampada- Community Health program	Uran, Raigad	Shri Mahakal Education and Charitable Trust Rajkot / BharatCares (HDFC Bank)
23.	Community Health Program	Mumbai, Virar and Wada region of Palghar	Harind Chemicals and Pharmaceuticals Pvt. Ltd.
24.	Community Health Program	Mumbai Slums	Aarti Foundation

GEOGRAPHICAL REACH

Health Programs are carried out in five districts of Maharashtra namely Mumbai, Satara, Pune, Raigad and Palghar covering 39 slums, 308 villages, 155 schools, 67 government health centers and 123 ICDS centers.



14 schools from Gujarat State are also covered through school health programs.

IMPACT STORIES

Uterine Prolapse Surgery and Support Through Our Health Partnership



Sarita Yogesh Dharne, a middle-aged female patient, was identified through Niramaya's Community clinic in Mankhurd, Mumbai. She had been suffering from advanced uterine prolapse, experiencing symptoms such as a protrusion from the vagina, lower abdominal pain, backache, and difficulty with daily activities. After being referred to BMC Shatabdi Hospital in Govandi, a clinical examination confirmed a third-degree uterine prolapse with cystocele and rectocele. A surgical team planned a vaginal hysterectomy with anterior and posterior colporrhaphy. The project team provided counseling on wound care, genital hygiene, and follow-up visits, while also advising on dietary changes for her ultrasound-diagnosed grade I fatty liver.

Through early identification and coordinated care between the NGO and the municipal hospital, Sarita has been relieved of her long-standing symptoms and has regained mobility and Health.

Early Detection Changed a Life



During a household survey in Vadval village on 3 June 2025, the Niramaya Health Foundation team screened Mr. Mukund Shankar Sakpal and detected a dangerously high blood sugar level of 263 mg/dl. Recognizing the urgency, the team immediately referred him to the Primary Health Centre for further evaluation.

Additional investigations confirmed that Mr. Sakpal had uncontrolled diabetes, a condition that had gone undiagnosed for years despite symptoms such as frequent urination, extreme fatigue, and episodes of blurred vision. Following timely diagnosis, he was started on appropriate medication and regular medical follow-up.

Within a few months, his blood sugar level reduced from 263 mg/dl to 164 mg/dl, and his symptoms improved significantly. Mr. Sakpal expressed heartfelt gratitude to the Niramaya team, acknowledging that their timely screening and referral enabled him to receive life-changing treatment before his condition worsened.

This story highlights the transformative impact of community-based health screening, where early detection and prompt referral can prevent complications and improve quality of life.



TESTIMONIALS FROM DONORS AND STAKEHOLDERS



"Over the last five years, our partnership with Niramaya Health Foundation has been built on trust and meaningful collaboration. Their understanding of the people and communities they work with has always been evident in the way they engage, listen, and follow through. Over time, our collaboration has positively impacted more than 1 lakh individuals across the urban slums in Mankhurd (Mumbai).

Whether it is supporting mothers and children, improving awareness around menstrual health and hygiene, addressing nutrition challenges, or working with adolescents on life skills and leadership, Niramaya's work is grounded in listening to the community's voice and working towards what they genuinely need. That is one of the reasons they have earned the trust and participation of all stakeholders.

A memorable outcome of our collaboration has been Niramaya's openness to new ideas and the way they have translated them into practice. Our discussions around livelihood opportunities for women eventually led to vocational skills training programs within the community. The results have been encouraging and rewarding so far. One standout example is of a 19-year-old young woman who completed the beautician training course and is now assisting a professional makeup artist in Mumbai. For someone at such a young age, this is a step towards self-reliance and confidence.

GeBBS is immensely proud of this partnership, which has advanced Healthcare, Education, and Livelihood in a meaningful way. We are grateful for Niramaya's dedication, professionalism, and commitment to the communities. It has been a privilege to work alongside an organization that consistently brings both heart and discipline to its work. We look forward to continuing this journey together and reaching many more lives in the years ahead."

Aparna Prabhakar
Chief Human Resource Officer (CHRO),
GeBBS Healthcare Solutions Pvt Ltd.



PARTNERSHIPS AND COLLABORATIONS

CSR PARTNERS AND DONORS



NAMES OF INDIVIDUAL DONORS

- | | |
|----------------------------|--------------------------|
| 1. Vinodkumar J. Bhimjajka | 5. Nitin |
| 2. Geeta Balkrishnan | 6. Triveni Sanjay Jadhav |
| 3. Pravin Omprakash Sharma | 7. Rajat Mohan Nag |
| 4. Kimaya Kapil Mhatre | 8. Isha Rajesh Kakodker |

Special Thanks to Rotary Club of Bombay Pier for coordinating and supporting BabyPriyanshi Yogesh more for her heart surgery (PDA device closer).

GOVERNMENT COLLABORATIONS



AWARDS, RECOGNITIONS AND MEDIA COVERAGE



On the occasion of the launch of 'Swastha Nari, Sashakt Parivar Abhiyan' organized by the Health department, Maharashtra under the leadership of Honorable Prime Minister Shri Narendra Modi Ji, the Honorable Deputy Chief Minister Shri Eknath Shinde Ji presented the Appreciation Award to Niramaya Health Foundation to recognize our work in the distribution of nutritional kits to TB patients under NikshayMitra Initiative.

Niramaya Health Foundation was honored at the Godrej Enterprises Group CSR Partners Meet 2026 held at Vikhroli for the community work done at Khalapur region to ensure Good Health and wellbeing for all.



Niramaya Health Foundation was felicitated by GeBBS Healthcare Solutions during the Annual Partners Meet and Greet program for the work done in the area of Child Malnutrition, youth development and Skill development program with the support of GeBBS Healthcare Solutions.

Recognition Received For School Health Programs Organized At Khandi Region, Andar Maval, Pune



SPECIAL EVENTS ORGANIZED TO CELEBRATE 25TH FOUNDATION YEAR

Meeting with NGOs Working in Health Domain

Niramaya Health Foundation organized an impactful NGO Meet on 18th July 2025 at Pioneer Hall, Matunga, Mumbai, bringing together over 40 NGOs from across Mumbai and neighboring cities. The half-day event focused on the Impact of Diet on Health and Well-being Across the Life Cycle, common challenges faced by NGOs, fostering Government-NGO partnerships for sustainable development, and the latest interventions in Tuberculosis (TB) care.

The event was graced by Dr. Daksha Shah, Executive Health Officer, MCGM, as Chief Guest. Esteemed speakers included Dr. Prasanna Patil (Savitribai Phule Ekatma Samaj Mandal), Dr. Neha Nalawade (WHO Consultant), Dr. Alka Jadhav (Pediatrician), Dr. Safala Shroff (Gynecologist), Dr. Vinaya Vaishampayan (HOD, BMN College), and Dr. Veena Yardi (Nutritionist), who shared their expert insights during the sessions.

Ms. Shubhalaxmi Patwardhan, Honorary Director of Niramaya Health Foundation, presented the remarkable 25-year journey of the organization, highlighting its commitment to health and nutrition in underserved communities.

The event concluded with a collective call to strengthen collaboration among NGOs and government stakeholders for better health outcomes.





Thanks Giving Programs For CSR Partners

Niramaya Health Foundation successfully hosted its Partners Meet & Greet Program on 21st November 2025 at the Garware Club House, Churchgate.

This special gathering brought together the donors and CSR partners who have supported Niramaya's mission over the past 25 years. Their belief in our work has enabled us to impact the lives of lakhs of children and families across Mumbai.

The evening began with a heartfelt reflection on Niramaya Health Foundation's 25-year journey—our milestones, learnings, and the collective efforts that shaped our path. We then heard inspiring experiences shared by our esteemed donors, whose continued support has strengthened our programs and outreach.

We were privileged to have Mr. Noshir Dadrawala, CEO, CAP India as our special guest. His insightful talk on CSR compliance added immense value to the evening and deepened our understanding of responsible and impactful social development.

The program concluded with a warm felicitation ceremony, acknowledging and celebrating the dedication of all our partners who have stood with us throughout this journey.



Thanks Giving To Government Stakeholders

Government Stakeholders like Village Head, Block Development Officers, Child Development Program Officers, Block Medical Officers were felicitated with the token of Appreciation for being part of Niramaya's journey and their collaboration with the organization for various community level interventions.



CORPORATE EMPLOYEES VOLUNTEERING PROGRAM

Various activities like Diwali Diya Painting, Menstrual Hygiene kit packing, Community Awareness programs were organized in which employee volunteers from Wipro Foundation, GeBBS Healthcare solutions, Tata Motors Limited and Johnson and Johnson Limited were engaged.



COMPLIANCE DOCUMENTS

- 12A
- 80G
- FCRA
- CSR 1



25 YEARS OF SERVICE

YEAR 2001 TO 2005

Establishment of Niramaya Health Foundation
 Child Malnutrition Detection and Support Program
 Community Health Clinics and Mobile Medical Unit

YEAR 2005 TO 2010

Drop In Centers for Slums and Street Children
 Special Health Program for Quarry Workers
 Adolescent Health Education Program
 Tribal Healthcare program at Nashik, Maharashtra

YEAR 2010 TO 2015

Capacity Building Program of ICDS Teachers at Gujarat, Rajasthan, Delhi and Karnataka
 Medical relief camps at Disaster affected areas
 Maternal Health and Nutrition Program
 Special health program for rescued children in Bihar
 HIV/AIDS Awareness Program for migrant Population



YEAR 2015 TO 2020

Adolescent Anemia Detection and Support Program
SPARSH- Sensitization Program for Adolescents on Reproductive and Sexual Health
Special Health Program for Ragpickers in Mumbai Slums
Comprehensive Healthcare Initiatives focusing on GOI's RMNCH+A Guidelines

YEAR 2020 TO 2025

Adolescent Health Champions Program
High Risk Pregnancy Assessment Program
Capacity Building program for ICDS Workers
School Health and Hygiene Corner Initiative at Maharashtra, Karnataka, TamilNadu, Andhrapradesh, Gujarat, Rajasthan, Punjab, Uttar Pradesh and Bihar.
School based Menstrual Health and Hygiene Management Program
Sanitary Napkin Vending Machines Installation in Schools and Railway Stations
Dry Ration Support to TB Patients
Early Screening and Diagnosis of Non-communicable Diseases





Niramaya™
Health Foundation

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