



# ANNUAL REPORT 2024

15th Edition

**Social Upliftment And Development For Health Action**  
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## **ABOUT SUADHA**

'Social Upliftment And Development For Health Action' (SUADHA) is a Non-Profit-Social Organization registered at Mumbai, working for the last 15 years on holistic development of the underprivileged & tribal people through socio and economic uplift in PAN INDIA.

We are proud to introduce our organization to you. We are a team of professional social workers from Tata Institute of Social Sciences (TISS) & Nirmala Niketan. After years of experience in different reputed NGO's, we initiated SUADHA (Social Upliftment and Development for Health Action) in 2006 and officially registered in 2009.

NGO operates from Kalyan city and having their SUADHA Corporate office, it extends support for various health care facilities, education, poor relief and tribal welfare, sanitation, women empowerment, livelihoods, plantations. It also conducts awareness lectures and health check –up camps on various health issues to educate people across India.

NGO conducts workshops / raising awareness towards inner wellbeing of every individual. We help individuals to develop healthy relationships and connection with body and mind. Actually, Health and wellbeing are both much more than just being physically healthy or disease free. It's about the overall feeling of mind, body spirit, bliss, living life full of clarity, confidence and vitality. The following workshops Topic are conducted for the Corporates/ Clubs:

- 1) Power of "Healthy Mindset" in overcoming Stress & Anxiety at the workplace.
- 2) "Be Limitless". Expand your Limited self as an individual and at the workplace.
- 3) Anxiety awareness. Impact on personal & professional growth.
- 4) Recover & Improve from Self- Suppression & RE- DEFINE YOURSELF
- 5) Practical skills to stop struggling with anxiety and worry cycles for the workplace.
- 6) Develop Inner well-being. (Heal from stress and burnout to improve workplace productivity)

The NGOs second office is **Suadha Rehab Centre**, where women get trained for livelihoods, different handmade items. All items are specially handcrafted by the deserving women (cancer survivors, destitute women, single women, women from remand home, mentally challenged people & tribal women) working under the income generation project with SUADHA Rehab Centre.

The NGO play an important role to support women to offer them a source of income, increasing their self-esteem and decreasing their mental stress to survive with dignity to support women empowerment projects. Each item has its history and is made very patiently with emotional touches.

The NGO runs Gramin Kaushalya Vikas Kendra – Skill Development Training Center as **'SupremeTech Institute'** at Saralgaon, Murbad taluka, Thane, Maharashtra to transform the rural / tribal youth groups with 100% jobs guidance and offers immediately. There are 5 Courses are going on for the rural/tribal people, men / women groups with theory and field practical:-

Advanced Mobile Repairing & Servicing 120 hours (3 Months)  
Advanced T. V Repairing & Servicing for 120 hours (3 Months)  
Advanced Asst. Electrician Course for 120 hours (3 Months)  
Advanced Tailoring Course 120 hours + Sewing Machine (3 Months)  
4 Wheeler Driving Course + Driving Licence 120 hours (3 Months)  
PVC Soldering Course(only for girls) 60 hours (1 Months)

We look after the needs of tribal schools and college going students all over India. It also conducts awareness lectures and health check – up camps on various health issues to educate people for their wellbeing solution across India. Since the poverty line in rural areas is below normal and in cities health hazards are beyond control, we intervene in all areas of human life to develop.

## VISION

Education / Employment / Food, Clothing and Shelter / Health Rich Cultural Offering / Water / Sanitation / Livelihood / Vocational Skills / Social Protection / Income Generating programs.



We're not just an NGO; we're a team of dreamers united by a powerful vision: "inclusiveness." We firmly believe that a world without barriers should be a basic right, not a privilege.

## MISSION

Our vision and mission define who we are and what we aim to achieve. Guided by our values, we strive to make a difference not just in our humanitarian work but in everything we do. Our values shape our decisions, interactions, and culture, driving us closer to our vision of a better world.



### INCLUDES:

- Education
- Employment
- Food, Clothing and Shelter
- Health Rich Cultural Offering
- Sanitation
- Social Protection
- Livelihood
- Vocational Skills

# To Our **PATRONS**

Dear Friends,

As we close another impactful chapter in SUADHA's journey, I take this opportunity to express my deepest gratitude to each of you who stood by us with generosity, with dedication, and with unwavering belief in our mission.

This year, SUADHA continued to reach out to underserved communities, addressing grassroots needs with compassion and purpose. None of our achievements would have been possible without the selfless support of our donors, the dedication of our office members, the guidance of our officiating and delegate members, the shared commitment of every partner and volunteer as well.

You are the heart of this organization. Looking ahead, we are excited to announce the expansion of our projects into the northeastern states of India including Assam, Mizoram, and Tripura surrounding regions. This strategic move reflects both the growing needs in these areas and our commitment to ensuring inclusive development across diverse geographies.

In the upcoming years, SUADHA will launch a series of sustainable development projects focused on:

- School infrastructure building and renovation, ensuring that children in rural areas have access to safe and dignified learning environments.
- Sanitation projects, promoting hygiene and dignity through clean water access and improved facilities.
- Completion of unfinished initiatives, ensuring that no community is left with half-done promises.
- Massive plantation drives, to promote environmental sustainability and community participation.

We are also launching a new Rainwater Harvesting initiative with local farmers, designed to accelerate after the monsoon season—helping communities prepare for climate challenges and enhance agricultural resilience.

Another area of critical importance is women's health. SUADHA will be rolling out a Breast Scanning and Early Detection Campaign, reaching remote regions where access to preventive healthcare is limited. Early screening can save lives, and we are committed to making it accessible, affordable, and stigma-free.

Together, we are not just launching programs we are nurturing hope, dignity, and long-term transformation.

I extend my heartfelt appreciation once again to all your active participation of our esteemed Donors, Volunteers and Dedicated Team Members, who walk this path with us. Let us continue this journey, hand in hand, toward a more just, equitable, and sustainable future.

It's a great pleasure and satisfactions to tell you that our **NGO's Direct Beneficiaries Numbers till December 2024 : 4,04,853 of Children, Youth, Men, and Women.** I am honoured to release the Annual Activity Report 2024 of SUADHA reflecting the glimpses of services of January to December 2024.

Thank you all for the trust and support you have continued to shower on us and our cause.

With warm regards and gratitude,

Mrs. Iva Athavia  
Founder Trustee - Managing Director

## Message from a Member



**Jyothi Singh**  
**Retd. Teacher, KVS**

I would like to extend our heartfelt appreciation and sincere gratitude for the unparallel dedication and meaningful contributions as a valued member of the organization.

Your commitment to our shared mission and your active participation have been instrumental through out. Everybody's passion, integrity, and collaborative spirit have not only strengthened our initiatives but also inspired those around us.

Promising to make a lasting difference in the lives of others, I Thank all once again for your support and for being an essential part of the whole.

Looking forward to achieving even greater milestones together.  
With the deepest appreciation,

**Mrs Jyothi Singh**  
NGO Member  
Pune

## **Message from a Donor**



### **Prof. Dinesh Desai**

SUADHA, a distinguished non-profit organization registered in Mumbai, serves as the nerve centre for its far-reaching programs, which encompass healthcare, education, poverty alleviation, tribal welfare, sanitation, women's empowerment, sustainable livelihoods, and environmental conservation through plantations.

What truly sets SUADHA apart is its profound emphasis on personal connection, care, and inclusivity. My own experience as a donor, though modest, was met with remarkable warmth and professionalism. The organization's meticulous attention to detail—capturing my information, seeking my suggestions, and providing a legal receipt—left an indelible impression. This personal touch inspired me to share SUADHA's mission with others, encouraging friends and colleagues to contribute to its noble cause.

I extend my deepest wishes for SUADHA's continued success. May it continue to shine as a paragon of compassion and impact, transforming lives and uplifting communities for generations to come.

Prof. Dinesh Desai,  
from Australia  
(Past Professor of I D College of Engineering,  
Ahmedabad , Gujarat)

# OUR OBJECTIVE

**NGO's strategic plan is constructed to advance, uphold and strengthen our mission and vision:**

**Social Development – Income-generating Projects.**

**Environment protection - Plantation.**

**Tribal Welfare**  
Sanitation Projects | Drinking Water facility | Distribution of School Kits | Library | Toy banks | Tribal Girl Marriage | Special days celebration

**Awareness/Workshops**  
Cancer, HIV/AIDS, Osteoporosis, health & Hygiene and social issues of women including Self-Defense against Atrocities on women.

Support deserving people by providing **Educational Aid**.

**Vocational Skills**  
development among youth especially among women, for Women Empowerment Programs.

**Empowering Women and Tribal people of lower socio-economic strata by providing direction through income generation programs to make them self-reliant. Educate, motivate and inculcate good healthy habits among people by Guidance Counselling and Information dissemination**

**Health Action Programs**  
Camps on Screening for Early detection of Cancer, Diabetes, Osteoporosis, Fat Analysing and Eye Checkup

Prevention of silent killer diseases and provide **healthy life** to society.

# OUR IMPACTS

## IMPACT AT A GLANCE

CATEGORIES	2024 Beneficiaries	Till Date
<b>MEDICAL AID</b> Initiative from 2009	145	9002
<b>EDUCATIONAL AID</b> Initiative from 2009	51	2687
<b>SKILL DEVELOPMENT TRAINING</b> (for Tribal/Rural youth groups)		
Asst. Electrician	24	81
Mobile Repairing & Servicing	33	78
Tailoring Course with Sewing Machine (2 Batches)	39	39
Driving Course with license (1 Batch)	17	17
T V Repairing & Servicing	0	7
<b>TRIBAL WELFARE</b>		
Career Guidance Workshops For tribal school children	0	7998
Full School Kits (Bag Uniforms, Shoes & Socks - Total 34 Schools)	5 Schools	8985
Library setup - Total 9 Schools	250	2585
Toy Room setup - Total 13 Schools School stationeries for tribal school - 104 Schools	1500	1733
Sanitary Pads (9 Schools)	0	19425
School Development - 4 Tribal Schools	1875	2875
Drinking Water Facility( 8 Projects)	0	1864
Tribal Girl's Marriage	0	3177
Swachh Bharat Mission (Total 16 Projects 164 Blocks of Sanitation) for tribal schools & Communities	0	19
		8441

# OUR IMPACTS

## IMPACT AT A GLANCE

CATEGORIES	2024 Beneficiaries	Till Date
<b>HEALTH ACTION</b>		
Health Awareness Advocacy		
Program (Total 445 Sessions)	106 Sessions	37681
Guidance/Counselling/Information	600 Patients	15850
Cancer Screening Camp	1099	9916
Breast Cancer Screening- 94 Camps	325	4772
Oral Cancer Screening - 44 Camps	127	4249
Osteoporosis Screening - 73 Camps	414	8547
Diabetic Screening - 100 Camps	218	7685
Eye check-up - 13 Camps	206	1721
<b>RATION DISTRIBUTION</b>		
Grocery Distribution	102	28750
<b>WOMEN EMPOWERMENT</b>		
Initiative from 2013		
<b>Rehab Center – Empowerment of Women/Men</b>		
6 Mentally challenged, 13 cancer suffering patients, 8 Single mother, 4 remand home and others normal ladies etc	4 Members	60
Handmade Items Exhibitions	35 Exhibitions	276
Self-defense course	0	1502

# OUR IMPACTS

## IMPACT AT A GLANCE

CATEGORIES	2024 Beneficiaries	Till Date
<b>ENVIRONMENT</b>		
Plantation Drive - Total 12 Parts (Thane & Palghar District)	1125 Plants	5740
<b>ROAD SAFETY</b>		
Drivers Welfare	120	620
Road Safety Advocacy Programs	0	55230
General Check-up with Bone Scan for Drivers	0	470
Eye check-up & Spectacle Distribution	0	883
<b>FLOOD RELIEF</b>	0	670
<b>COVID RELIEF</b>		
Grocery Distribution	0	10270

# OUR IMPACTS

# ACHIEVEMENTS

On 3rd February 2024, on the occasion of UTTHAN 2024 - Annual CSR Summit by SASMIRA'S Business School, Worli, Mumbai felicitated SUADHA NGO & along with 3 more NGOs with a Certificate of appreciation, in recognition for valuable contribution to the society by Dr. Ashok Tiwari, Senior Director, SASMIRA and Dr. Sanskruti Kadam, Dean of the Business Institute.

The event attended by Mrs. Iva Athavia, Managing Director of the NGO & Ms. Tessie Freddy, Director of Suadha Rehab Centre. Thanks to the group of students, who were conducted 2 days in kind activity at Tribal ZP School, Kondyachi Wadi, Murbad, Thane district.



## ACHIEVEMENTS FOR NGO'S TRUSTEES

On 21st December 2024 from SUADHA NGO, Mrs. Virginia Danial Kiro -Trustee, Treasurer of the NGO and Mrs. Rohini Manhar Lilaramani- Trustee felicitated by "Varist Nagrik Kalyan Sangh" at Swami Narayan Mandir Hall, Kalyan(w), for their contribution to the society with an 'Appreciation Award' with memento. Its a great honor for us.



## OUR IMPACTS

### 2 Days International Social Workers Placement

On 18<sup>th</sup> & 20<sup>th</sup> January 2024, NGO given 2 days placement given to 5 International Social Workers, who are from 3 different European countries such as Sweden, Spain & Switzerland visited our NGO.

They were in the Social Work Exchange Programs by CIF INDIA. The NGO jotted down 2 days full packed programs for them.

#### **On 1<sup>st</sup> Day - 18<sup>th</sup> January 2024**

The Team oriented about brief f SUADHA NGO. From there they visited Suadha Rehab Centre. After the lunch they were sent to Kalyan city tour - Kalyan Vegetable Market, Durgadi Killa, Kala Talav, and evening visited at Inner Well Being Solution for Health Wellness Centre for Meditation and dinner hosted by Ms. Arati Dariyanani, NGO Trustee home.



#### **2<sup>nd</sup> Day – 20<sup>th</sup> January 2024**

The Team were taken to the remote village to show the sustainable projects at Talovali Residential Tribal School, Near Malshejghat, Murbad, Thane district, where NGO supports regularly on different occasions and developed separate sanitation systems for boys and girls. The students greeted them with a traditional Lizum dance.

On occasion of New year Ngo distributed different Sports and games items to the students. There were good interactions between children and international social workers.

On their way back they visited Skill Development Training Centre - SupremeTech Institute, Saralgaon, Murbad. Lateron they had lunch in traditional way and visited Bhuvan village



## OUR IMPACTS

### Placement Training Partnership with International NGO, Danke, Japan

On 17th September 2024, Mr. Hiroshi Miyake and his Wife Mrs. Mami Miyake, International Social Workers from Danke, NGO, Japan visited SUADHA, Kalyan Corporate office. After welcome they introduced each member, NGO Presentation, visited to Suadha Rehab Center, and lunch with a token of NGO handmade gifts.

They also bought many NGO's handmade items. They gifted all the NGO members with small items which they were carrying from Japan. The meeting was very good, at the end of the day they wished to have placement for their social workers from Danke, Japan, to our NGO for training purpose to their social workers in India.



### “Total Impact Performance for Indian Organization” International Conference Participation

On 26th November 2024, NSE, BKC, Mumbai organized “Total Impact Performance for Indian Organization” International Conference, which was the part of the event 'Aspire Impact' – Measured the Good Conference at R.H. Patil Auditorium.

From the NGO, Senior Social Workers, Ms. Monali Roy & Ms. Tessie Freddy attended the conference. Its aim was to accelerate and boost Indian Organizations towards “Total Impact Performance”, enabling them to collaborate with global leaders on building impact and fostering connections in impacts financing and entrepreneurship.



## OUR IMPACTS

### 15th Annual General Meeting Held In This Year

15th Annual General Meeting of SUADHA NGO was held on 10th February 2024, at Usha Sankul Hall, 2nd floor, Kalyan(west). The Chief Guests were Mr. Madan Sanklesha- Immediate Past President of Rotary Club, Kalyan and Mrs. Dhrutika Shah – Social Worker. The meeting started at 11.00am with lighting of the lamp.

After felicitating the Chief Guest, Monali Roy- Sr. Social Worker and Tribal Welfare Incharge presented the Annual Activity Report 2023. Mrs. Rohini Mhase – Trustee presented a report on NGO's budget. Mrs. Rinki Roopesh – Trustee delivered the proposed activity for the year 2024.

NGO felicitated 4 dedicated Members for their work and support:

Mrs. Arti Daryanani  
Mrs. Ratna Darekar  
Mr. Kamlakar Patil  
Mr. Sachin Suroshi

Ngo supported 5 Educational Aid by the guests for the deserving students. The new staff of Suadha Ngo introduced themselves.

Lastly Mrs. Iva Athavia – MD, Suadha Ngo gave a vote of thanks. this was followed by lunch. The Post lunch Ms. Arti Daryanani – Wellness Counsellor Session on 'power of health mindset and lowering stress and anxiety

We are thankful to all the staff , volunteers and all those who attended the meeting. The whole event hosted by Ms. Tessie Freddy-Social Worker- Suadha Rehab Incharge.



## OUR IMPACTS

# TRIBAL WELFARE

The current situation of tribal communities in India involves a mix of progress and persistent challenges. While significant strides have been made in areas like education and healthcare, challenges remain in areas like poverty, displacement, and cultural preservation. The Indian government is actively working to empower these communities through various welfare programs and initiatives still there are several lacking in their progress. NGO is working in different tribal communities in PAN INDIA where ever get opportunities to try in our level to support them in different aspects to transform their lives.

### **Key Aspects of the Tribal Situation:**

#### **Population and Distribution:**

Tribal populations in India are diverse, with a significant concentration in central and north eastern regions. Approximately 8.6% of India's population is classified as Scheduled Tribes

#### **Social and Economic Challenges:**

Tribal communities often face challenges related to poverty, lack of access to education and healthcare, displacement due to development projects, and exploitation by powerful groups.

#### **Government Initiatives:**

The Indian government has implemented various schemes and programs to address these challenges, including the PM Dharti Aaba Janjatiya Gram Utkarsh Abhiyan and PM-JANMAN.

#### **Progress and Improvements:**

There has been an increase in literacy rates among tribal populations, though disparities remain

#### **Challenges to Cultural Preservation:**

Tribal communities face challenges in preserving their unique cultural identities due to modernization and integration into the mainstream society.

#### **Displacement and Rehabilitation:**

Many tribal communities have been displaced due to development projects, leading to the loss of their traditional lands and livelihoods.

#### **Specific Challenges:**

Some tribal communities face unique challenges, such as poor health conditions, conflicts over resources, and the loss of control over natural resources.

## OUR IMPACTS

### **CSR Support of an Income Generating project by VIAVI SOLUTION, Mumbai Tailoring Course with Sewing Machine donation**

On the occasion of International Women's Day 2024, on 9th March, NGO started 3 Months Adv. Tailoring Course with Sewing Machine donation for 17 Tribal Women to get a source of income at remote village Ghartenpada, under Khoste Group Gram Panchayat, which is inside Aghai Reserve Forest, Shahapur taluka, Thane, Maharashtra, which is 103 km far from Mumbai city.

The project is supported by VIAVI SOLUTIONS, Mumbai through Certifications from 'SupremeTech Institute'- Grameen Kaushalya Vikas Kendra - Skill Development Training Centre, Saralgaon, Murbad, which is run by SUADHA NGO.

We are grateful to Mr. Avinash Wagh, CSR Head of VIAVI SOLUTIONS, Mumbai for his personal presence & interaction with the beneficiaries. We are also thankful to Khoste Gram Panchayat Pradhan, Mrs. Naina Bhusare & Police Patil Mr. Baliram Thakre to allow us to conduct weekly 3 days Tailoring Classes at their village hall.

On 26th June 2024, NGO completed this project with proper examination of practical. SUADHA NGO distributed 17 Certificates and 11 Sewing Machines to tribal women who completed the Course successfully. Our special thanks to none-other than, Tailor Master, Mr. Sandeep Sutar, who has faced terrible challenge to reach out 3 days at the said village and who has taken lots of effort to trained 17 women to become professional tailor.



Youtube Link : [https://www.youtube.com/watch?v=YyT-Oge\\_fFU](https://www.youtube.com/watch?v=YyT-Oge_fFU)

Youtube Link : [https://www.youtube.com/watch?v=YyT-Oge\\_fFU](https://www.youtube.com/watch?v=YyT-Oge_fFU)

## OUR IMPACTS

### CSR Support with Set of 'Bench + Desk' for Tribal School by VIAVI Solution, Mumbai

On 15th August 2024, on the occasion of 78th Independence Day SUADHA NGO handed over the 25 Sets of 'Bench + Desk' to the Valivare Tribal Residential School at the Valivare village, Murbad Taluka Thane district, Maharashtra by the CSR support of VIAVI Solutions, Mumbai.

Total 452 tribal students benefitted by the project. The school is situated at the back side of the foot hill of Malshejghat, Murbad, around 145 km far distance from Mumbai city.

Our Special thanks to Mr. Avinash Wagh , CSR Head of VIAVI SOLUTIONS, Mumbai for his personal presence & interaction with the beneficiaries. We also thankful to the school authority of Shree B.M Pawar Sir and his full team of teachers to implement the project successfully.

The event attended by Mrs. Iva Athavia, Managing Director of the NGO , Mrs. Monali Roy - In Charge Tribal welfare , Mr. Shivaji Bhoir - Field Coordinator.

Youtube Link : <https://youtu.be/ugelX6zkd4?si=BhwwAkOtPmygajSn>



## OUR IMPACTS

### CSR Initiative of Mobile Repairing Course supported by Team Global Logistics Pvt. Ltd. (Saksham Sarthi) at Bhavse village, Shahapur



On 26th June 2024, the NGO Completed CSR Project of 3 months Mobile Repairing Course supported by Team Global (Saksham Sarthi), through SupremeTech Institute and distributed Certificates to 10 students who successful completed the Mobile Repairing course at Bhavse village, Aghai Reserve Forest, Shahapur taluka, Thane, Maharashtra. Since the remote village is very far away from SupremeTech- Skill Development Training Centre and the place is in such an area where MIDC cannot be set up, the NGO decided to give this training at their village so that the poor village youth group can generate a source of income.

NGO is grateful to Mr. Nityam Khosla- Director and Mr. Sandeep Palodkar - Vice President - HR, IR, Admin and Business Excellence of the company.

Youtube Link : <https://youtu.be/ugeltX6zkd4?si=BhwwAkOtPmygajSn>

### CSR Project of “4 Wheeler Driving Training with Licence” supported by Team Global (Saksham Sarthi) at Supremetech



On **7th August 2024**, SUADHA NGO introduced the 1<sup>st</sup> Batch of 'Driving Training with Licence Providing from RTO, through SupremeTech Institute - Gramin Kaushalya Vikas Kendra, Saralgaon, Murbad. A total of 17 candidates registered for the training.

This course started in association with Samarth Krupa Motor Training School Murbad. After training the Licence provided by Kalyan RTO Office.

On 4th December 2024, SupremeTech Institute completed the 1<sup>st</sup> batch of '4 Wheeler Driving Training course with Licence . 17 candidates completed the course successfully and received the licences from Kalyan RTO within 4 months all the students.

The course is supported by Team Global Logistics - Saksham Sarthi, Mumbai. NGO is grateful to Mr. Nityam Khosla- Managing Director and Mr. Sandeep Palodkar - Vice President - HR, IR, Admin and Business Excellence of the company.

Youtube Link : [https://youtu.be/8U6iq17SfOo?si=4uDf8ewsq5\\_aRE8h](https://youtu.be/8U6iq17SfOo?si=4uDf8ewsq5_aRE8h)

## OUR IMPACTS

### CSR Support of 3 Months Tailoring Course + Sewing Machine Donation by Team Global Logistics Pvt Ltd.

On 3rd October 2024, the first day of Navratri, NGO has initiated a 3 Months Tailoring Course + Sewing Machine distributions course, under care of SupremeTech Institute – Gramin Kaushalya Vikas Kendra at Jamba Village, Shahapur Taluka, Thane district, Maharashtra for the Local Tribal women. There were 22 Women who joined the course. The village is 132 km from Mumbai city.

The NGO is grateful to Mr. Nityam Khosla- Director and Mr. Sandeep Palodkar - Vice President - HR, IR, Admin and Business Excellence of the company. The course was conducted weekly for three days.

On 13th February 2025 , NGO completed 3 months Tailoring Course successfully from SupremeTech Institute. 22 young ladies participated in the course and underwent examinations and received Certificates. Out of these 20 women were given Sewing Machines.

At the completion ceremony of the course, all the women cordially invited NGO members and lots of village dignitaries for a traditional Lunch to express their gratitude and support the cause , encourage the village women. The NGO members along with 2 Japanese social workers attended the event and enjoyed.



## OUR IMPACTS

### Toys & Games Donation at Tribal Schools

#### **75th Republic Day NGO Supported with Toys & Games in Residential Tribal School**



On 26th January 2024, on the occasion of 75th Republic Day, SUADHA NGO, celebrated the day at Residential Tribal School Zapwadi, Murbad Taluka, Thane District, Maharashtra. After flag hoisting, there was a cultural program like dance, singing by the students.

Suadha Ngo distributed sports items like Carom Boards, Badminton Rackets, Footballs and Soccer Balls, Skipping Ropes, Snake & Ladder / Ludo, Chess Boards, Lezims, Shot Put, Throw rings, etc. Thanks to Ms. Rekha Nand Dingrani and Ms. Sophia D'souza from Mumbai for support of sports items. Thanks to Ahire Sir from Zapwadi School for his support.

#### **B.K.Birla Public School Supported with Toys & Games in Residential Tribal School**



On 8th February 2024, B.K.Birla Public School, Kalyan initiated in kind a stationery and toys drive for tribal school children at Residential Tribal School Talavali, Near Malshejghat, Murbad, Taluka, Thane District. There are around 600 students studying in the school from 1st Std to 10th Sd.

The school students collected and distributed different Toys, School Stationeries like Pen, Pencils, Notebooks etc., Sports items like Badminton Rackets, different Games, and Clothes. Ngo is grateful to teachers, Ms. Meenal, Ms. Reshma and their Team from B.K Birla school students.

## OUR IMPACTS

### NGO Supported with Toys & Games in Residential Tribal School

On 20th January 2024 the NGO, supported with Toys & Games to the remote tribal school at Residential Tribal School, Talovali Near Malshejghat, Murbad, Thane district. Suadha Ngo distributed sports items like Carom Boards, Badminton Rackets, Footballs and Soccer Balls, Skipping Ropes, Snake & Ladder / Ludo, Chess Boards, Lezims, Shot Put, Throw rings, etc.

Thanks to Ms. Rekha Nand Dingrani and Ms. Sofia D'souza, from Mumbai for support of sports items. Thanks to Vishe Sir from Talovali School for his support.



### CSR Support with Sanitary Pads by Subhra Pharma Pvt. Ltd

This year Subhra Pharma Pvt. Ltd supported and distribution of 1650 Sanitary Pads to different tribal schools as part of their CSR Projects. The name details of the schools are as below :

1. Anudanit Ashramshala, Shirole, Bhiwandi
2. Ashramshala Valiware , Murbad
3. Anudanit Ashramshala, Talovali
4. Bandelpada Vibhag High School, Kedla Talavli
5. Anudanit Adivasi Ashramshala, Gandulwad
6. Anudanit Adivasi Ashramshala, Karav, Vangani
7. Anudanit Adivasi Ashramshala Zapwadi, Murbad



# OUR IMPACTS

## Book Donation For School Library

### **Seth Hirachand Mutha School Initiated of “Book Donation Drive” for tribal school**

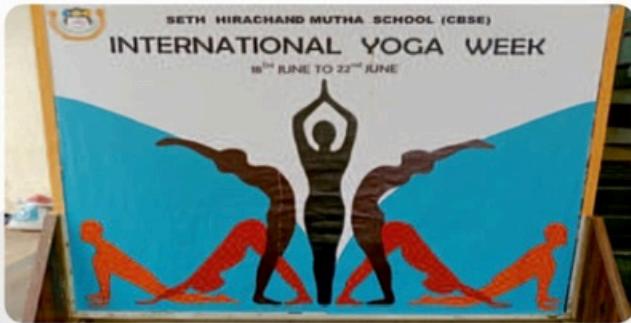
On 4th April 2024, Seth Hirachand Mutha School, Kalyan Initiative in Kind of '1000 English Medium Syllabus Book Donation Drive' for Navjeevan International School children at Vangani, Ambernath Taluka, Thane District, around 95 km far from Mumbai city. There are around 250 students studying in the school from 1st Std to 10th Sd.

Ngo is grateful to Seth Hirachand Mutha School and their Members, Ms. Sangita Tiwari- NGO Volunteer + Yoga Teacher, Mr.Prashant Sonawane- Physical Education Teacher and NCC Team of the School, for their generous support and afford to collect the School Books from their school and personal visit.



### **NGO Participation in YOGA FEST atSeth Hirachand Mutha School, Kalyan**

On **22nd June 2024**, NGO participated in **Yoga Fest** organised at Seth Hirachand Mutha School, Kalyan West. NGO put up an exhibition –Handmade items. A total of 250 people attended the exhibition. Thanks to the Trustees of the School and Mrs. Sangita Tiwari, NGO Volunteer/Yoga Teacher for giving us an opportunity to put up a stall and display our products at their school premises.



# OUR IMPACTS

## School Uniform Distributions

### **The School Uniforms Support by Seth Hirachand Mutha School**

On 4th April 2024, Seth Hirachand Mutha School, Kalyan Initiative in Kind of '350 School Uniforms Donation Drive' for the tribal school children at Adv. Nakul Patil Tribal Residential School Karav School children at Vangani, Ambernath Taluka, Thane District, around 115 km far from Mumbai city. There are around 600 students are staying and studying in the school from 1st Std to 12th Std, who are all below poverty line deserving tribal students.

Ngo is grateful to Seth Hirachand Mutha School and their Members, Ms. Sangita Tiwari- NGO Volunteer + Yoga Teacher, Mr.Prashant Sonawane- Physical Education Teacher and NCC Team of the School, for their generous support and afford to collect the school uniforms from their school and delivered to the respective school.



### **The School Uniforms Support by 'Vanguard Cloth Store'**



1) On 8th October 2024, on occasion of Daan Utsav, Uniforms distribution at Residential Tribal School Valivare, Murbad Taluka, Thane district, Maharashtra, by 'Vanguard Cloth Store' Ghatkopar, Mumbai. The school is situated at 145 km far from Mumbai city , the back side of the Foot hill of Malshejghat.

The NGO is grateful to Mr. Chintan Shah and his family for their generous support. The were beautiful different colors Uniforms for each classes, 445 Uniforms distributed to the students among 1st Std to 10th Std. All the school teachers and school trustees attended the event. All the students were very happy to receive the New Uniforms on the Navratri Festival & Daan Utsav.

Youtube Link : <https://youtu.be/50o2DKdVrPs?si=mG9jzd6uVjMuf0Wi>

# OUR IMPACTS

## School Uniform Distributions

### **The School Uniforms Support by 'Vanguard Cloth Store'**

2)On 13th December 2024, NGO organized Uniforms distribution at Ulhasrao Bhoir Prathamik Residential Tribal School, Vikramghad Taluka, Dist. Palghar. There were 1st Std to 7th Std students a total 375 students received the school uniforms.

The NGO is grateful to Mr. Chintan Shah and his family from 'Vanguard Cloth Store' owner of the company for their generous support.



### **The School Uniforms Support by 'Vanguard Cloth Store'**

3)On 15th December 2024, NGO organized Uniforms distribution at Primary Residential Tribal School, Khuded, Wada taluka, Dist. Palghar. There were 1st Std to 7th Std students a total 350 students received the school uniforms.

The NGO is grateful to Mr. Chintan Shah and his family from 'Vanguard Cloth Store' owner of the company for their generous support.



## OUR IMPACTS

### Support to Motivate

A heartfelt moment of rehabilitation support, Smt. Lata Yogesh Shelawale, was handed over a Sewing machine. She stays at remote village of Shahapur taluka with her small family, belongs to a farmer family.

The machine with Full Stand, Electric Motor, Full Tailoring Kit Box supported from Australia by Prof. Dinesh Desai, Past Professor of I D College of Engineering, Ahmedabad, Gujarat.

Later Lata has joined 3 months Tailoring course in 'SupremeTech Institute'- Skill Training Centre run by SUADHA NGO and successfully completed the course. Sewing machines have been used for rehabilitation, providing income and skills for individuals, especially women, facing challenges like displacement, disability, or poverty

Now she is a professional Tailor in her village.



### A Delightful Supporting Hands for the NGO

On behalf of the marriage of Ms. Namrata Singh, who stays in Delhi, her both parents Mrs. Jyoti Singh and Mr. Singh, who are the NGO Members, stays in Pune city, visited at the NGO on 22nd November 2024 and donated 10 sets of Dress materials pieces for the NGO's deserving community girls. They also bought several handmade Gift Items from 'Suadha Rehab Centre' for her daughter's marriage. NGO is overwhelmed by such a gesture.



## OUR IMPACTS

### CSR support on Skill Training Programs for Rural Youth by Team Global Logistics Pvt. Ltd.



**SupremeTech Institute**

Making People Successful

Skill Development Training Centre  
(Gramin Kaushalya Vikas Kendra)  
(Manage by SUADHA NGO)

NGO runs Gramin Kaushalya Vikas Kendra – Skill Development Training Center as 'SupremeTech Institute' initiated since August 2022 at Shreekrupa Sankul Bldg, 2<sup>nd</sup> Floor, Saralgaon Junction, Kalyan-Ahmadnagar Road, Murbad taluka, Thane, Maharashtra to transform the lives of the rural / tribal youth groups of deserving SC/ST/OBC youth groups.

Since last 3 years NGO manages & runs, SupremeTech Institute, the Centre, which is around 92 km by road distance from Mumbai city. It looks after the needs of tribal schools and college going students all over India. It also conducts awareness lectures and health check –up camps on various health issues to educate people for their wellbeing solution across India.

SupremeTech Institute support to the deserving rural/tribal youth groups for the total FREE of cost Skill Training for boys /girls. The centre run as a part of CSR activity under donors esteemed Banners.

Through our project you can get the following benefits:

- I. Volunteer work with your workforce at our project
- II.CSR No - CSR00007756 - Credits for 100%)
- III.Donor's name would display in all NGO Social Media

Associated NGO Partner in line with the philanthropic vision of Teamglobal, extends their volunteering services through the trust of Teamglobal - Saksham Sarthi since 2018. The corporate understand it is not about only giving financial support but also very importantly it falls for sensitization and mobilization at all levels. At the same time during the pandemic, it is also about extending emotional and psychological support to the wellbeing of all the beneficiaries.

## OUR IMPACTS

Team global believes in “The power of Giving - to the society”, through the CSR Initiatives with an aim to behave ethically and contribute to the economic, social, intellectual development of the society. TG's CSR approach comprises of efforts in the areas of Education, Health care, Health awareness camp, Environment, Social Empowerment & Sports & Culture.

TeamGlobal with its Philanthropist approach has been quietly active in Social pursuits and has always endeavoured to be the “Seed of Change”.

To live up to its vision, Teamglobal launched a Trust “Saksham Sarthi” and the core activities of the Trust will see a reflection of business responsibility towards the society. The process of funding the NGO's was initiated basis one of the objectives of Trust.

NGO grateful to Mr. Nityam Khosla- CEO- Managing Director, & Mr. Sandeep Palodkar - Vice President - HR, IR, Admin and Business Excellence of the company to Teamglobal – Saksham Sarthi for their generous support on Skill Training programs to transform the rural/tribal youth's lives.

The corporate also support and adopted SUADHA NGO' s Education Aid & Medical Aid Schemes.

SupremeTech Institute, Shreekrupa Sankul, 2<sup>nd</sup> Floor, Saralgaon Junction, Kalyan – Ahmadnagar Road, Murbad taluka, Thane district Vocational Training Center has started for the boys and girls of tribal students to take up employment in a skilled craft or trade 8<sup>th</sup> Passed /after SSE / HSE passes or drop outs as career and technical education.

There are huge qualified /educated youth groups of boys and girls in Murbad taluka but they all are unskilled people. Our objectives have to provide, skill development and vocational training along with employment for those youth group. The courses are introduced for the first time in Murbad taluka.

MIDC Murbad is a largely Industrial Area with 4000 Factories & surrounded by Shahapur Taluka in the north, Ambernath Kalyan and Ulhasnagar Taluka in the west, Ahmednagar District in the northeast and Pune District in the east. The center inaugurated by Mr. Avinash Pawar, Secretary- MIDC Association of Murbad.

## OUR IMPACTS

The NGO social worker- counsellors and Mobilizer are in set process of selecting the student tests which gives a very accurate understanding of choosing each participant their abilities, attitude, strengths, weakness and need at their house etc to help them decide their career. There are 20 students per batch. There are Theory, Practical and Additional Practice in the field.



Weblink:

### Accreditation - The Certification of Trainees

SupremeTech Institute has registered with MSME, Registration No - UDYAM-MH-19-0136562. The students take 3 months training, after completed by each participant, the students sit for the examination and after qualified theory with practical examination Certificates issue.



The training is completed by each participant with grade, which hold value for the further employment, business etc. NGO provides 100% job assistance in Murbad MIDC Companies.

## OUR IMPACTS

The Teachers / Faculties are coming from the long experiences from eminent institute, which are closed due to the pandemic. Our NGO is under process of registration with NSDC for further development.

**4 Wheeler Driving Course + Driving License** - Age group 18years + for Four Wheeler Driving course for 20 Students. After 1 month driving course, everyday  $\frac{1}{2}$  hour extra driving practices for each students. The License is awarded after successfully completion of 2 months training. The license provided from Kalyan RTO.

**Mobile Repairing & Servicing Course:** - Age group 18 years + for Mobile Repairing course for 20 Students. In total there would be 120 hours for 3 months for Theory , Practical and Additional Practice. After examination certificate provided.

**Adv. Assistant Electrician Course:** - Age group 18 years + for Mobile Assistant Electrician for 20 Students. In total there would be 120 hours for 3 months for Theory , Practical and Additional Field Practice specially construction works. After examination certificate provided.

**Tailoring + Sewing Machines Course for Ladies :** - Age group 18 years + for Tailoring course for 20 ladies. In total there would be 120 hours for 3 months for Theory, Practical and Practices . After completion of the course examination and certificate with Sewing Machines provided.



## OUR IMPACTS

Kindly visit the centre. Your generous donations can go a long way to brighten up the lives of these hapless children.

**Till March 2025 from Tribal/Rural people trained as below :-**

Adv. Asst. Electrician	:	65 Boys
Mobile Repairing & Servicing	:	71 Boys & 1 Girl
T V Repairing & Servicing	:	7 Boys
Tailoring Course + Sewing Machines	:	42 Girls
4 Wheeler Driving Course + License	:	17 Boys

YouTube Video on 4 Wheeler Driving course for the Rural youth

<https://youtu.be/8U6iq17Sf0o?si=RUfmJ7cCKAAIw-sb>

YouTube Video on Asst. Electrician course:

[https://youtu.be/w3LHChkBNrC?si=EKJRUGLA\\_LWqJin](https://youtu.be/w3LHChkBNrC?si=EKJRUGLA_LWqJin)

YouTube Video on Mobile Repairing course:

<https://youtu.be/K9IEHHZbRko?si=FHFDDnpxtX5ZDrYn>

YouTube Video on Youth Festival at SupremeTech:

<https://youtu.be/fSJbyGBTsQs?si=mYUTuY2Pijj-30XQ>

YouTube Video on Television Repairing course:

<https://youtu.be/DuAn4W02si=t4HAIW9Kw-R-ZAG>



## OUR IMPACTS

**There are 5 Courses running at the Centre with theory and field practical: -**

1. Mobile Repairing
2. T. V Repairing
3. Adv. Asst. Electrician Training
4. Tailoring Course 3 months + Sewing Machine
5. Driving Course 1 month + Driving Licence

### JOB Assistances for the Students from 'SupremeTech Institute':

#### • Adv. Asst. Electrician Jobs Supported

29 Boys are studying in college and part time working as an Electrician at building construction site.

- 14 Boys took up jobs in a company in Khopoli, Raigad district, through NGO placement as an Electrician
- 22 boys working as an electrician from home at their personal level



**सुप्रीमटेक इन्स्टिट्यूट**  
SupremeTech Institute  
Making People Successful

◆ सरकारमान्य प्रमाणपत्र दिले जाईल ◆

सुप्रीमटेक इन्स्टिट्यूट सटळगांव येथे सर्व भुला - मुर्लीसाठी  
टेक्नीकल कोर्स सुध होत आहे. तटी सुवर्ण संधीचा लाभ घ्यावा.

• मोबाईल रिपोरिंग आणि सर्विसिंग	3 महिने
• असि इलेक्ट्रिशियन	3 महिने
• टी.वी. रिपोरिंग T.V.Repairing	3 महिने
• कॉम्प्यूटर हाईवेर रिपोरिंग	3 महिने
• सी.सी. टी.डी.C.C.T.V.	1 महिने
• पी. सी. बी.सोल्डिंग ( मुर्लीसाठी ) P.C.B. Soldering	1 महिने

**पासता / कागदको खालीकडे आहेत ! बयाची अट नाही.**

• आधारकार्ड ड्रेरॉक्स      • 2 पासपोर्ट साईज फोटो

अभ्यासक्रमाचा कालावधी तीन महिन्यांचा असेत अभ्यासक्रम  
यशस्वीमित्या पूर्ण केल्यानंतर सर्टिफिकेट दिले जाईल

इच्छुक उमेदवारांनी सालील क्रमांकावर संपर्क साधावा.

7057735188 / 9225965471 / 9623434955 / 9833625266 / 9503387970  
पत्ता - श्रीकृष्ण टांकुल, २ टांकला, बजाजोहू ट्रीट्रायावर, ठाळगांव, ता. मुरवाड, जि. ठाणे

## OUR IMPACTS

### Mobile Repairing Jobs Placement

- 2 Boys started Mobile Shops, jointly at Saralgaon. Earlier they both were working
- Mobile Show Room. After trained and certified they opened their own business
- 1 Boy started his Mobile repairing shop-'Tanishk' at Dhasai village, Murbad
- 1 more boy started his shop near Dombivili East station
- Mostly other boys are working as an Mobile Repairing from home at their personal level



### Driving 4 Wheeler Jobs Supported

All the boys got jobs as a driver. Few of them know the driving but can't travel far due to lack of Driving licences. From the team 2 School teachers joined as a student and completed the course successfully. Their schools were in very remote place. They both bought their New car for the travelling.

### Tailoring Jobs Supported

NGO contacted a Textile Engineers, who are took a workshop and choose 35 tribal women to work from home. They will provide them all materials and design to make the different soft toys and handicraft. To making the items the company will give them money.

## OUR IMPACTS



Shot on OnePlus  
By Berry

04/12/24  
3:31 pm

## OUR IMPACTS



## OUR IMPACTS



## OUR IMPACTS



## OUR IMPACTS

### Education Special Day Observation

**National Youth Day 2024 observed at Supreme Tech Institute Murbad, Thane District**



On 12th January 2024, on the occasion of the Birth Centenary of Swami Vivekanand & "National Youth Day 2024", SUADHA NGO organised a Motivational Lecture to students at SupremeTech Institute, – Skill Development Training Centre at Saralgaon, Murbad - Malshejghat Main Road, Murbad, Thane district.

The lecture was delivered by Mr. Avinash Pawar- Secretary of Murbad Merchant Association, MIDC & Entrepreneur. He motivated the youth on future life and goal-setting. . All the students have been given a tote Bag from the institute as a token of gift.

Youtube Link : [https://youtu.be/fSJbyGBTsQs?si=f7cjnppsB5J\\_7XrN](https://youtu.be/fSJbyGBTsQs?si=f7cjnppsB5J_7XrN)

### **Teacher's Day 2024, observed at SupremeTech Institute,**



On 5th September 2024, NGO observed Teacher's Day at SupremeTech Institute – Gramin Kaushalya Vikas Kendra – Skill Development Training Center, Saralgaon, Murbad taluka, Thane district, Maharashtra. There were only 2 Teachers who attended the event as Mr. Sandeep Bhoir and Mr. Ravi Kolhekar, along with NGO associate Partner Mr. Tushar Kembari from Samarth Krupa Motor Training School Murbad.

NGO is thankful to Mr. Kembari Sir, to attend SupremeTech and associating for the Driving course for the students. All the teachers were wished with a token of Gift and Snacks.

## OUR IMPACTS

### Adopt a Deserving Student Scheme

**Education support for deserving students Students Are 'Our Children.' Let's Give Them the Support They Deserve .... By Josh Parker**

All children are entitled to an **education** that will **help** them reach their full academic, professional and personal potential. NGO support children and young adults to complete their education for a better future.

The Corporate Support for Educational Aid for deserving student. Their contributions bring smiles and transform a child's life. The aim is to provide effective and sustainable living programs for vulnerable children and nuture them personally to become self-reliant adults by meeting, speaking and guidance.

This year NGO has supported through Saksham Sarathi for **51** students and till date **2687** students received our support across India such as Maharashtra, West Bengal, Orissa, Tamil Nadu, Karnataka and Rajasthan. We thank Team Global Logistic Pvt. Ltd. and a few individual donors, for their generous support.

#### **Donor gets back from Educational Aid:**

Students Educational fee structure

A report on the student

Personal Interaction

Donor's name on all NGO social media

Tax Exemption:

- 1)For Individual 50%
- 2)For Company/Corporate CSR credit 100%



#### **Case details for Educational Aid**

Master Moksh Mahindra Gaikwad is the student of year 12th std at Podar International School ,Nerul, Navi Mumbai. His single mother paid his college fees by took huge loan from Bank, office, PF and friends. Very meritorious Moksh stays at Nerul, Navi Mumbai with his single mother & one MBBS studying elder sister.

His father left them when they are very young. His mother works as a Social Worker in BARC Hospital & that is the source of income of the family. Now it is very hard for the family to run the house & manage the educational expenses of their children.

## **OUR IMPACTS NEW-INITIATIVE**

### **Life Lessons of Great Saints**

This year SUADHA NGO has **New Initiated** to extent support to educate school students about the Life Lesson sessions of the Indian Great Saints. Saints are the role models and sources of inspiration for school students, offering guidance on living a life of faith, virtue, and contributions towards the society. By learning about their lives and teachings, students can understand the power of faith, find relatable stories of hardship and perseverance, and learn how to apply values in their daily lives. Furthermore, saints can help students deepen their connection to God and human services.

#### **The importance of saints for school students:**

##### **1. Inspiration and Role Models:**

- Saints are relatable individuals who have overcome challenges and lived lives of virtue and contribute their lives to serve our societies.
- Their stories inspire students to strive for greatness, live a life of faith, and make a positive impact on the world.
- They serve as examples of how to love human being, serve others, and live a life of holiness.

##### **2. Learning Valuable Lessons:**

- By studying the lives of saints, students can learn about faith, hope, charity, and other virtues.
- They can see how faith can help people persevere through hardships, make good choices, and find joy in life.
- Saints' stories can teach students about history, social justice, and the importance of standing up for what is right.

##### **3. Deepening Faith:**

- Learning about and praying to saints can help students develop a stronger relationship with God.
- Saints are believed to pray for us in heaven, offering intercession for our needs and desires.
- Students can find comfort and guidance in the saints, knowing that they are not alone in their journey of faith.

##### **4. Fostering a Sense of Community:**

- Studying saints can help students connect with a larger community of faith, both past and present.
- They can see that they are part of a long tradition of believers who have lived out their faith in meaningful ways.
- This sense of belonging can be particularly helpful for students as they navigate the challenges of school and life.

# OUR IMPACTS

## 5. Encouraging Personal Growth:

- Saints' lives can inspire students to identify their own strengths and weaknesses, and to strive for greater holiness.
- They can learn to embrace challenges and see them as opportunities for growth
- By imitating the saints, students can become more compassionate, understanding, and willing to help others.

So, NGO has started the life lessons of great saints and their contributions towards our society. We have chosen 4 saints life lessons and conducted the sessions in 9 different schools in Thane district Maharashtra and Prayagraj in UP. The Saints name are as below:

➤ Dr. B.R. Ambedkar	- Father of the Indian Constitution & Social reformer
➤ Smt. Savitribai Phule	- 1 <sup>st</sup> Indian Lady Teacher and women empowerment
➤ Lord Gautam Buddha	- Four Noble Truths, Noble Eightfold Path, & concept of Nirvana.
➤ Saint Kabir Das	- 15th-century Indian mystic poet, saint, and social reformer

**SUADHA स्वधा संस्था**  
Social Upliftment And Development For Health Action  
Usha Sankul, D wing, 2nd Floor, Valipeer Road, Kalyan West – 421301, Thane, Maharashtra  
Tel: 9076090668, website : [www.suadha.org](http://www.suadha.org) Email : [suadhaindia@gmail.com](mailto:suadhaindia@gmail.com) Facebook : Suadha NGO

CELEBRATION OF BIRTH CENTENARY OF : **DR B R AMBEDKAR**



**"BE EDUCATED, BE ORGANIZED, AND BE AGITATED"**

- Dr. B R Ambedkar

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**Celebration of Birth Anniversary of Great Saints**



**|| कबीर दास ||**  
जर्मनी

काल करे सो आज कर, आज करे सो अब।  
पल में परलय होएगी, बहुरि करेगा कब।

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CELEBRATION OF BIRTH CENTENARY OF : **SAVITRIBAI PHULE**



**"EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WHOLE COMMUNITY"**

- Savitribai Phule

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CELEBRATION OF BIRTH CENTENARY OF : **GAUTAM BUDDHA**



**"RULE YOUR MIND OR YOUR MIND WILL RULE YOU"**

- Gautam Buddha

## **OUR IMPACTS**

### **Celebration of Saint's Birth Anniversary - Kabir Dasji**

On 13th July 2024, Saturday NGO celebrated Saint Kabir Das Birth Centenary at 'Holy Cross Convent School & Junior College' Kalyan West for the 5th to 12th Standards students. There were 2 Sessions for junior classes and for senior classes. More than 1010 students attended the sessions.

Life history details of Kabir Dasji, who was born 550 years back and several of his Dohas for the children, translated with poetry and songs were presented. Many senior class students also took part in the program. We are grateful to the School Principal - Sister Jacinta, Ms. Asha Pinto, and other teachers who allowed the NGO to conduct the event twice. All the students and teachers liked the event very much.

Website link : <https://suadha.org/blog/2024/07/24/celebration-of-kabir-das-birth-centenary-at-holy-cross-convent-school-junior-college-kalyan-west/>

Facebook Link : <https://www.facebook.com/share/p/157Zd96FmG/>



## OUR IMPACTS

### Celebration of Saint's Birth Anniversary – Lord Bhuddha

On 16th August SUADHA NGO conducted an awareness advocacy programs session to celebrate the Birth Centenary on Lord Buddha at 'Lourdes High School & Jr. College', Kalyan City, Maharashtra. The program explained and shows movies on his personnel life & legacy, birth place stories, awakening, teaching, 4 noble life truths, the noble eightfold paths of Buddhism, about the 5 Aggregates(Creeds) and his death and whole world buddhism religion spread out.

Approx. 160 students of Std 9th Students attended the program. Our special thanks to Principal Father Victor, Vice Principal Gracy Sequeri, Ms. Veenqa, Ms. Pavchashela and other, who are attended the program and talk about the moral and good lessons from Lord Buddha.

Website link : <https://suadha.org/blog/2025/02/21/The-Celebration-of-2/>

Facebook Link : <https://www.facebook.com/share/p/1BESdu5ZMj/>



## OUR IMPACTS

### Celebration of Saint's Birth Anniversary - Kabir Dasji

On 22nd August 2024 SUADHA NGO celebrated the Birth Centenary on Great Poet Saint.Kabir Das at Sanskaar International School, Sulem Sarai, Dhoomanganj, Prayagraj, Uttar Pradesh. The event organized at the school Auditorium and whole school attend the event. One of the School Hindi Teacher, Mr. Ashish Kumar Rai Sir, repeated, explain and told about the Kabir Dasji's story and many Dohas.

NGO grateful to Ms. Radha Suxena, President Rotary Allahabad, Mid Town, who has attended the event and shows her and her Club's support. Our special thanks to Principal of the school, Mr. Niraj Agarwal, who has given us permission to conduct the event, The team of the teachers who were attended the event and encourage us, Ms. Akansha Singh- Vice Principal, Mr. Raj Kumar Yadav, Ms. Shilpa Singh, Ms. Neha Bhargava, Ms. Shasika Yadav and more other teachers.

Website link :<https://suadha.org/blog/2025/02/21/The-Celebration-of/>  
 Facebook link <https://www.facebook.com/share/p/162bHtQ6Np/>



## OUR IMPACTS

### Celebration of Birth Anniversary of Great Saint - Dr. B. R. Ambedkar

On 13th September 2024, NGO organized the awareness advocacy programs of Birth Centenary of Great Saints at 'P.E.S. Global School', Thane East, Maharashtra. There was Session on great saints of great Indian Reformer of Dr. B.R. Ambedkar for the awareness of his life stories, his contributions for our society and how his life become a role model for several Indian civilians.

Our special thanks to Senior Teacher, Ms. Mainuma Khan for her cooperation to make the event successful. P.E.Society English Medium High School and Junior College is an English medium school near the Hume Pipe in Thane, a suburb of Mumbai, India. It is operated by the People's Education Society. The school was having the class examination, though the teachers arranged students to attend the programs. There were around 100 students attended the program of 7th and 8th Std students from the school.

Website link : <https://suadha.org/blog/2025/01/03/the-presentations-of-birth-centenary-of-great-saints-of-dr-b-r-ambedkar-mahatma-jyotirao-phule/>

Facebook link : <https://www.facebook.com/share/p/15QpqorF7E/>



## OUR IMPACTS

### Celebration of Saint's Birth Anniversary – Smt. Savitribai Phule

On 19th September 2024, NGO conducted 2nd awareness advocacy program on Smt. Savitribai Phule – The 1st Female Teachers in India, a Social Reformer, and a Poet at 'Sanjeevani Foundation School' in Kalyan (West), which is one of the Ngo's school. The school was having their examination, so, there were around 20 Students, from 10th Std students, principal and teachers attended this program who were having their extra classes they waited. Special Thanks to Principal - Ms. Helen A. Joseph & one of the teacher - Ms. Leena D'souza attended and support this session to make successful.

Website link : <https://suadha.org/blog/2025/01/03/the-presentations-of-birth-centenary-of-great-saints-of-smt-savitribai-phule/>

Facebook Link: <https://www.facebook.com/share/p/14yAcRPdkh/>



## OUR IMPACTS

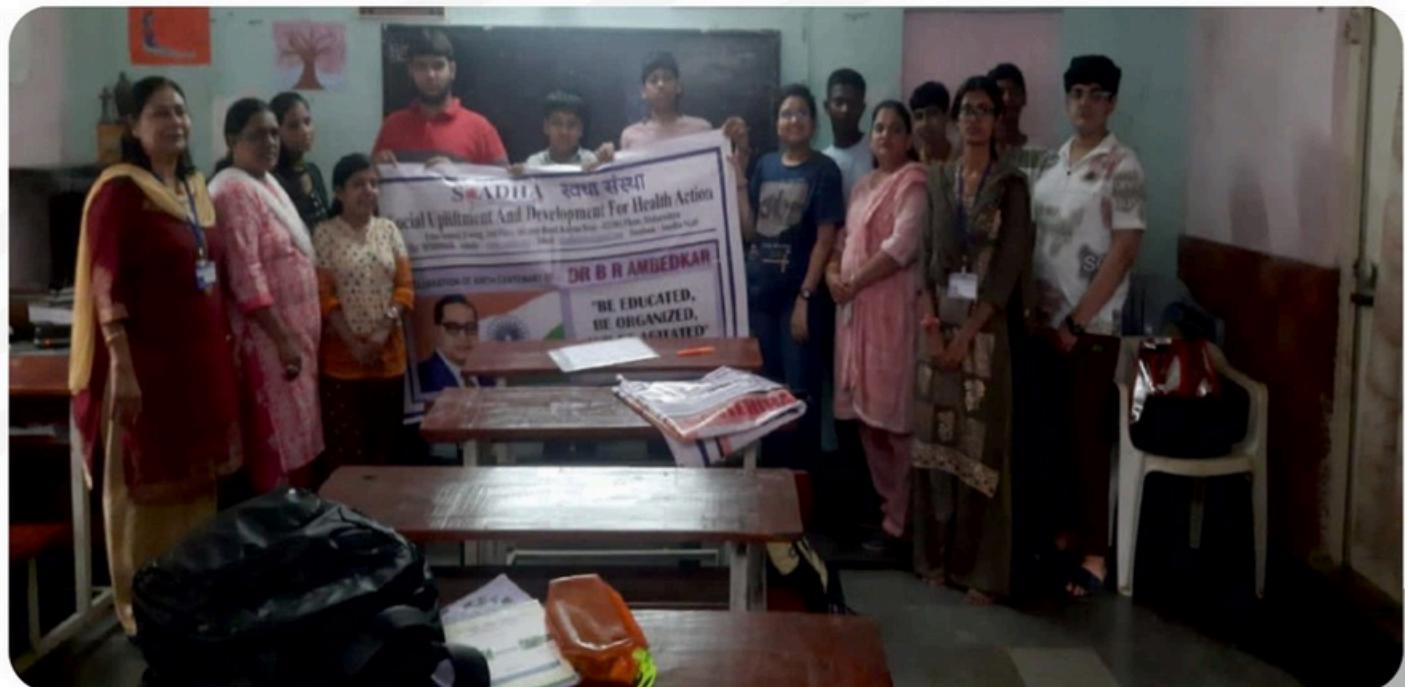
### Celebration of Saint's Birth Anniversary - Dr. B. R. Ambedkar

On 19th September 2024, NGO conducted an awareness advocacy program on Dr. B. R. Ambedkar - an Indian jurist, economist, social reformer and political leader who headed the committee drafting the Constitution of India at 'Sanjeevani Foundation School' in Kalyan (West).

The school was having their examination, so, there were around 20 Students, from 10th Std students, principal and teachers attended this program who were having their extra classes they waited. Special Thanks to Principal - Ms. Helen A. Joseph & one of the teacher - Ms. Leena D'souza attended and support this session to make successful.

Website link : <https://suadha.org/blog/2025/01/03/the-presentations-of-birth-centenary-of-great-saints-of-dr-b-r-ambedkar/>

Facebook link : <https://www.facebook.com/share/p/15jIgjZBXj/>



## **OUR IMPACTS**

# **TREE PLANTATION**

Several NGOs in Maharashtra are actively involved in tree plantation and environmental conservation efforts. These organizations play a crucial role in promoting public awareness, conducting tree planting drives, and engaging with local communities to foster a sense of responsibility towards the environment.

SUADHA NGO's focus on involving local communities in their tree planting efforts, raising awareness about the importance of trees and encouraging sustainable practices. Specially specialize in reforestation projects, working to restore degraded forest areas and promote biodiversity. NGO also work on educational initiatives and join hands with tribal schools, conduct workshops and campaigns to educate the public about the role of trees in the environment and the importance of environmental conservation.

**Since 2021 SUADHA has initiated the plantation and successfully planted more than 5740 in Thane and Palghar districts in 12 different areas either in the surroundings of any village or schools.**

Our approach to tree planting involves selecting species that are perfectly suited to the local environment of our planting sites, thereby creating a thriving ecosystem that can flourish and sustain itself.



### **PART- 9**

On 6th July 2024, First Day NGO organized Part – 9th Tree plantation Program at Bhoirwadi, Khutal Village, Murbad Taluka, Thane District. Due to the heavy rains around 175 Fruit and other saplings were planted by the NGO Team and Bhoirwadi Youth Team. The saplings were planted around the village road, so that in the future the village people can take care of them.

We are very much thankful to Mr. Vaibhav Sarvode, the young active Sarpanch of the Bhorande Grampanchyat area and his team helped for plantations.

Youtube Link : <https://youtu.be/xTL3SkFoUKE?si=KveOcEQb5uW20tll>

# OUR IMPACTS

## PART- 10

On 15th July 2024, Second Day NGO organized Part – 10th Tree plantation Program at the Forest Land of Kachore Village, under KDMC locality at Kalyan East. There were 200 Fruits & other saplings which were planted by the NGO Team members.

We are very much thankful to Mr. Sanjay Jadhav, Head of the Department of Plant & Gardening Department of KDMC, from where we got the support of 200 sapling for plantation.



Youtube Link : [https://youtu.be/2XKMaWwON28?si=Yr\\_OkWwgeS84lhjR](https://youtu.be/2XKMaWwON28?si=Yr_OkWwgeS84lhjR)

## PART- 11

On 31st July 2024, Third Day NGO organized Part – 11th Tree plantation Program at Vikramghad Taluka, Dist. Palghar Late Ulhasrao Bhoir Prathamik Residential School. There were 250 Big Saplings of Fruits and avenue trees planted by 6th, 7th, 8th, 9th & 10th STD students along with school teachers and NGO members of Ms. Iva Athavia, Managing Director, Ms. Arati Dariyanani, Mr. Shuvaji Bhoir-Field coordinator, Mr. Manoj Bhoir-Field Mobilizer, Mr. Mahendra Jadhav, Ms. Sarita Pawar and Mr. Nair Sir from SupremeTech Institute Faculty. It was such a big fun which cannot explain.

We are very much thankful the school principal and all the teachers participations, Ms. Archana Wankhade, Mr. Ramesh Patil, Mr. Ashok Kadam, Ms. Manjusha Sanawane, Ms. Ashmita Choudhary.



## OUR IMPACTS

### PART- 12

On 31st July 2024, Fourth Day NGO organized Part – 12th Tree plantation Program at Khuded Village, Vikramghad Taluka, Dist. Palghar at Prathamik Tribal Residential School Khuded. There 500 Big Saplings of Fruits and avenue plant planted by the whole school students along with school teachers and NGO members.

It was such a big fun, junior classes children also wanted to join for plantation. Lastly rang the bell for leave the class and join the event. Within 2 hours all the sapling were planted by 540 school children. We are very much thankful the school principal and all the teachers participations, Mr. R. R Pawar, Mr. N.I Pinjar, Mr. G.D.Mahale and Mr. G.N.Sanap.



Youtube Link : [https://youtu.be/wy\\_8s4Xpksw?si=hCS45Y7CQLjXZQGH](https://youtu.be/wy_8s4Xpksw?si=hCS45Y7CQLjXZQGH)

## OUR IMPACTS

### Road Safety Awareness Advocacy Celebration of Driver's Day 2024



On 18th September 2024, Driver's Day was celebrated at Auto Rickshaw Stand at Kalyan (West) Station. Around 120 Auto Rickshaw Drivers attended the program. From RTO, Kalyan Inspector Mr. Indrajit Amtte attended the event and showed his support. He addressed and gave lecture about Traffic Rules & Regulation & Road Safety among the Auto Drivers for their hard work & contribution to our society—Be a Road Safety Hero.

Our Special thanks to Mr. Pranav Penkar - Auto Rickshaw Union President, Mr. Santosh Navel Auto - Stand Karyadhaksha & Mr. Jitendra Pawar - Auto Rickshaw Union Upadhakshya, who attended the event and supported the cause. From NGO, we greeted them with Rose Flowers and distributed Tote Bag among all the Drivers. NGO is also grateful Mr. Atul Shah & Mrs. Sujata Shah from 'BAG BAZZAR' to sponsor the Tote Bags for the events.

Youtube Link : <https://youtu.be/-XDXM0iHObU?si=e4jAEpqB9tls3Yz>

## OUR IMPACTS

# Suadha Rehab Centre

## **WOMEN EMPOWERMENT**

NGO run a separate centre as 'Suadha Rehab Centre' to support deserving women, cancer patients, mentally challenged people, single mother and remand home women, to teach them different handmade items to empower them with source of income, so that they become normal people and can survive with dignity.

SUADHA got the opportunity to hold Exhibitions for the whole year on different social occasions/ festivals to display the handmade items, made by the community women, working at Suadha Rehab Centre.

The NGO is grateful to all the esteemed corporates, who have supported us generously and offered us free tables for the display Ngo's Handmade Items and supported the cause.

### **Website Link**

<https://suadha.org/shop/>

### **Catalogue Link**

<https://youtu.be/OthClpH7s2E?si=Bhs8KfDZjTD0UnqQ>



## OUR IMPACTS

**This year 34 exhibitions were held and around 16500 people attended the exhibitions at the following places:**



1. Mithibai Degree College, Vile Parle (W)
2. HDFC Bank, Kanjurmarg, Mumbai
3. Shaila Bazar at the Taj Vivanta President Hotel, Mumbai
4. Seth Hirachand Mutha School, Kalyan
5. Lanxess India Pvt. Ltd.
6. Blue Star – Lodha
7. Blue Star – Lodha
8. National Stock Exchange, B.K.C, Mumbai
9. Mediterranea Society, Pallava, Dombivali
10. Mediterranea Society, Pallava, Dombivali
11. WeWork Raheja Platinum, Andheri East
12. Hafele India, Kanjurmarg
13. IPCA Laboratories, Kandivali
14. House of Abhinandan Lodha, Mahalaxmi
15. Centrum Group, Santacruz
16. Rajasthan Hall, Kalyan
17. Rajasthan Hall, Kalyan
18. Citius tech Healthcare Technology, Airoli
19. Clover Infotech, Airoli
20. Clover Infotech, Andheri
21. Team global Logistic Pvt. Ltd., Andheri
22. AIIMS Hospital, Dombivali
23. Ocean Network Express Line India Pvt. Ltd., Andheri
24. NELCO, Mhape
25. Bajaj Electricals, Sion
26. Zeno Health, Vikhroli
27. Tata Croma Head Office Infiniti Retail Ltd., Andheri
28. Indoco Remedies, Santacruz
29. National Bulk Handling Corp. Ltd., Andheri
30. Indoco R & D Center, Rabale
31. BDO India LLP, Goregaon
32. BDO India LLP, Goregaon
33. BDO India LLP, Dadar
34. Spocto Solution Pvt. Ltd., Airoli



# OUR IMPACTS

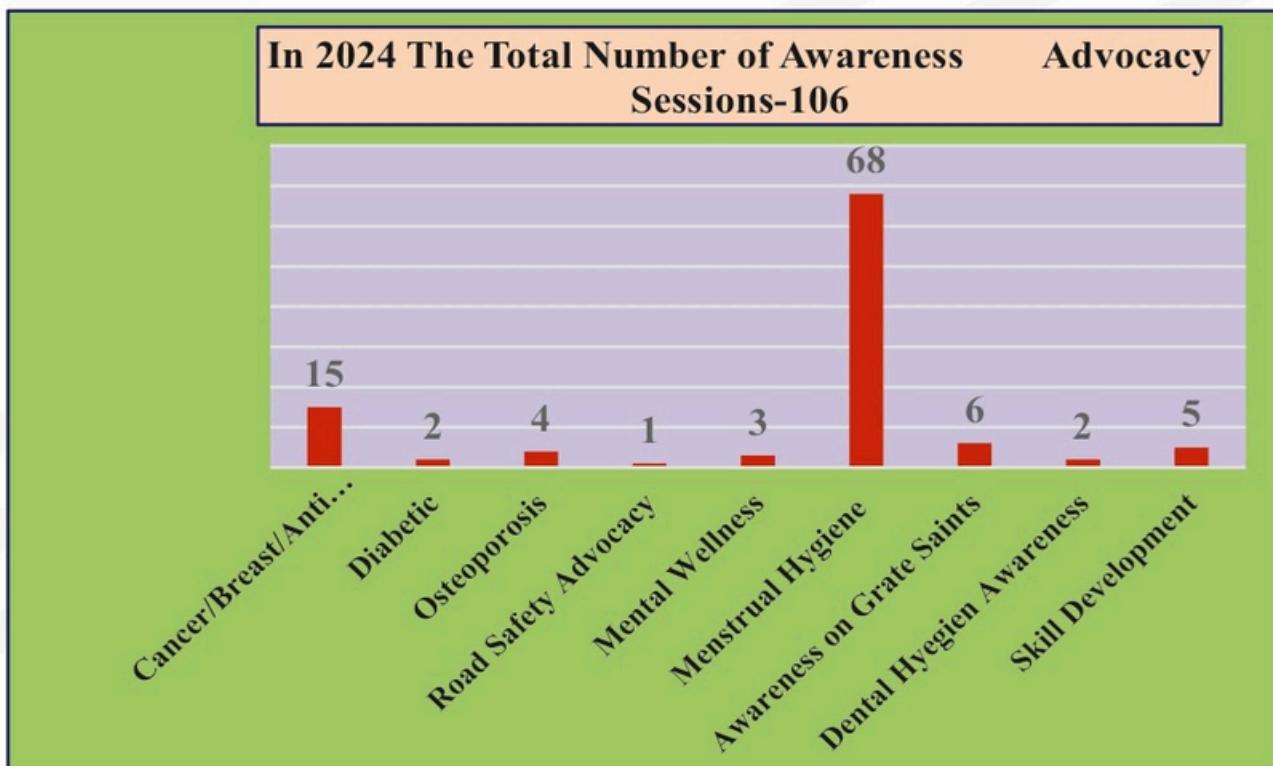
## Health Action Programs

### Health Awareness and Advocacy Programs

Awareness and advocacy programs in India address various social issues, with a focus on empowering marginalized groups and promoting public health. These programs NGO conduct in PAN India with involvement of government initiatives, corporates and community-based efforts.

The NGO demonstrate the impact of awareness and advocacy on public health, with NGOs playing a crucial role in mobilizing communities. Awareness programs often involve workshops and training sessions to empower individuals with knowledge and skills, Street plays, road shows, and other forms of interpersonal communication are used to reach communities and raise awareness. The NGO use leveraging media and social media platforms, which are crucial for reaching wider audiences and amplifying messages.

**Since 2009 to 2024, NGO has Impacted with Total Number of different Awareness Advocacy Sessions in PAN India : 445**



## OUR IMPACTS

### **CSR Project of Awareness Advocacy Programs on Menstrual Health Hygiene for Adolescent Girl Students at different Schools in 4 States in India, support by IIDL Delhi**

SUADHA NGO has initiated to extend our works to educate girl children about the Menstruation cycle, its myths and taboos attached to this natural process as part of our social development with health action programs.

The sessions were organised at Different Schools in 4 States - Delhi, UP(Lucknow, Allahabad & Varanasi), Rajasthan(Jaipur) and Maharashtra(Murbad) in India, a Total 68 sessions and around 18,423 girls students benefited from the project.

#### **Aim of the Project :**

Better hygiene leads to better health, confidence and overall growth. Good hygiene is critical for preventing the spread of infectious diseases and helping children lead long, healthy lives. It also prevents them from missing school, resulting in better learning outcomes

#### **Objective of the Project :**

Menstrual health and hygiene interventions can help overcome these obstacles. Not only do they fulfil the unmet demand for menstrual hygiene products; they also protect dignity, built confidence and strengthen sexual and reproductive health, particularly among adolescents

#### **Impact of the Project :**

NGO conducted Menstrual Health Hygiene Awareness Advocacy sessions in different Schools in 4 different States in India as - Delhi, UP(Lucknow, Allahabad & Varanasi), Rajasthan(Jaipur) and Maharashtra(Murbad).

<u>City Data in 4 States</u>	<u>No of Schools for the Sessions</u>
Delhi City	12
Rajasthan - Jaipur City	15
UP - Lucknow City	7
UP - Prayagraj City	10
UP - Varanasi City	20
Maharashtra-Murbad Town	4
<b>TOTAL</b>	<b>68</b>

We hosted impact full sessions raising awareness on the topic and building stronger communities. It was heartening that to see the energy and engagement in each session. The sessions conducted by the 4 senior members of the NGO - Iva Athavia, Monali Roy, Tessie Freddy and Geetha Nair.

In each session the most talked about the Period Pain Simulator for stomach ache. It's demand becoming a powerful tool for gender sensitization and real empathy-building. It sparked genuine conversations, which is exactly what emphasizes that the implemented project is moving in the right direction.

## OUR IMPACTS

Menstrual hygiene, a very important risk factor for reproductive tract infections, which is a vital aspect of health education for adolescent girls. IIDL Delhi Corporate's generous support would be remembered everywhere in future days. NGO is grateful to Mr. Amrandra Kumar- Managing Director and his CSR Team's generous support to the cause.

In Delhi, we observed amazing Social support. Girls do not want to be teased or subject to restrictions and taboos while menstruating. Many of schools in Jaipur, the school-authorities cancelled the programs at their schools with small reasons or no reasons.

### **The Session conducted dates:**

Jaipur, Rajasthan : 02<sup>nd</sup> May to 10<sup>th</sup> May 2024

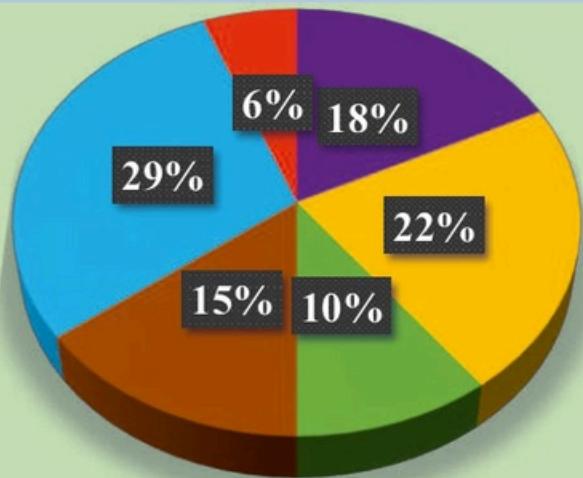
Lucknow, UP : 20<sup>th</sup> August & 21<sup>st</sup> August 2024

Prayagraj, UP : 22<sup>nd</sup> August to 24<sup>th</sup> August 2024

Varanasi, UP : 27<sup>th</sup> August to 31<sup>st</sup> August 2024

Delhi : 16<sup>th</sup> December to 21<sup>st</sup> December 2024

### **Menstrual Health Hygiene Awareness in 4 States, a Total - 68 Schools**



- Delhi City
- Rajasthan - Jaipur City
- UP - Lucknow City
- UP - Prayagraj City
- UP - Varanasi City
- Maharashtra-Murbad Town

**The NGO distributed a total number of 1875 Sanitary Pad Packets to 4 deserving tribal schools in Murbad, Maharashtra.**

## OUR IMPACTS



Jaipur Program : Youtube Link : <https://youtu.be/-XDXMOiHObU?si=e4jAEpqB9tls3Yz>

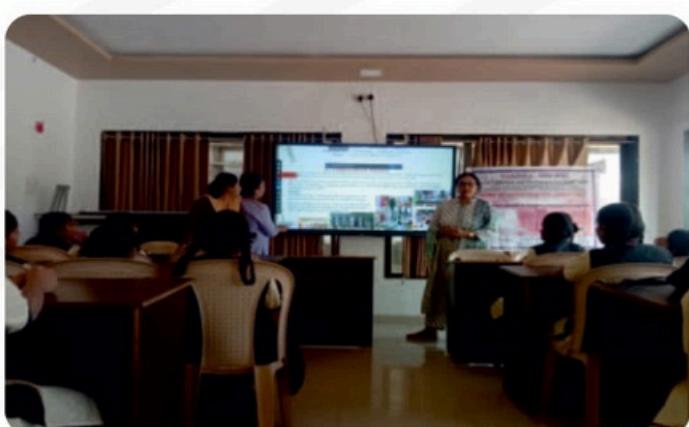
## OUR IMPACTS



Lucknow Program : Youtube Link : <https://youtu.be/avPKgJkMngA>

Allahabad Program : Youtube Link : <https://youtu.be/nBxXcnFUKYS>

## OUR IMPACTS



Varanasi Program : Youtube Link : <https://youtu.be/8CmuEzJ8h8s>

Delhi Program : Youtube Link : [https://youtu.be/8\\_682oyXjZw](https://youtu.be/8_682oyXjZw)

# OUR IMPACTS

## Health Action Programs

SUADHA Health Action Programs aim is to create awareness to impart a better understanding of several communicable diseases and how we can prevent them. Health is a positive concept that emphasizes both social and personal resources as well as physical abilities. This means that health is a resource to help an individual perform their function in society, rather than an end in itself. A healthy lifestyle allows you to live a full life with meaning and purpose.

The public health situation in rural Maharashtra faces significant challenges, including limited infrastructure, a shortage of healthcare professionals, financial barriers, and inadequate transportation. While the state's overall health status is traditionally better than the national average, rural areas lag behind in access to quality healthcare services.

### **Key Challenges:**

#### **Limited Infrastructure:**

Many rural villages lack access to healthcare facilities, forcing people to travel long distances for medical care.

#### **Shortage of Healthcare Professionals:**

A lack of doctors, nurses, and other healthcare workers in rural areas leads to overburdened staff and potentially lower quality of care.

#### **Financial Barriers:**

The cost of treatment, medications, and transportation to distant hospitals can be a significant financial burden for rural families.

#### **Inadequate Transportation:**

Poor road infrastructure and limited public transport make it difficult for people to reach healthcare facilities.

#### **Lack of Awareness and Education:**

Many rural residents are unaware of preventative measures and available medical services, hindering their ability to seek timely and appropriate care.

#### **Specific Disease Prevalence:**

Certain diseases, like sickle cell anemia, are more prevalent in specific regions, particularly among tribal populations, highlighting the need for targeted interventions.

## OUR IMPACTS

### **Underutilization of Public Facilities:**

Despite the availability of public health facilities, their utilization rates are lower than the national average, indicating potential barriers to access and utilization.

### **Addressing the Challenges:**

Increased investment in infrastructure and recruitment of healthcare professionals is crucial.

Improving budget utilization and avoiding end-of-year spending rushes are necessary for effective healthcare delivery.

Raising awareness about healthcare and preventative measures through community health campaigns and educational initiatives is vital.

Improving transportation infrastructure and providing affordable transportation options can enhance access to healthcare facilities.

Addressing financial barriers through subsidies and insurance schemes can make healthcare more accessible to rural populations.

In India, early detection through full-body checkups is becoming increasingly important due to the rising burden of chronic diseases like diabetes, heart disease, and cancer. While awareness is growing, many still delay checkups until they feel unwell or are specifically advised by a doctor.

NGO's regular checkups are crucial for identifying health issues early, leading to better treatment outcomes and reduced healthcare costs.

Similarly NGO's Early detection allows for more effective treatments, potentially leading to better recovery and improved overall health outcomes. Checkups help assess individual risk factors based on family history and lifestyle, enabling personalized health plans.

### **Statistical Evaluation Report of Full Body Early Detection Cancer Screening camps for the People (Men & Women) (2010-2024)**

No. of Camps	No. of Women	No. of Men	Total Number	Positive Cases
139	9600	316	9916	132

### **In 2024 , Details of Early Detection through Full-Body Checkups :**

No. of Camps	No. of Women	No. of Men	Total Number	Positive Cases
8	416	106	522	8

## OUR IMPACTS

## **OUR IMPACTS**

## OUR IMPACTS

### Zarhak Steel Pvt. Ltd support for CSR Project to Mother's Day Celebration by Free Health Checkup Camp



On 13th May 2024, Mother's Day celebrated as gifting a free Health Checkup Camp for Honouring the Mother of the family or individual, and the influence of Mother's support in the society, at Dhanwantari Hospital, Sabre Road, Vangani (west), Thane District. Around 50 Women benefited from the camp. The following checkup conducted at the Camp: -

- 1) Blood Pressure + Weight
- 2) Breast scanning to detect early Breast cancer lump
- 3) Bone scanning to detect early Osteoporosis
- 4) Eyes Checkup - Cataract Detection, Power Detection, Spectacles Distribution

The NGO is grateful to Dr. Ganesh Borse and Shri Samir G. Hetkari from Dhanwantari Hospital , Vangani for their generous support to conduct the camp and run smoothly at their hospital to support local area mothers to get benefits. Our special thanks to Dr. Priyanka Shah- Ophthalmology from Prism Eye Hospital from Kalyan, for their support for the Eye checkup and Mr. Shashikant Bagadia, who is the initiator of this camp and introduced to Prism Eye Hospital as a NGO partner to conduct this most important day to celebrate.

#### EVALUATION REPORT OF 50 FEMALES

Data	Female
iBE breast scanning (normal)	35
Underweight	07
Overweight	08
High Blood Pressure	12
Osteoporosis	08
Mal Nutrition	02
Spectacles given	19



Youtube Link : <https://youtu.be/CdHOuCoUN4s?si=EsnSW9CCJGZN0304>

## OUR IMPACTS

### Breast Cancer Screening

Breast cancer is a significant health concern in Maharashtra, ranking as the most common cancer among women. The Times Of India reports that the state's population-based cancer registry covers eight cities and districts, while a hospital-based registry covers only five hospitals.

The National Centre for Disease Informatics and Research highlights the need for improved cancer control measures, particularly in rural areas, where tobacco consumption is high and early detection is often delayed.

The current burden of female breast cancer in India is projected to be 5.6 million Daily in 2025, with premature death due to breast cancer contributing 5.3 million Daily.

The NGO has 2 Portable Breast Scanning Machines (**NO Pain-NO Radiation**). The report is generated immediately. To save the woman's life from Breast cancer, we conduct Breast Scan Clinically as a health checkup to detect early 'Breast Lump' for women in PAN India. The doctor's expert hand cannot detect such a small lump, which this device detects with the initial stage.

**Breast Scan Machine** is a portable device with game-changing technological breakthroughs **for countries and regions with rising breast cancer levels**. It is a smartphone revolution, operated by **Lady Technicians offer objective and effective breast examinations, with ease and comfort anywhere any time from the age group of 18 years**.

Since 2017 to 2024 NGO conducted iBreast Scanning Camps to Early Detection of Breast Lump

No. of Camps	No. of Female	Positive Cases
94	4772	98

This year NGO got 1 more New Breast Scanning Device with scanning, supported by '**Morarji Bhagwandas Shivji Sanatorium Trust**' to support NGO's work faster. NGO is grateful to Mr. Hemant Marchant Sir and his team for their generous support.



**MORARJI BHAGWANDAS SHIVJI SANATORIUM TRUST**

Donated

Breast Scanning Machine



- NO PAIN
- NO RADIATION

Join Hands  
WITH US!!

## OUR IMPACTS

### **Early Detection Of Breast Lump Camp (iBE)**

#### **Theme: No-one should face breast cancer alone**

Breast cancer is the most common cancer globally with around 2.3 million new cases every year. It represents one in eight cancer cases in both sexes and a quarter of all cancers in women with 70% mortality occurring in resource constrained settings. Breast cancer is a kind of cancer that begins as a growth of cells in the breast tissue.

After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. But breast cancer doesn't just happen in women. Everyone is born with some breast tissue, so anyone can get breast cancer.

Breast cancer survival rates have been increasing. And the number of people dying of breast cancer is steadily going down. Much of this is due to the widespread support for breast cancer awareness and funding for research

Advances in breast cancer screening allow healthcare professionals to diagnose breast cancer earlier. Finding the cancer earlier makes it much more likely that the cancer can be cured.

Even when breast cancer can't be cured, many treatments exist to extend life. New discoveries in breast cancer research are helping healthcare professionals choose the most effective treatment plans.

At Suadha Ngo, Breast Scans are done by our trained lady staffs, offers objective and effective breast examinations, with easy and comfort anywhere any time to early detection of lumps. One of these portable machines can be carried to different places. Other than full body early detection cancer screening camps

NGO has screened 325 women in 2024 at 5 camps and till date 4772 Scans were done only for women, out of these 100 women were positive cases with cancer Symptoms.

## OUR IMPACTS

### Breast Scanning Camps

On 14th June 2024, NGO conducted a Free Breast Scanning Camp at SUADHA Wellness Women Clinic at Usha Sankul, 2nd floor, D Wing, Vallipeer Road, Opp. Morya Grand Banquet, Kalyan West. A total of 10 women attended the camp and went back to their home with smile face



Youtube Link : <https://youtu.be/s3x4ONCRRo0?si=ui1Vx-x26dmzcXYH>

### Free Breast Cancer Screening Camp Supported by 'Kikabhai Premchand Trust'

On 27th July 2024, NGO conducted a Free Breast Screening Camp at SUADHA Wellness Women Clinic at Usha Sankul, 2nd floor, D Wing, Vallipeer Road, Opp. Morya Grand Banquet, Kalyan West.

A total of 30 women attended the camp. Fortunately, 3 women were detected with a lump in the breast at the initial stages, we counseled and recommended further treatment. Others went back with a big smile on their faces.



Youtube Link : <https://youtu.be/s3x4ONCRRo0?si=LP2CQsycMseKGpCS>

## OUR IMPACTS

### Breast Scanning Camp

On 6th December Sudha Ngo conducted a Breast Scanning Camp (NO PAIN NO RADIATION) for the detection of Breast Lump at remote Jambha Village, Shahpur Taluka , Thane District , Maharashtra , which is 65 km far from Kalyan city

A total of 26 women attended the camp for Blood Pressure and Weight.

Women with low BP -15

Women with High BP – 3

Normal – 8



Only 20 women attended the Breast Scanning. Reports are all normal, no lump found. Thanks to Mr. Keshab Damu Shelavale , Principal of Shirgaon School, Mrs. Kasturi Keshab Shelavale and Mr. Sandip Sutar



## OUR IMPACTS

### Oral Checkup Camp

#### ANTI TOBACCO ADVOCACY CAMPAIGN

Oral cancer is a **Significant Public Health Concern in Maharashtra**, with a notable prevalence in the western regions. While the prevalence is relatively low at 0.22% in a recent study, the male-to-female ratio is approximately 2:1. The highest incidence is observed in the elderly (60 years and above), followed by those between 40 and 59 years old.

In Maharashtra over three years identified of oral cancer, with a prevalence rate of 0.22%. The majority of oral cancer cases are found in older adults, particularly those over 60 years old, with a higher incidence in males than females.

Tobacco consumption (both smokeless and smoking) and alcohol use are major risk factors. The most common site for oral cancer is the tongue, followed by the buccal mucosa.

India has a high burden of oral cancer, ranking second globally in the number of cases. Oral Squamous Cell Carcinoma (OSCC) accounts for over 94% of oral malignancies in India.

The prevalence of oral cancer in India is higher than in many other countries, with a significant impact on public health. The World Cancer Research Fund reports that India has the highest number of oral cancer cases in the world.

World No Tobacco Day 2024 is “Protecting Children From Tobacco Industry Interference” to safeguard future generations and ensure that tobacco use continues to decline.

Like every year NGO observed the whole day and conducted Oral Cancer screening camps at Kalyan RTO office on 31<sup>st</sup> May 2024. This year we have 2 camps 127 people undergone the screening camps and we detected 9 people pre-cancerous symptoms.

#### **Statistical Evaluation Report of Early Detection of Oral Cancer Screening Camps for the People (2010-2024)**

No. of Camps	Total Number of People	Positive Cases
44	4249	189

# OUR IMPACTS

## **World No Tobacco Day**

### **Sir Kikabhai Premchand Trust Settlement support for Camp**

On 31st May 2024, observed World No Tobacco Day, Free Oral Cancer Screening Camp and Anti-Tobacco Advocacy program at RTO Office, Kalyan, Thane district, Maharashtra at morning 10 am to 2 pm. There were Oral Cancer checkups with B.P & Weight Checkup for all the RTO officers and whole office staffs.

There were continuous Anti – Tobacco messages with Slogans, Pamphlets were distributed to the people around the RTO premises over there. Dr. Sheetal Sangle and Dr. Pratik Bhoir from Kalyan attended the camp and checkups for screening.

A total of 52 people underwent the Oral Checkup. We are thankful to Mr. Ramesh Kallurkar, Regional Traffic Police Officer and his team for their support.



Youtube Link : <https://youtu.be/Q9J0OSJ1kHk?si=9BEYTGRsPVWiupMN>

## OUR IMPACTS

### Early Detection of Osteoporosis Screening / Bone Scanning

The theme for World Osteoporosis Day 2024 is “**Say No to Fragile Bones**”. It emphasises the importance of valuing and taking care of bone health by people of all age groups. It also raises awareness about the need for prevention, early diagnosis, and effective treatment of osteoporosis.

Osteoporosis is a medical condition in which bones become very weak and brittle. Usually, it doesn't show any symptoms unless the fracture happens. In the case of osteoporosis, the bone becomes so fragile that a fracture can occur with a minor fall, bump or sudden movement.

NGO is having Ultrasonography Bone Densitometer Model CM-200 Machine from Furuno Japan manufacturer for Early Detection of Osteoporosis detection. Improving the quality of life to avoid any uncertainty (like slip disc or fractures) in the present or future life and longevity on bone strength.



The machine from Furuno Japan manufacturer and best result on bone scan to generate awareness and promote bone healthy life style among our community to curb this menace. Auto generate report machine details.

In 2024, NGO has conducted 4 Osteoporosis Screening / Bone Scan Camps for 414 people.

SUADHA NGO || Osteoporosis Awareness Campaigns over last 2010 - 2020

<https://youtu.be/jwUstqpneDO>

#### Statistical Evaluation Report of Osteoporosis BMD (Bone Mineral Density Test) Screening Camps (2010-2024)

Total No. of Camps conducted	73
Total No. of People undergone Screening	8547
Total No. of People Detected as Normal	3362
Total No. of People Detected as Osteopanic	2479
Total No. of People Detected as Osteoporosis	2438

## OUR IMPACTS

### **Observation Of World Osteoporosis Day 2024 for the Durgadi Killa Devotees , Kalyan City , supported by Sir Kikabhai Premchand Trust Settlement**

On 7th October 2024, Fifth day of Navratri, Suadha Ngo organized Free Early Detection of Osteoporosis Screening Blood Pressure and Weight measurements Camp with Medicines distributions for the devotees of Durgadi Killa Temple, Kalyan City. The camp supported by Sir Kikabhai Premchand Trust Settlement.



There were total 65 people of male and females attended the camp. NGO is thankful to Mr.Ravi Patil (President of the temple trust) to provide us place to conduct the camp.

#### **OSTEOPOROSIS (BONE, MINERAL DENSITY)**

Data	Female	Male
Normal	23	17
Osteoporotic	10	0
Osteoporosis	05	0
<b>TOTAL- 65 PEOPLE</b>		

#### **BLOOD PRESSURE**

Data	Female	Male
High	06	04
Low	01	02

On **2nd October 2024** on the occasion of Gandhi Jayanti, a Free Preventive Health Check-up Camp was organized by Suadha NGO at ST Bus Depot, Murbad Taluka, Thane District. We are thankful to Mr. Yogesh Suresh Musale, who has initiated to organize the camp for the Bus drivers and conductors at his place.

There were 75 people attended for the Camp. There were following checkup conducted: -

- 1) Blood Pressure
- 2) Weight measurement
- 3) Bone Scan for Osteoporosis Detection
- 4) Dental Check up
- 5) Eye Checkup



Youtube Link : <https://youtu.be/oUx4tu7Ecsk?si=o56Q46laoAF0gXGq>

# OUR IMPACTS

## Diabetes and Well-being

Let's talk about well-being for a better Diabetes life. The theme for World Diabetes Day 2024 is "Diabetes and Well-being", emphasizing the importance of physical activity, a healthy diet, and access to diabetes care for everyone with diabetes.

The theme for this year, "Diabetes and Well-being"- **'Breaking Barriers, Bridging Gaps,'** highlights the collective commitment to overcoming obstacles in diabetes care and ensuring that every individual diagnosed has access to high-quality, affordable treatment.

Diabetes is a chronic condition resulting from either insufficient insulin production by the pancreas or the body's inability to use insulin effectively. Insulin is essential for regulating blood glucose levels, and without proper insulin function, blood sugar can rise uncontrollably, a condition known as Hyperglycemia. Uncontrolled diabetes, particularly over time, can damage various body systems, especially the nerves and blood vessels.

The theme for this year, "Diabetes and Well-being"- **'Breaking Barriers, Bridging Gaps,'** highlights the collective commitment to overcoming obstacles in diabetes care and ensuring that every individual diagnosed has access to high-quality, affordable treatment.

Diabetes is a chronic condition resulting from either insufficient insulin production by the pancreas or the body's inability to use insulin effectively. Insulin is essential for regulating blood glucose levels, and without proper insulin function, blood sugar can rise uncontrollably, a condition known as Hyperglycemia. Uncontrolled diabetes, particularly over time, can damage various body systems, especially the nerves and blood vessels.

### **How to Prevent Diabetes?**

Adopting healthy lifestyle changes is the most effective way to prevent or delay type 2 diabetes. Recommendations for prevention include maintain a healthy weight, stay physically active with at least 30 minutes of moderate exercise daily, follow a balanced diet low in added sugars and saturated fats and avoid tobacco use. Through proactive lifestyle management, individuals can reduce their risk of developing type 2 diabetes and its related complications.

World Diabetes Day, observed by the NGO annually on November 14, serves as a crucial platform for raising global awareness about diabetes, a significant public health challenge impacting millions worldwide. NGO use the model of Alere G1 Glucometer - A complete home-care solution device for Accurate Blood Sugar Testing & Diabetes Management. It helps people to control diabetes and achieve target blood sugar levels. Also Provides expert advice in diabetes diet, exercise and medication.

## OUR IMPACTS

This observance spotlights the urgent need for comprehensive action in diabetes prevention, early diagnosis, effective management, and equitable care access.

**In the year 2024 NGO had 2 Diabetic screening camps for 218 men/women. Out of this we found**

Low Sugar	Pre Diabetic	Diabetic	Normal
68	34	18	161

### Statistical Evaluation Report of Diabetic Test Camps (2015-2024)

Total No of People Screened	7685
Total No. of People Diabetic	411
Total No. of People Low Sugar	271
Total No. of People Normal	7003

### World Diabetic Day 2024 - Breaking Barriers, Bridging Gaps

It serves as a reminder to all of us of the need to collectively work to overcome the growing burden of diabetes globally. On 14th November 2024, on World Diabetic Day' SUADHA NGO organized a Diabetic Health Check-up camp at Murbad ST. Bus Stand, Murbad taluka, Thane district from 11 am to 3 pm.

There were a total 67 people, Bus Drivers and Bus Conductors who attended the camp. Out of this, total 8 people were detected with High Blood Sugar and 5 people with Pre Diabetic symptoms. NGO is grateful to the Manager Mr. Musale, who helped us for this camp.



## OUR IMPACTS

### **Eye Checkup Camps**

NGO offers Free Eye Checkups Camps and consultations, often including screening for common eye diseases and conditions. Also distribution of Spectacles on sponsorships. We have included the event since 2018 for male, female & children. In the year 2024 , NGO had 2 camps for 206 men/women. Out of this Spectacles supported 99 women and 97 men.

#### **Statistical Evaluation Report of Eye Checkup Camps (2018 - 2024)**

Year	Camps	Women	Men	Children	Total No. of people	Spectacle for Children	Spectacle for Women	Spectacle for Men
Total	13	147	1071	296	1721	114	126	954

#### **SI Group of India Pvt. Ltd. sponsored Eye check-up camp , Ratnagiri**

On 1st May 2024 , NGO organized a Health Checkup Camp at Shree Marleshwar Devosthan Charitable Trust, Angawali, Someshwar taluka, Ratnagiri District.



#### **EYE CHECK-UP**

Data	Female	Male
No. of Specks Distributed	99	97

**EYE CHECK UP DONE BY 200 PEOPLE**

#### **Zarhak Steel Pvt. Ltd Sponsored Eye check-up Camp at Dhanwantari Hospital**

On 13th May 2024, Mother's Day celebrated gifting a free Health Checkup Camp to Honors the Mother of the family or individual, and the influence of Mother's support in the society, at Dhanwantari Hospital, Sabre Road, Vangani (west), Thane District. 19 Women received the spectacles



Youtube Link :<https://youtu.be/CdHOuCoUN4s?si=7zHBjIofbs0fK4rL>

# OUR IMPACTS

## ADOPT A PATIENT

### FOR MEDICAL AID

The health care system in India is universal as there is no government insurance. To pay for Health care costs people make up a large portion of the spending on medical treatment. Adopt a deserving patient to support medical financial Aid to this worthy cause of helping patients in their brave battle and save their lives to survive with dignity. It's a big Emotional support NGO providing financial assistance for the treatment of poor patient's suffering from identified life-threatening diseases and taking treatment in Government / Private Hospital

#### **Donors get back from Medical Aid support**

- Patient picture and family details
- Recovery reports
- Personal Interaction
- Donor's name on all NGO social media.
- Tax Exemption:
  - a) Individuals 50%
  - b) Company/ Corporate CSR credit 100%

#### **Case details**

Name	:	Mamata Das
Age / Sex	:	61 years {Female}
Types of cancer	:	Breast cancer
Prognosis	:	Good
Hospital	:	Tata Hospital
Estimated cost of Treatment	:	Rs. 8,00,000/-



61 years old Mrs. Mamata Das from Uttar Dinajpur, West Bengal. Mrs. Das was suddenly having frequent fever and severe weight loss. Then gradually she felt a lump in her right breast. She consulted a local Doctor there and after a mammography it was confirmed about the cancer. Her family decided to bring her to Mumbai for better treatment. They contacted us. We arranged accommodation in Gadge Maharaj Dharamshala. Here in Tata Hospital Doctor told her to go through Chemotherapy, surgery and radiation therapy treatment. She has got her chemotherapy protocol and started the therapy immediately.

Follow up: She has completed her 3 cycles of Chemotherapy treatment. Our Social Worker is the regular visitor at the sanatorium for counseling and guidance for further surgery. She shows very positive towards her treatment. She is waiting to go back to her village as soon as possible. She is accompanied with her daughter as a care giver who is taking of her.

# OUR IMPACTS

## SUPPORT OF MEDICAL AID FOR DESERVING PATIENTS

This year NGO has supported 145 patients and till date 8880 deserving patients received medical aid of our support across India. Through different individuals and CSR support for the patients. Under this scheme through appeal to individuals, different trusts and corporates support funds for patients. Generally, the patient's family comes to us, when the family's financial resources cannot bear the brunt of prolonged treatment and they are exhausted from spending money for their loved one. From our NGO we are trying to help out as per our capability.

We help out with the guidance, counselling, information, rations, medication and referring appeal letters to raise funds to save the patients. I am sure that you will deem it fit to contribute to this worthy cause of helping him in his brave battle and save his life to survive with dignity. Join our endeavor to survive them.

Spontaneous gestures such as these go a long way to provide relief and hope to deserving patients and their family members. It gives them strength to fight against their condition and instills the faith that a helping and caring heart is never too far away.

### Medical Aid Support by 'R K D C Trust' for the deserving Patients

The trust adopted 'Adopt a Cancer Patient', project & supports 2 to 4 patients every month since 2011. The NGO is grateful to Dr. P.K. Daryanani-Managing Trustee, Mrs. Jasmin Pawri-CEO of the Trust. This year they supported medical aid for a total of 48 Patients.



### CSR Support of Medical Aid by 'Team Global Logistic Pvt. Ltd'.

The corporation is supporting Medical Aid and Educational aid for deserving patients and students since 2018. In each case they scrutinize and if they feel company pay visit the patient's residence with guidance, information and emotional support.



NGO is grateful to the generous support of Mr. Nityam Khosla- Director and Mr. Sandeep Palodkar - Vice President - HR, IR, Admin and Business Excellence of the company. This year the corporate supported a total of 5 Patients.

# OUR IMPACTS

## HEALTH SPECIAL DAYS OBSERVATIONS

### 'Power of Healthy Mindset and Lowering Stress & Anxiety at Workplace' Workshop for NGO Members

On 10th February 2024, post lunch at the Annual meeting, Ms. Arti Daryanani – Trustee- Director of Inner Well Being Solution- Wellness Counsellor had taken the Session on 'Power of Healthy Mindset and Lowering Stress & Anxiety at Workplace' for 35 members of the NGO. The session was around 2 hours duration & extremely good & got lots of benefits from the session.



### Advocacy Program On 'Balancing Work & Life Stress' for the Professional Nurses

NGO conducts workshops towards the inner wellbeing of every individual. We help individuals to develop healthy relationships and connection with body and mind. We believe Health and wellbeing are both much more than just being physically healthy or disease free. It's about the overall feeling of mind, body spirit, bliss, living life full of clarity, confidence and vitality.

On 22nd April 2024 NGO conducted the workshop for 2½ hours on 'Balancing Work & Life Stress' for the 46 professional Nurses at YWCA, Mumbai Central. The workshop was taken by Mrs. Iva Athavia, NGO Managing Director, Ms. Arti Daryanani - Director, Well Being Solution and Dr. Nikita Wadhwani, special thanks to her for her active participation & interaction with different queries in the workshop.



## OUR IMPACTS

### **Raksha Bandhan Celebration at SUADHA Coreporate Office With Brahma kumaris**

On 14th August 2024, Suadha Ngo observed the festival of Raksha Bandhan, at our Corporate office with Brahma Kumaris. Ms. Pavitra Didi and one of their devotees. They tied Rakhi's to all the members, prayed for us and blessed us all for the auspicious day. The NGO is grateful for this divine support.



Youtube Link : <https://youtu.be/LJyQBx75COU?si=F3CQO8R9wsoJVtaa>

### **Women Cancer Awareness Advocacy Program For Community**

On 4th September 2024, YWCA, Mumbai Central organized Women Cancer Awareness Advocacy programs for their community women. There were 65 women attended the event. NGO thankful to Ms. Vaishali Shinde to organize the session and able to call the women. From NGO Managing Director, Ms. Iva Athavia has taken the sessions



## OUR IMPACTS

### **'Mental Wellness at the Workplace' Workshop for NGO Members**

On behalf of World Mental Health Day, on 5th October 2024, ½ Day Mental Wellness Workshop at Workplace organized for Suadha NGO Members, which are emphasizing the crucial link between mental health and the workplace. As per this year's theme, safe, supportive work environments play a protective role in maintaining mental well-being. There were good interactions at the session.

NGO is grateful to Ms. Arati Daryanani- Director-Founder of Inner Well Being Solution, one of the NGO Trustee to take the sessions for her NGO Members.

She has experience last 2 decades and extremely good counsellor. She is practicing even online with nation and international clients. She is one of the good counsellors.



### **World Disable Day 2024 observed for Visibility and Self Value, for the People**

Disability culture is about visibility and self-value. As with many groups in society, recognition by others only comes with self-awareness within the group of the groups' differences and strengths. On 4th December 2024, on behalf of World Disable Day' SUADHA visited their Adopted 'Avani Matimanda Residential School' for the Mentally challenged at Mal village, Murbad taluka, Thane district.

There were a total 27 mental health boys residing there. Ngo donated a set of uniforms and snack packets for all. The NGO is grateful to the center director Mrs. Prathibha Krishna Haraksetti, Mr. Hirikesh (Craft teacher) & Mrs. Madhu (special educators) for the boys for their support.



## OUR IMPACTS

### **'Breast Cancer Awareness Advocacy & Psychological Well Being Of Women'**

On 16<sup>th</sup> October 2024, on behalf of 'World Breast Cancer Awareness Month' the Economic Department of SNDT College, Churchgate Mumbai, initiated a session for 'Breast Cancer Awareness Advocacy & Psychological Well Being of Women' for their young female students.



This is the 1st time in Mumbai that any college has thought for their young girls for the Breast cancer & Mental Wellness Session. There were around 60 students attending the session. At the sessions it was emphasizing the crucial link between psychological wellbeing & breast cancer.

The NGO is grateful to Dr. Sanjay Phad, Head Department of Economic, SNDT College, Churchgate, Mumbai for this initiative and his full team of faculties who have made the session successful. Special thanks to Prof. Ms. Tauqeer, who has introduced the NGO to her college.

The session was taken by Ms. Iva Athavia Managing Director of SUADHA NGO & Ms. Arati Daryanani- Director-Founder of Inner Well Being Solution & one of the NGO Trustee



## OUR IMPACTS NEW-INITIATIVE

### **To support Rural Disabled People with Artificial Prosthesis to transform them mobility**

This year SUADHA NGO has New Initiated to extend support to rural /tribal disabled people with Artificial Prosthesis to transform their lives. On the villager's demand we have served full taluka and organized a disabled assessment camp at NGO's another centre at Saralgaon, Murbad taluka, Thane district Maharashtra on 22nd June 2024. The disable condition in any rural area is very pathetic and worsen.

There were 80 people, who wanted to attend the camp and who had never received any artificial prosthesis till date. Unfortunately, only 24 people attended the camp, whom we were able to bring through NGO Ambulance.

Rest of the people stayed very far away and for them, there were no means of communication or no escorts / attendance to bring them to the venue. A few people had received their prosthesis but those were very heavy and uncomfortable and patients refused to use them.

NGO wish to give them mobility and provide them some other way employment for the well-being solutions for them. For the same it is very much essential to require them to be independent and develop in their lives further productivity as well as improvement.

Your support will transform the people to heal and thrive at deeper levels in their life. The providing of Prosthesis from 'Devmoni Ortho Care', Worli , Mumbai, a team of prosthetic experts who are providing very light weight comfortable reasonable rates and their technique to afford to make the patient self- satisfied at their door steps under your esteemed banner

Our humble request to support generously for the deserving patients with prosthesis.



## OUR IMPACTS

### Regular Food Grains / Grocery Support for deserving Families

NGO is working closely with the community to distribute Masks and Food grains to needy, deserving and senior citizen people is one of its top priorities. Adopt a Deserving Family for Food Grains with RS. 950/- only with 12 items for a full month of groceries. On 1st of every month Ngo distributes ration to 2 or more deserving families. Ration consists of Rice, Wheat, Oil, Sugar, Dal, Salt etc. A total of 102 people benefitted this year

#### Grocery Support

Data	No. of Families
2011 - 2024	28750

#### Regular Donors For Grocery Support / Food Grains :

1. Ngo is grateful to Mrs. Sarita Kedia-Suadha Volunteer for her support of ration every month.
2. Ngo is also thankful to Advocate Soni Patel for adopting a family for monthly ration.
3. On 15th January, on the auspicious day of Makar Sankranti, NGO distributed Food Grains to 6 deserving families and make the families happy. NGO is grateful to Ms. Twinkle Tayade & Ms. Vanita Diwate, from Kalyan city for their support.

### New Bicycle For a School Student

A new Bicycle donated Advocate Soni Patel to one of our deserving students. We need more such a helping hand for many students to transform their lives.



Master Lokesh Gupta is the student of 8th Std at Achievers High Public School & Junior College, Kalyan. Lokesh doesn't have his own parents. He stays at Joshi Bag, Kalyan and look after by his old heart patients Grand Parents. At present the family don't have any source of income.

The NGO grateful to Advocate Soni Patel, who has adopted this student, for his Educational Aid, monthly rations Aid and his grandparents' medications. He is very happy to get the Bicycle.

# AVENUES OF PROJECTS

Sr. No.	Project Details	Project Cost	Beneficiaries
1	Saraswati Madhyamik Vidyalaya, Murbad, Thane - 65 sets of Desk & Benches	RS.3,42,742/-	210 Tribal Students
2	Ashramshala Shirole, Bhiwandi, Kalyan taluka 20 Blocks of Sanitation project - 10 Toilets + 10 Bathroom	RS. 22,64,473/-	427 Tribal
3	Ashramshala Karav, Ambernath Taluka 60 Desk & Benches Sets	Rs.3,16,377/-	600 Tribal Students
4	Self-Defense / Marshel Art Course for the Girls /Boys for 3 months Certification course at your door steps with minimum 20 to 30 people group by 3- Degree Black Master	Rs.3500/- @ per person for 3 months	At any age group
5	Bhuvan Gram Panchayat, Murbad Taluka- Borewell project	Rs.2,86,350/-	200 Tribal villagers
6	Support 4-Tribal Girls Marriage expenses. RS.30,000/- @ per girl	Rs.1,20,000/-	4 Families
7	6 Units of Sanitation Project & Safe Drinking Water Facility for Little Star Academy , Lumding ,Hojai , Assam	Rs.12,95,974/-	115 Tribal Students
8	Ashramshala Chindechiwadi, Kasara, Shahpur taluka 20 Blocks of Sanitation project - 10 Toilets + 10 Bathroom	Rs.27,85,481/-	361 Tribal Students
9	20 Blocks of Sanitation (5 Toilets & 5 Bathroom for Girls + 5 Toilets & 5 Bathroom for Boys) + Borewell + Pure Drinking water facility with Tank at the Mahabodhi Residential School , Tuichawng Village, Lunglei, Mizoram	Rs. 33,78,736/-	265 Tribal Students
10	"12 Blocks of Toilets" for the Rural College students at Khardi, Shahpur Taluka in Thane district	Rs. 16,87,958/-	1050 Tribal Students
11	10 Blocks of Sanitation & Safe Drinking Water Facility for Pilak Public School, Jolaibari Village, South Tripura District, Tripura	Rs.16,16,179/-	307 Tribal Students
12	Livelihood Project Gopala - Income generating project for Tribal Women for Milk supply, marketing for - 50 Cows	<p><b>1st Year 1st Phase Expenses</b> -Rs. 60,21,117/- and Tata Mini Van-Rs.6,25,000/-</p> <p><b>2nd Year 2nd Phase Expenses</b> -RS. 56,48,211/- GO-GasPlant -RS.10,00,000/-</p>	<p><b>Direct Beneficiaries</b> <b>1st Year Income</b> for the 25 Tribal women for -Rs. 2540/- @ Per Month</p> <p><b>2nd Year Income</b> for the Tribal women for 50 women -Rs. 7920/- @ Per Month</p> <p><b>Indirect Beneficiaries</b> for 250 tribal family</p>

# AVENUES OF PROJECTS

Sr. No.	Project Details	Project Cost	Beneficiaries
13	Skill Development Training for Rural/Tribal youth group with 100% Jobs counseling For 5 Courses :- 1) Driving Course + License 2) Mobile Repairing Course 3) Assistant Electrician Course 4) Tailoring Course + Sewing Machines 5) CCTV Operate & Manage Course	Rs. 10,00,000/-	100 Rural / Tribal Youth group of Boys/Girls
14	Environment Protection-Water facility through Community Check Dams for the tribal villages in Fangulgavan Village Murbad Taluka	Total Expenses of the Project = Rs. 32,89,908 /-	For 463 tribal families
15	Environment Protection-Water facility through Community Check Dams for the tribal villages in Mohili Village Shahpur Taluka	Total Expenses of the Project Rs.67,77,530 /-	4150 Tribal Families
16	Livelihood Income generating program for deserving Tribal people as 7 Acres land Plantation / Farming	Rs. 19,08,798 /- approximately	15 tribal people
17	<b>School Building</b> for the deserving Gyan Bharati English Academy, Dighali Dalani village, Barbaruah Block, Dibrugarh district, Assam	Rs. 1,34,79,037/-	185 Tribal Students
18	6 Blocks of Sanitation project – 3 Toilets for Girls & 3 Toilets for Boys at Saraswati Madhyamik Vidyalaya, Kalyan taluka Thane	Rs. 6,26,755/-	185 Tribal Students
19	Ashramshala Vasa, Palghar district - 150 Sets of Desk & Benches	Rs. 7,76,820/-	435 Tribal Students
20	School Kits - Uniform, Bag and Shoes- for deserving Shei Vibhag High School, shahpur taluka, Thane	Rs. 7,34,100/-	469 Tribal Students
21	2 Classrooms for Sharda Vidyalaya & Junior College ,Tokawade , Murbad, 12% admin	Rs. 14,11,200/-	747 Tribal Students
22	School Kits - Uniform, Bag and Shoes- for 6 deserving Tribal School students in Palghar & Thane districts	Rs. 47,02,868/-	3045 Tribal Students
23	School Kits - Uniforms, Bags & Shoes for 4 deserving tribal Schools in Raigadh district	Rs. 34,40,355/-	2284 Tribal Students
24	Valvanda Tribal School , Jawahar taluka, Palghar district- 4 class rooms  Valvanda School 2 class rooms Jawahar taluka, Palghar district	Rs. 13,70,024/  Rs. 8,07,395/-	310 Tribal Students  310 Tribal Students
25	Hospital for Children & Women Meternity - with 100 Beded - Acar land, at Awablewadi village, Khutal, Murbad-Mulsejghat Highway, Thane district, Maharashtra, 165 km from Mumbai city	Rs. 15,00,00,000/-	70 tribal villages around

# **FUTURE PROJECTS**

- **Project Gopala – The Cows Development Goshala Project - The Income Generating Livelihood project for the Tribal Women at Sane Village, Sahapur taluka, Near Bhatsa River, Thane district.**
- **LIFE LINE - Multi- Specialty Hospital – Awle Gaon, Malshej Ghat, Murbad Taluka, Thane, Maharashtra**
- **Set up Senior Citizen Home + Hospice for Terminally ill patients in Kamshet, Lonavala, Near Kanhe Railway Station, Maval taluka, Pune district, Maharashtra**



# **DEDICATED TEAM**

## **DEDICATED TEAM BOARD OF ADVISORY COMMITTEE**

### **SWAMI PRASHANTANANDA MAHARAJ**

Bharat Sevashram Shagha

### **DR. SWATI BANERJEE**

Associate Professor,  
Chairperson Centre for Livelihoods and Social Innovation, TISS

### **DR NARENDRA KAKADE**

Assistant Professor, Chairperson Centre for Public Health, School of Health Systems Studies, TISS, Mumbai

### **MR. MANAHAR LILARAMANI**

Director - Subhra Pharma Pvt. Ltd. & Clear Point Pharma

## **BOARD OF TRUSTEES**

**MRS. IVA ATHAVIA:** President, Managing Trustee

**MRS. RINKY ROOPESH:** Secretary - Accounts Department

**MRS. VIRGINIA KIRO:** Treasurer from TISS

**MRS. MEERA LIMAYE:** Jt. Secretary from Nirmala Niketan

**MRS. ROHINI MHASE:** Jt.Treasurer - Accounts Department

**MR. ROOPESH KT:** Trustee

**MRS. ROHINI LILARAMANI :** Trustee

**MS. ARTI DARYANANI:** Trustee

# STAFF / MEMBERS

## MEMBERS/STAFF WHO MADE THIS POSSIBLE

Dr.Satish Kamat (Onco Surgeon)	: Medical Director
Ms.Rinky Roopesh	: Administrator
Ms.Rohini Mhase	: Health Action Program in Charge
Ms.Monali Roy	: Tribal Welfare Incharge
Ms.Bindu Hingwala	: Public Relation Executive
Mr.Shivaji Bhoir	: Field Coordinator
Mr.Sanjib Debnath	: Technical Director
Ms.Nisha Kiro	: Social Worker
Ms.Tessie Freddy	: Social Worker - Rehab Centre in Charge
Ms.Tinku Mitra	: Social Worker
Mr.Mahendra Jadhav	: Public Relation Officer
Mr.Vikesh Rajput	: Public Relation Officer / Graphic Designer
Ms.Sarita Pawar	: Rehab Centre Staff
Mr.Geetesh Nimade	: Rehab Centre Staff
Ms.Sushila Bote	: Rehab Centre Staff
Mr.Vishnu G. Nair	: Digital Youtube Media
Mr.Yogesh Diwedi	: Web Master
Mr.Tarun Kanjwani	: Web Master
Mr.Sangeet Kukreja	: Web Master
Mr.Llewellyn Dsouza	: Digital Social Media
Ms.Soni Patel	: Advocate Legal Consultant
Mr.Sanjay Katode	: Self Defence - Master Trainer
Ms.Rohini Gholop	: SupremeTech Institute- Manager
Mr.Manoj Bhoir	: SupremeTech Institute- Mobilizer
Mr.Sandeep Bhoir	: SupremeTech Institute- Trainer
Mr.Gopinathan M. Nair	: SupremeTech Institute- Trainer
Mr.Sandip Sutar	: SupremeTech Institute- Trainer
Ms.Shailaja Vincent, TISS	: Advisor - Psychological Counsellor, Secunderabad
Dr.Daisy Abha K. Poddar, MBBS	: Advisor Health Action- Delhi
Ms.Ratna Das	: Coordinator - Kolkata
Mr.Avhishek Talukdar	: Coordinator - Kolkata
Ms.Mamta Mishra	: Coordinator - Bhubaneshwar, Orissa
Ms.Sheela D. Sharma	: Coordinator - Bharat Vikash Nayak Member, Patna, Bihar
Mr.Biplob Baidya	: Coordinator, Journalist, Coordinator - Agartala, Tripura
Ms. Tulip Das	: Coordinator - Kolkata
Ms. Soni Patel : Advocate	: Legal Consultant
Mr. Gopal Pradhan	: Coordinator Dibrugarh, Assam
Mr. Sudip Chakma	: Coordinator Mizoram

# NGO MEMBERS

Mr. Aniruddha Roy (Canada)

Ms. Savita Mulchandani

Ms. Mohini Tiwari

Ms. Sarita Kediya

Ms. Kanta Hurgat

Ms. Beena Suchak

Ms. Ratna Darekar

Ms. Raksha Tanna

Ms. Bindu Hingwala (Ghatkopar)

Mr. Shashank Dixit

Ms. Durgavati Choudhari

Ms. Sangita Tiwari

Ms. Jyothi Singh (Pune)

Ms. Meena Tanna

Ms. Jyoti Pujara

Ms. Sundarkand Mahila Mandal, Kalyan

## HOW TO BECOME A MEMBER

**Any individual who supports our cause can become an NGO member.  
THE ANNUAL MEMBERSHIP FEE IS ONLY RS. 25000/-.**

**The following benefits are offered to every registered member:**

- Free Early Detection Of Full-Body Cancer / Osteoporosis / Diabetes Screening
- Member's Name Will Be Highlighted On Our Official Website & Other Social Media Communication.
- Free "Member Pass" For Any Ngo Cultural Event.
- Opportunity To Volunteer With Us.

# TEAM OF DOCTORS

Dr.Satish Kamat Onco Surgeon

: Medical Director  
 : Asha Cancer Hospital, Thane

Dr. Sunita Kamat Ms, DNBE, Mch, Frcs (Uk)

: Paediatric Surgeon

Dr. Sonal Bhalerao

: Gynaecology

Dr. Shubhangi Palekar

: Gynaecology

Dr. Trupti Poylekar

: Gynaecology

Dr. Suchita Parab

: General Physician

Dr. Reena Thomre

: Gynaecology

Dr. Vinod Chouhan

: General Physician

Dr. Satish Bhoir

: Diabetologist

Dr. Pandurang K. Chaure

: Pathologist

Ms. Swata Shah

: Cytologist

Dr. Heeba Barwani

: Oral Surgeon

Dr. Pradeep Koli

: Eye Specialist

Dr. Bhumika Giri

: Oral Surgeon

Ms. Nutan Yadav

: Cytologist

Ms. Akshaya Kinalekar

: Cytologist

Dr. Ravi Doctor

: General Physician

Dr. Sushrut Limaye

: Oral Surgeon

Dr. Ganesh Borse

: M.D

Dr. Preksha Patil

: Pediatrician

Dr. Nilesh Bibhute

: Orthopaedic

Dr. Sachin Patil

: Neuropathic

Dr. Devyani Bangar

: General Physician

Dr. Seema Marathe

: Pediatrician

Dr. Vitthal Vade

: Ophthalmologist

Dr. Sashikant Patil

: Optician

Dr. Ashok Londhe

: General Physician

Dr. Yughandhara Thomre

: Oral Surgeon

Dr. Pratik Bhoir

: General Physician

Mr. Nitesh Yadav

: Blood Technician

Mr.Avhishek Talukdar

: Blood Technician

Laboratory Association with :

Cytology Clinic

:Cama & Albless Hospital, Mumbai

Blood Checkup

:Health Care, Pathology Lab, Kalyan

# **TEAM OF VOLUNTEERS**

- 1) Ms. Jyoti Pujara
- 2) Mrs. Ratna Darekar
- 3) Mr. Vijay Patwa
- 4) Mrs. Sonal Solanki
- 5) Mr. Sachin Suroshi
- 6) Mrs. Laxmi Nagore
- 7) Mrs. Chitra Toshar
- 8) Mrs. Mangala Ramesh Chavan
- 9) Mrs. Mohini Tiwari
- 10) Mrs. Manik Mane
- 11) Mrs Aruna Bhalsod
- 12) Mrs. Pallavi Chouhan
- 13) Mrs. Savita Mulchandani
- 14) Ms. Sangita Tiwari
- 15) Mr. Pravin Kale
- 16) Ms. Jyothi Singh
- 17) Mr. Dhiraj Bhai
- 18) Mrs. Radhika Agarwal
- 19) Mr. Narayan Kedia
- 20) Ms. Ranjana Chudhuri
- 21) Ms. Durgavati Choudhari
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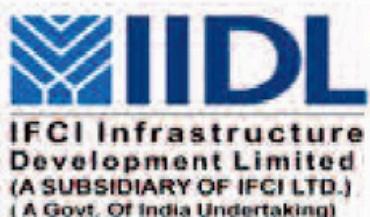
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- 1 Registered Society under Indian Trust Act, 1860 with Registration No. GBBSD 2666 dated November 19, 2009.
- 2 Registered under Section 12AA (Renewed) of the Income Tax Act, 1961 with Registration No. TR/43768 dated December 22, 2010 (Renewed)
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- 10 Accredited by CAF (Charities Aid Foundation) for operation & processes.

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Kalyan (West), Mumbai 421301,  
Tel No.: 9323780047 / 98193 49171

Email : [rehab.suadha@gmail.com](mailto:rehab.suadha@gmail.com)  
Weblink : <https://suadha.org/shop/>

Corporate Office :  
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Usha Sankul, Vallipeer Road, Chitroda Nagar,  
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