

HOPING FOR A
BETTER LIFE
BY PROVIDING
EQUAL OPPORTUNITY



Annual Report 2015 - 16





“Look at the sky. We are not alone. The whole universe is friendly to us and conspires only to give the best to those who dream and work.”
A.P.J. Abdul Kalam

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MESSAGE FROM THE FOUNDER

“Nityaasha Foundation” has now completed two and half years of its operation. The year 2015-16 has been a year of consolidation and stabilization. Our “Nityaasha” team of social workers, pharmacist, Project Director and members of the Managing Committee have all put their best foot forward and the success of the NGO in its effectiveness is there for all to see.

“Nityaasha Foundation” has now established its special role in the lives of the families of children registered under its Madhuraasha and Divyaasha programs (Type 1 Diabetes and Epilepsy).

The families now look forward confidently to face the medical challenges of their children with renewed positivity and energy. “Nityaasha Foundation” is definitely on its way to achieving its goals, and now the Foundation looks forward to establishing itself further and growing its reach to more and more children from the weaker sections of society.

“Nityaasha Foundation” has had a notable achievement in the past year in successfully implementing its rural reach program. Social workers from “Nityaasha” are now reaching the remotest villages of Pune and 5 districts of Maharashtra to make home visits and help the families to understand and handle their ailments in a better way. Our rural home reach program is unique, very difficult and it is commendable in its implementation. We have also strongly focused on children with high HbA1c (above 10%) and seen marked improvement.

We have now received the 80G from Income Tax Department and will apply soon for a Drug License from FDA.

Our FCRA application is under process and once we get it, we should be able to receive donations from abroad. Seeing our work many international agencies have expressed their desire to assist us with medical and other aid.



TRUSTEES REPORT

Highlights of achievements of Nityaasha Foundation FY 2015-16

- "Nityaasha" enrolled 24 children with Type 1 Diabetes under its Madhuraasha Program taking the total up to 152 till date.
- Under Divyaasha program, 14 children with Epilepsy were registered – so there are a total of 22 children under its care.
- **Rural Reach:**
Since the remote areas have limited access to medical facilities, our primary aim was to reach out to maximum rural areas. Apart from Pune, we covered 5 more districts; Buldhana, Satara, Beed, Solapur, Ahmednagar and have enrolled 52 children (22 Girls, 30 Boys) from these interior belts till now.
- **Red Category (Madhuraasha Program):-**
Special attention and focus was given to Red Category children and their families (Children with HbA1c above 10% were categorized into Red Category). Mrs. Nasima Merchant, Founder & Trustee took up the cause personally, working closely with these families. Case to case discussions with referred doctors and close monitoring were done to understand each child's medical condition. Awareness programs, sessions, cooking demonstrations, regular home visits were conducted to educate the children and their families.
- A Medical Software was specially designed for "Nityaasha" for maintaining all medical/clinic records of the registered children.
- "Nityaasha Foundation" participated in an Art Competition organized by International Diabetes Federation, Australia under their LFAC Program. 11 entries were sent to Australia in June '15.
 - We are proud to inform you that one of our children, Mast. Siddharth Ohal, was awarded the 1st Prize under the category of 10 yrs, receiving a prize money of Rs 11,400/- (150 USD). Certificates were also awarded to Mast. Prafulla Bansode (6th position) and Ms. Chanchal Agarwal (7th position) in their respective age categories
- To motivate the children on the importance of Education, 7 children (6 SSC, 1 HSC) were felicitated on 20th June '15 for their good academic performances.
 - This year we were fortunate to receive Primary school fees for some of our children from "Shobhana Foundation"
 - Further, we identified and fulfilled the wishes of our children through "Make-a-Wish Foundation"
- Received 80G Certificate on 27-7-2015 and applied for FCRA registration.
- Aptitude test and career counseling of 23 children was conducted in collaboration with "Jnana Prabodhini Samshodhan Sanstha" in Dec '15 and Jan '16. These tests and counseling sessions have helped the children and their families to be more focused on their careers to become self-reliant.
 - Going forward, "Nityaasha" plans to liaison with other NGOs and Educational Institutions for vocational training courses and funds in future.
- An abstract prepared by Mr Farook Merchant, Founder Trustee, **"Challenges in management of Type 1 Diabetes in children from the underprivileged sections of society in India"** was selected as poster presentation for International Diabetes Federation Conference to be held at Vancouver, Canada in Dec '15.

- Annual Eye Checkup Camp was organized by NIO (National Institute of Ophthalmology), where 124 Type 1 Diabetes children were screened. 29 children under 5 yrs of age were exempted from this screening by their respective doctors.

- **None of our children were detected with any complications**

- With our ongoing follow up calls, counseling and monitoring, hospital/clinic visits were regularized with maximum children going in for consultations with their referred doctors.

- **Annual Review Meetings (Madhuraasha Program):-**

- A) KEM Diabetes Unit held on 4th April '15**

- » Key points:-

- Apart from focusing on the importance of maintaining HbA1C levels, our aim should be to reduce the episodes of Hypoglycemia and symptoms of DKA which leads to hospitalization
 - Importance should also be given to other growth parameters (height, weight), following proper Insulin regimes and techniques, diet and exercise, and most important, involvement of parents in day to day management of their diabetes
 - Suggestion for registering "Nityaasha" with PASSCO for disposal of Medical Waste

- B) Jehangir Hospital Diabetes Unit held on 7th September '15**

- » Key Points:-

- To work on child to child program: select children/diabetic volunteers who are responsive and managing their diabetes properly as mentors to motivate and guide children in the Red Category
 - To build innovative ideas to make the families understand the importance of maintaining target HbA1C levels

- Since diet plays an important role in managing Type 1 Diabetes, a recipe book – "Festival Fiesta" with 15 diabetic recipes was prepared and distributed during Diwali to all the children.

- PASSCO registration for disposal of Medical Waste was done on 30-3-2016.

- To reach out to more needy children and continue with quality services, Nityaasha focused on a Fund Raising Campaign. With the support of well wishers and individual donors, we were able to collect donations of Rs. 9,64,298/- in 2015-16.

Managing Committee Meetings & Resolutions FY 2015-16

1. 25th July 2015, Saturday

Resolution:

- To focus more on Red Category families for children with high HbA1c levels.

2. 10th October 2015, Saturday

Resolution:

- To conduct Aptitude Test & Career Counseling for "Nityaasha" children in association with "Jnana Prabodhini Samshodhan Sanstha"
- To register with PASSCO & PMC for Medical Waste Disposal

3. 8th January 2016, Friday

Resolution:

- To take a place on rent in a commercial complex for establishing a Medical Aid Dispensing Centre with proper drug license and employ a pharmacist
- To prepare Audio Visual T1DM educational video to educate children, their families and eco-structure around them
- To appoint Dr. Smita Dhadge as a part-time medical consultant for KEM children at "Nityaasha"

ABOUT NITYAASHA FOUNDATION

“Nityaasha Foundation” launched on 25th July 2013, is a registered charitable trust which started its 1st program “MADHURAASHA” for children between 0 to 18 years from the economically weaker sections of society with Type 1 Diabetes.

The Foundation supports them by providing free medical aid and takes care of their annual pathology tests, annual check-ups, diet and social counseling along with continuous monitoring and educating by regular home visits, school visits and follow up phone calls to make them capable to manage this disorder.

The Foundation launched its 2nd program “DIVYAASHA” on 28th February 2015 focusing on children with Epilepsy.

The Foundation supports them by providing free Epileptic medicines and takes care of EEG, MRI tests. We monitor the child’s health on a continuous basis through periodic home visits and follow up calls, and educate the families about Epilepsy. Social counseling and awareness sessions are conducted during home and clinic visits to deal with the fear, stigma and taboo related to Epilepsy.



VISION, MISSION & OBJECTIVE



VISION

Providing an equal opportunity for all to cherish the gift of life.

MISSION

To bestow healthy life by fulfilling the medical needs of the underprivileged through holistic support.



OBJECTIVE

To provide a stable & healthy life to children from the economically weaker section of Society, who are trying to cope with a life threatening disorder.

FOUNDERS & TRUSTEES, MANAGING COMMITTEE MEMBERS



Farook Merchant (Founder & Trustee)

Farook Merchant, Chairman and Managing Director, Messung Group of Companies, is an innovator credited with discovering the first Programmable Logic Controller in India. Mr. Merchant is a successful entrepreneur who built Messung from a one man company to a 500-member team with national presence and global collaborations.

Taking his interest to the next level, a born humanitarian, Mr. Merchant established "Nityaasha Foundation" in 2013, a charitable registered trust, dedicated towards care of underprivileged children with Type 1 Diabetes & Epilepsy.



Nasima Merchant (Founder & Trustee)

Mrs. Nasima Merchant is an inspiration to women who look through the glass ceiling and rue the missed opportunity of higher education. Though she came from a fairly well to do family, her education came to a halt after she finished standard twelve. She went back to college and not only pursued a Bachelor's degree in Urdu but did a Master's in the same and stood first in Poona College.

She has been actively involved in community welfare services for many years. She is closely associated in all the day-to-day activities of "Nityaasha Foundation".



Gulshan Maskati

A graduate in Psychology from Pune University, Mrs. Maskati has worked in the Pediatric Endocrine Department of Hirabai Cawasji Jehangir Medical Research Institute (HCJMRI) for 5 years, as a Research Coordinator.

She has been working in the social field since years and has gained a lot of experience in the social effect of the underprivileged families.



Fatima Lilani

Fatima Lilani is a senior professional in the social development field with close to 20 years of experience. She has developed a specialized focus on addressing the social, psychological, and economic challenges associated with Palliative Care, and has undertaken various positions in pursuit of the same.

Apart from her professional capabilities in the social development field, she also feels strongly towards healthcare and empowering women, and has volunteered with various communities and organizations in a personal capacity.



Kasturi Shankar

Kasturi Shankar has had a long and distinguished career in social work, across different areas. Mrs. Shankar completed her Masters in Social Work (MSW) from Lucknow University in 1967, after an undergraduate degree in Sociology. After working for many years in various social organisations, she retired from full-time work, but continued to be very active with NGOs supporting development and social causes. She joined the Soroptimist International organisation, and rose to become its national President, representing India at various international events. She was honored in 1998 by the Pune Municipal Corporation for her cancer related work.



Dr. Deepa Divekar

Dr. Deepa Divekar is a Pediatric Neurologist and the Medical Director of Sahyadri Speciality. She became Founder Trustee of Pune Institute of Neurology in 1993 and started the first of its kind Childhood Epilepsy Programme with comprehensive care for all children suffering from Epilepsy, including school and home visits, counseling and treatment.

She is a Trustee in the 'Samavedana' project which helps needy patients to meet their hospital expenses.

Her interest lies in all children who have chronic illnesses like Epilepsy, Mental Retardation, Cerebral Palsy and Children with special needs like Autism, Learning Disabilities and ADHD.



Dr. Iqbal Musani

Professor Dr. Iqbal Musani completed BDS from Pune University in 1996 as a merit student. He completed his MDS in 1999 in the speciality of Pedodontics and Preventive Dentistry from the Rajiv Gandhi University of Health Sciences (Bangalore), and was awarded the Best Outgoing Postgraduate Award. Other than his profession of Pediatric Dentistry, Dr. Musani is passionate about Social Service. He is associated with the Scouts movement in Pune and is a Government certified trained Scout Master. Dr. Musani routinely conducts dental checkup and treatment camps for various NGOs. He has been a volunteer with the Aga Khan Development Network in various capacities. Currently he is the Chairman of the Regional Education Board for Western India, Aga Khan Education Service India.

ASSOCIATED DOCTORS & REFERENCES

References of children from economically weaker sections of society with Type 1 Diabetes/Epilepsy are given to Nityaasha by the doctors. Presently Nityaasha is associated with the following doctors and work as per their medical guidance.

Program "Madhuraasha" - Type 1 Diabetes in children

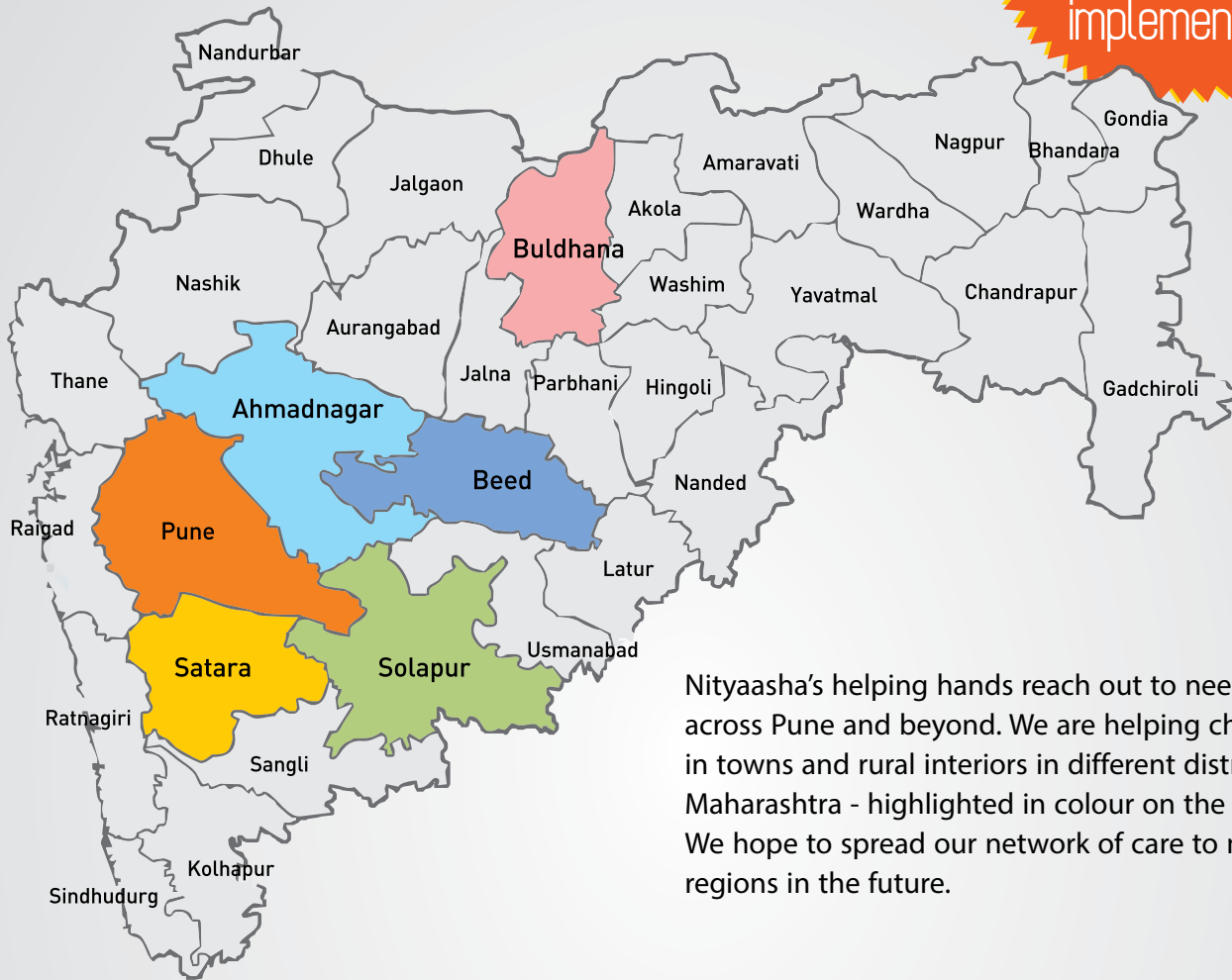
Name of Hospital	Name of Doctors	No. of Referred Children
Jehangir Hospital Bharati Hospital	Dr. Vaman Khadilkar Dr. Anuradha Khadilkar Dr. Supriya Phanse Dr. Rahul Jahgirdar	62
Kem Hospital, Diabetes Unit	Dr. C.S.Yajnik Dr. Kalpana Jog Dr. Meena Kumari Dr. Smita Dhadge	75
Deenanath Mangeshkar Hospital Mai Mangeshkar Hospital Sahyadri Hospital Sterling Hospital	Dr. Arundhatee Khare	15

Program- "Divyaasha" - Epilepsy in children

Name of Hospital	Name of Doctors	No. of Referred Children
Sahyadri Hospital	Dr. Deepa Divekar	10
Deenanath Hospital	Dr. Surekha Rajadhyaksha	3
Unique Hospital	Dr. Umesh Kalane	6
Bharati Hospital	Dr. Kavita Srivastava	3

OUR REACH

Rural Reach Program successfully implemented!



Nityaasha's helping hands reach out to needy children across Pune and beyond. We are helping children in towns and rural interiors in different districts of Maharashtra - highlighted in colour on the map. We hope to spread our network of care to many more regions in the future.



NITYAASHA REGISTERED CHILDREN LOCATION

URBAN AREA

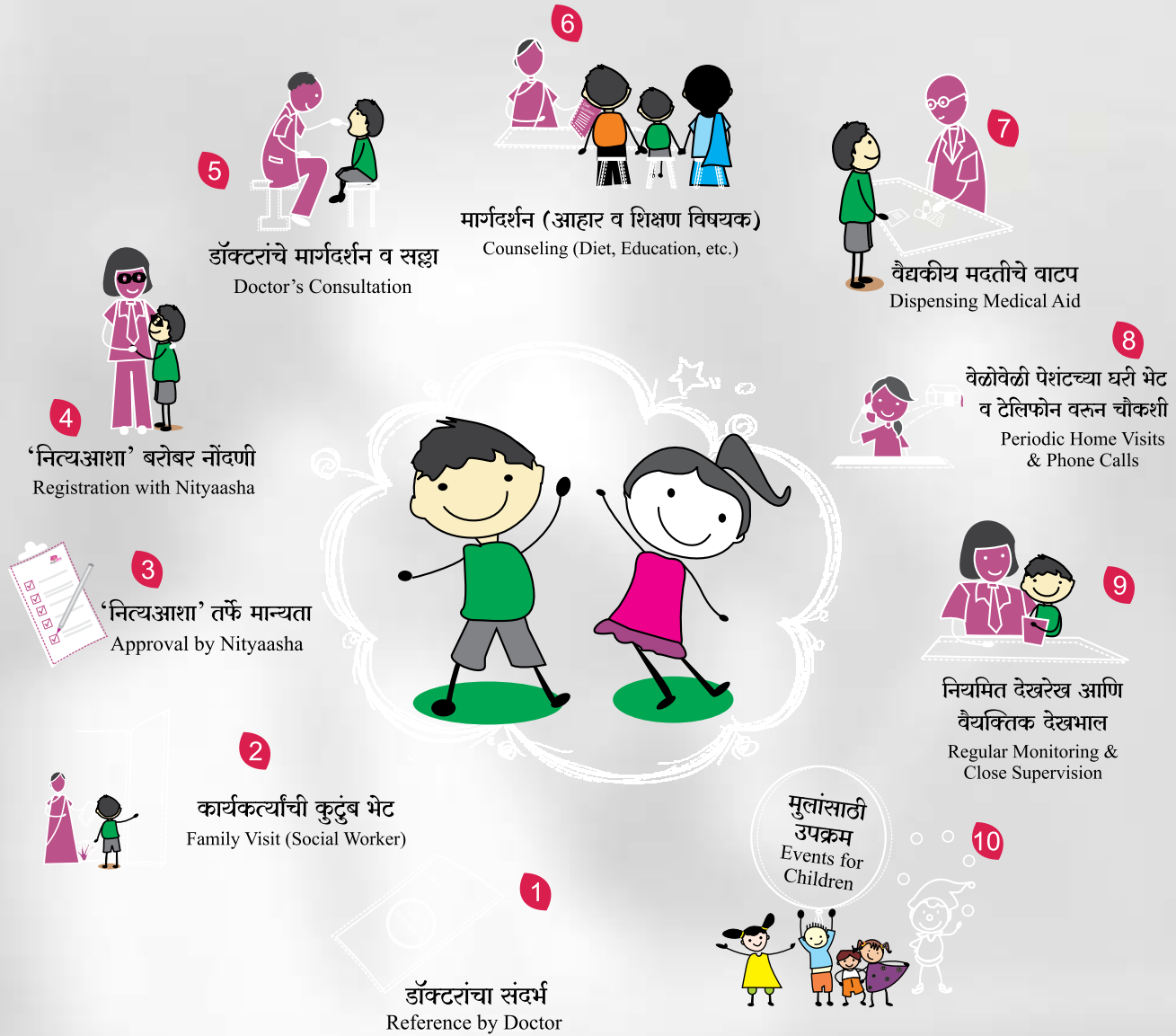
Katraj
Bhosari
Wagholi
Dhankawdi
Akurdi
Pimpri
Dhayari
Kalewadi
Thergaon
Bibewadi
Chakan
Bavdhan
Bhugaon
Karvenagar
Nigadi
Kondhwa
Sinhgad Road
Padmavati
Shukrawar Peth
Sadashiv Peth
Vishrantwadi
Hadapsar
Khadki
Bhopodi
Rajgurunagar
Kasabapeth
Vadgaonsheri
Wanwadi
Pimprigaon
Urali Kanchan
Hinjewadi
Koregaon Park
Camp
Dhanori
Mundhwa
Dighi
Lohegaon
Ambegaon
Bhavani Peth
Indrayani Nagar
Chikhali
Chinchwad

RURAL AREA

Ghatane-Solapur
Khed-Shivapur
KanhePhata (WadgaonMaval)
Ahmednagar
Veda-Beed
Munjawadi-Phaltan
Khurkhum-Daund
Shirur
Narayangaon
Baramati
Ashti-Beed
Kalas-Ahmednagar
Singapur-Purandar
Jinti, Karmala-Solapur
Saswad
ManjriBudruk
Alandi
Susgaon
Jejuri-Purandar
Amble-Shirur
Walhe-Kamatwadi
Naigaon-Purandar
Nasrapur
Velu-Bhor
Lonavala
Salpe-Satara
Jategaon-Shirur
Mulshi
Shelgaon-Baramati
Mahabaleshwar
Sherewadi-Satara
Karandigaon-Shirur
Junnar
Patas-Daund
Talegaon
Dehugaon
Satara
Jawalgaon-Mulshi
Ravangaon-Daund
Rahuri
Ozar-Narayangaon
Ranjangaon

NITYAASHA PROGRAM LIFECYCLE

The process of selecting a child as our beneficiary follows a stringent set of rules that govern the procedure.



मदत गट
Support Groups

सहलींचे आयोजन
Outdoor Picnics

माहिती विषयक
कार्यक्रम
Awareness Programs

THE CHILD CARE PROGRAM

I) Enrolment Process

a) Initial Home Visit:

After getting a reference from Doctors or anyone approaching for help, Medical Social Workers plan the initial home visit. This is done to assess the actual economic and overall condition of the family.



TOTAL INITIAL HOME VISITS

37

MADHURAASHA
TYPE 1 DIABETES

22

DIVYAASHA
EPILEPSY

15

b) Registration & Enrolment

As per our selection criteria, the Medical Social Workers prepare a brief report and send it to the Managing Committee Members for a thorough screening procedure. After the Committee approves, the family visits the "Nityaasha" Centre for registration.

TOTAL REGISTRATIONS (2015-16)

38

TYPE 1 DIABETES



14



10

24

EPILEPSY



8



6

14



TOTAL REGISTRATIONS

174

TYPE 1 DIABETES

EPILEPSY

FY



FY



2013 - 14

59

39

-

-

-

2014 - 15

13

17

2014 - 15

3

5

2015 - 16

14

10

2015 - 16

8

6

TOTAL

86

66

TOTAL

11

11



II) Post Enrolment

a) Clinic Visit & Dispensing of Medical Aid

- Doctor's Consultation: It is mandatory for every child to attend the clinic at Nityaasha Centre - once in 2 months for Type 1 Diabetes children and every 3 months for Epilepsy children.
- Diet/Social Counseling: Diet plays an important role for a Diabetic child. Diet counseling is done during clinic visit by our dietitian who understands the family's socio-psycho problems and counsels them to deal with various crises.
- Diabetes Educator: The educator educates the family on diabetes, its management and to handle emergencies. Teaches Self Blood Glucose Monitoring (SBGM) and to maintain a diary to record sugar levels.
- Dispensing of Medical Aid: Dispensing of free insulin, lancets, strips, syringes etc. & anti-Epileptic medicines. Glucometer & cold chain bags are dispensed once at the time of registration. Medicine is dispensed as per doctor's prescription.

TOTAL NO. OF CLINICS

103

MADHURAASHA
TYPE 1 DIABETES

92

DIVYAASHA
EPILEPSY

11



TOTAL NO. OF CHILDREN AT CLINICS

914

TYPE 1 DIABETES

848

EPILEPSY

66



b) Supervision & Monitoring:

Follow up Home/School Visits are the most unique aspect of "Nityaasha's" services. Reaching out to the families at their door steps helps us to achieve our objectives by:

- Educating the family members and the eco structure around the child by flip charts and other educative materials
- Spreading awareness about the disorder
- Developing rapport with the families by giving them moral support and confidence to lead a normal life.

TOTAL HOME VISITS

255

MADHURAASHA
TYPE 1 DIABETES

238

DIVYAASHA
EPILEPSY

17



TOTAL SCHOOL VISITS

25

TYPE 1 DIABETES

23

EPILEPSY

2

Follow up Calls

- Phone calls in regular intervals are made to get an update about their health condition and family situations.

TOTAL FOLLOW-UP CALLS

2282

TYPE 1 DIABETES

1821

EPILEPSY

461



III) TESTS

Madhuraasha - Type 1 Diabetes - Pathology Tests

All children with Type 1 Diabetes should be assessed annually to monitor their glycaemic control and for early detection of any diabetic complication. The following tests are done annually:

T3 T4 TSH, Lipid Profile, Microalbumin, Urea, Creatinine, HbA1c

NO. OF ANNUAL PATHOLOGY TESTS (incl.of HbA1c)

136

NO. OF HALF YEARLY HbA1c TESTS

131

Divyaasha - Epilepsy - EEG & MRI Tests

We require an EEG that is an Electro Encephalo Graphy, in Epilepsy, to detect an abnormal electrical activity, in the brain, which gives us fair idea about the probability of recurrence of seizures as well as to delineate the type of epilepsy, with peculiar abnormal electrical activity patterns, so as to choose the right type of anticonvulsant medicines.

If the EEG is showing abnormal electrical activity over a particular, localised brain region, only then is MRI of the brain required, to detect any abnormal localised brain pathology, eg, a brain tumour, scar of injury, etc.

NO. OF EEG TESTS

04

NO. OF MRI TESTS

01

IV) Annual Check-ups - Madhuraasha Program

Eye Check-ups - Eye screening is a key part of diabetes care. If a child has diabetes, the eyes are at risk of damage from diabetic retinopathy, a condition that can lead to sight loss if it's not treated. An Eye Check-up Camp for Nityaasha children was held at National Institute of Ophthalmology, Pune, under the medical supervision of Dr. Aditya Kelkar.

Note: 29 children below 5 years were not advised for eye check-up

TOTAL CHILDREN FOR EYE SCREENING

123

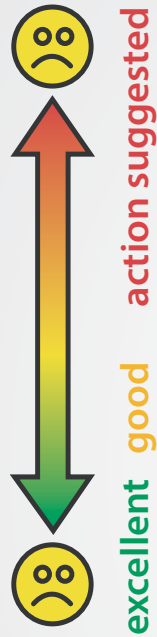


WHAT IS HbA1c?

The term **HbA1c** refers to glycated hemoglobin. It develops when hemoglobin, a protein within red blood cells that carries oxygen throughout your body, joins with glucose in the blood, becoming 'glycated'. By measuring glycated haemoglobin (HbA1c), clinicians are able to get an overall picture of what our average blood sugar levels have been over a period of last 3 months. For people with diabetes this is important as the higher the HbA1c, the greater the risk of developing diabetes-related complications.

HbA1c is also referred to as **hemoglobin A1c** or simply **A1c**.

Diabetes Control Card



HbA_{1c} test score	MEAN BLOOD GLUCOSE mg/dL	mmol/L
14.0	380	21.1
13.0	350	19.3
12.0	315	17.4
11.0	280	15.6
10.0	250	13.7
9.0	215	11.9
8.0	180	10.0
7.0	150	8.0
6.0	115	6.3
5.0	80	4.7
4.0	50	2.6



Red Category

Madhuraasha Program

**Children with HbA1c above 10% are kept in the Red Category.
Extra attention, continuous monitoring, and education are given to these families.**



TOTAL HbA1c TESTS IN 2015-16

267

NO. OF CHILDREN IN RED CATEGORY

77

Red Category Children 2015-16 (1st April 2015 to 31st March 2016)

No of HbA1c Tests	Red Category HbA1c <10%	Improvement Seen	Improved %
267	77	52	67.5%

Monitoring Process started in 2014-15

- Started focusing on children with high HbA1c categorizing the family under Red Category
- Mrs. Nasima Merchant, Founder & Trustee took special initiative to work closely with these children through home visits, frequent follow-ups, counseling and educational sessions

Steps taken in 2015-16

- Motivational, counseling and educational sessions were conducted for mothers of the Red Category children on 29th April & 31st July 2015
- Focusing on diet, cooking demonstration was started from January 2016 to educate the mothers of Red Category children
- Meeting with KEM Diabetes Unit team was on 12th March 2016
- Meeting with Jehangir Diabetes Unit team was on 22nd March 2016

Future intense monitoring process plan for Red Category Children:

- HbA1c tests to be done quarterly
- Diet playing an important role, regular cooking demonstrations will be conducted
- Nityaasha team to be trained on Carb Counting and titration of Insulin doses to educate mothers
- Continue with extra follow up home visits & counseling



AWARENESS & EDUCATION

Madhuraasha – Type 1 Diabetes

“Nityaasha” conducts educational sessions on Type 1 Diabetes during clinic, home and school visits. Medical social workers with the help of flip charts and videos, explain and educate about Type 1 Diabetes and its management to the families and the eco-structure around the child. The following topics were covered in 2015-16.

- What is Type 1 Diabetes?
- Hypoglycemia
- Injection Technique
- Sick Day Management
- Managing Diabetes during festivals
- Annual Pathology Test



Divyaasha – Epilepsy in children

Educational and awareness sessions on Epilepsy were conducted during clinic, home and school visits by our Medical Social Worker who educates the families and eco-structure around the child to deal with the fear, stigma and taboo related to Epilepsy.



FAMILY & CHILD MOTIVATIONAL PROGRAMS

**Diabetes Awareness Session
(Topic- HbA1c)**

Mother's Counseling Session

Children Drawing Session

Date: 29th April 2015

Venue: Gyaan Adab Centre

Conducted by:

Diabetes Awareness Session: Dr. Smita Dhadge

Counseling Session: Dr. Radhika Rawat

Drawing: Nityaasha Team



**Theatre for a Cause
(Fund Raising Event)**

Date: 16th May 2015

Venue: Mahatma Jyotirao Phule Sanskrutik Bhawan,
Wanowrie.

Conducted by: Nityaasha & Gyaan Adab Team

Play "OKA ,BOKA, TILOKA"

organized by Gyaan Adab in aid of "Nityaasha Foundation"



**Felicitation
(SSC & HSC students)**

**Motivational/
Mentoring Session**

Date: 20th June 2015

Venue: National Institute of Naturopathy (NIN), Pune
Felicited by: Chief Guest, Prof. Dr. K. Satya Laxmi,
Director, NIN.

Awareness Session by: Dr. Ajinkya Pawar
(On importance & benefit of Yoga & Exercise in T1DM)

Motivational & Mentoring Session by: Dr. Radhika Rawat
(For adolescent children and their parents)



**Diabetes Awareness Program
&
Mother's Counseling Session**

Date: 31st July 2015

Venue: Gyaan Adab Centre

Diabetes Educational Session by:
Dr. Supriya Phanse

Motivational & Counseling Session by:
Dr. Radhika Rawat



**School Diabetes
Awareness Session**

Date: 9th October 2015

Venue: StreeMukti Shikshan Sansthan, Karve Nagar

Conducted by: Ms. Swati Alekar, Diabetes Educator



LFAC Drawing Competition (Motivational Program)

Date: 12th November 2015
Venue: Gyaan Adab Centre
Organized by: LFAC, International Diabetes Federation, Australia
Conducted by: Nityaasha Team



Christmas Celebration (Fun & Entertainment)

Date: 12th December 2015
Venue: Gyaan Adab Centre
Organized by: Nityaasha Team



Aptitude Test (Career Development)

Date: 12th December 2015
Venue: Gyaan Adab Centre
Organized by: Nityaasha Team & Jnana Prabodhini Samshodhan Sansthan



Career Counseling
(Career Development)

Date: 12th December 2015
Venue: Gyaan Adab Centre
Organized by: Nityaasha Team &
Jnana Prabodhini Samshodhan Sansthan



Epilepsy Get-Together
(Motivational & Fun Event)

Motivational & Fun Event
Date: 26th December 2015
Venue: Gyaan Adab Centre
Organized by: Nityaasha Team



Cooking Demonstration
(Educational & Awareness Program)

Date: 27th Jan 2016
Venue: Nityaasha Centre
Organized by: Nityaasha Team
Cooking Demonstration by:
Ms. Anagha Deshmukh, Dietitian
Recipes Prepared: Oats Appe, Dalia Khichdi



OUR ACHIEVERS

Academics

Pratiksha Bodke

78%
in SSC Board Exams



Chanchal Agarwal

75%
in SSC Board Exams



Rajratna Gaikwad

73%
in SSC Board Exams



Usha Hagare

71%
in SSC Board Exams



Saurabh Dere

60%
in SSC Board Exams



Mona Pardesi

62%
in HSC Board Exams



Creative

LFAC Art Competition:

"Nityaasha Foundation" participated in Art Competition organized by International Diabetes Federation, Australia under their LFAC Program, 11 entries were sent to Australia in June '15. We are proud that one of our children, Mast. Siddharth Ohal, was awarded the 1st prize under the category of 10 yrs, receiving a prize money of Rs 11,400/- (150 USD). Certificates were also awarded to Mast. Praful Bansode (6th position) and Ms. Chanchal Agarwal (7th position) in their respective age categories.

Siddharth Ohal Winner 1st Prize

(Category Under 11 years
Visual ASIA)



Prafulla Bansode 6th Place

(Category 11 - 15 years
Visual ASIA)



Chanchal Agarwal 7th Place

(Category 16 - 25 years
Visual ASIA)



HUMAN RESOURCES



Anuja Shams (Project Director)

She is a graduate in English Literature and Sociology from Sambalpur University, Odisha and holding a Post-Graduate Diploma in Public Relation from IFPR (PRSI, Rourkela Chapter). As The Project Director of Nityaasha Foundation, her positive attitude towards life and love for children motivates her to take every challenge, to provide the best of quality services and holistic support to the under privileged families.



Subhashini Naorem (HOD, Social Welfare Department)

She is a qualified B.Sc. (Hons) Nursing from Rajkumari Amrit Kaur College of Nursing, New Delhi. Also completed her post graduation in MSW from Tata Institute of Social Sciences, Mumbai with specialization in Medical & Psychiatric Social Work. She has 11 years of experience in field of social development sector (NGOs) and hospital working as a Building Relationship Officer/Programme Secretary/Medical Social Worker.



Purnima Athavle Pati (Medical Social Worker)

She has done B.A. in Psychology in 2006. After that as an interest she pursued MSW in Medical and Psychiatric Social Work in 2008 from SIBER Institute, Kolhapur. In 2013 she completed Certificate Course in CSR from Symbiosis College, Pune.



Ajay Khandare (Medical Social Worker)

He completed B.S.W. (Bachelor of Social Work) from Nagpur University in 2011 and M.S.W. specializing in Medical and Psychiatric Social Work from Karve Institute of Social Services, Pune University in 2013. He worked in Multiple Sclerosis Society of India, Pune Chapter, for two years as a Social Worker, playing a significant role in the organization.



Sunita Ranikar (Medical Social Worker)

Sunita is a Science graduate with a Masters in Social Work from the Tilak Maharashtra University in Pune where she specialized in Family & Child Welfare. She has also done her Masters in Disability, Rehabilitation & Administration from NIMH, Secunderabad. She has additionally also acquired Diplomas in Psychological Counseling from the Institute of Behavioural & Management Sciences at Chittoor and Early Childhood Special Education in Mental Retardation from the National Institute for Mentally Handicapped in Secunderabad.



Balasaheb Ghuge (Pharmacist)

Balasaheb did his Diploma in Pharmacy from Maharashtra State Board of Technical Education in 2012. He has also worked as a Pharmacist in Deenanath Mangeshkar Hospital, Pune.



Mayuri Kshirsagar (Asst. Accounts & Admin)

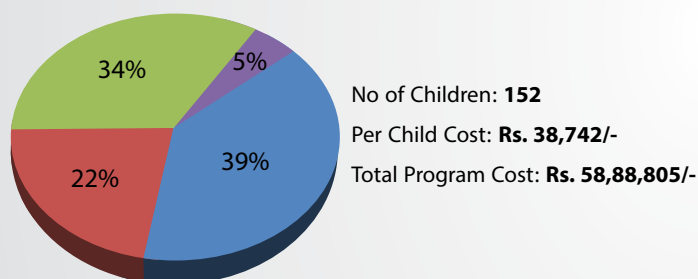
Mayuri completed her MCA (Computers) in 2014 from Sikkim Manipal University. She worked with Kaizen Motors as Asst. Accounts from 2007 to 2011. Later she worked as a data entry operator in National Chemical Laboratory Ltd.

PROGRAM COST 2015-16

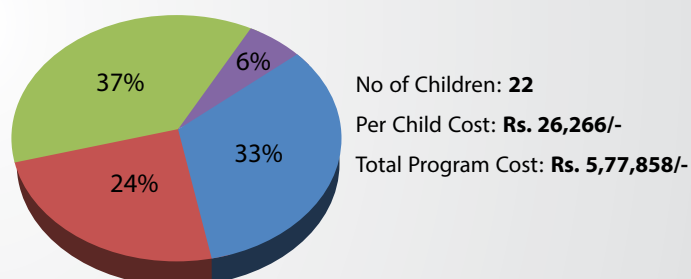
Type of Services	Madhuraasha Type 1 Diabetes	Divyaasha Epilepsy	Total Expenses
Direct Medical Aid	Rs. 23,24,822/-	Rs. 2,00,030/-	Rs. 25,24,852/-
Clinical Services	Rs. 12,88,694/-	Rs. 1,43,188/-	Rs. 14,31,882/-
Supervision, Monitoring & Motivation Program Costs	Rs. 19,627,67/-	Rs. 1,99,916/-	Rs. 21,62,683/-
Administration	Rs. 3,12,522/-	Rs. 34,724/-	Rs. 3,47,246/-
Total	Rs. 58,88,805/-	Rs. 5,77,858/-	Rs. 64,66,663/-

Total Expenses 2015-16

Madhuraasha - Type 1 Diabetes

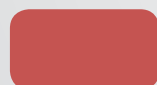


Divyaasha - Epilepsy



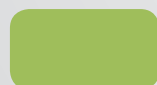
Direct Medical Aid

Insulin, Monitoring Devices (Glucometer, Gluco-strips, Syringes, Lancets), Pathology Tests, Anti-Epileptic Drugs, Tests (EEG, MRI)



Clinical Services

Consultation Charges (Doctors, Dieticians, Diabetes Educators), Staff Salary & Expenses (Nursing Assistant, Medical Social Workers & Pharmacists), Children Activities & Refreshments, Miscellaneous Charges (Rent, Stationery, Electricity, Telephone, etc.)



Supervision, Monitoring & Motivation Program Costs

Staff Salary & Expenses (Medical Social Worker), Event Expenses, Conveyance Expenses (Home visits), Miscellaneous Charges (Rent, Stationery, Electricity, Telephone, etc.)



Administration

Staff Salary & Expenses (Administration), Recruitment, Guest Expenses, Legal Expenses, Miscellaneous Charges (Rent, Stationery, Electricity, Telephone, etc.)

FINANCIAL DATA

NITYAASHA FOUNDATION Balance Sheet as on 31st March, 2016

(Amount in Rs.)

	As on 31.03.2016	As on 31.03.2015
SOURCE OF FUNDS		
Corpus	4,180,000	4,180,000
Resources c/f (Note 1 below)	(3,180,577)	(3,084,449)
Current Liabilities	449,105	367,875
Total	1,448,528	1,463,426
APPLICATION OF FUNDS		
Non Current Assets		
Fixed Assets (net of depreciation)	915,363	1,041,259
Other non current assets	150,000	150,000
Current Assets		
Cash, bank balances and deposits with banks	383,164	272,167
Total	1,448,528	1,463,426

Note (1). Represents resources net of surplus / (deficit) carried forward from the Income & Expenditure statement.

Income & Expenditure Account for the year ended 31st March, 2016

(Amount in Rs.)

	For the period 01.04.2015 to 31.03.2016	For the period 01.04.2014 to 31.03.2015
INCOME		
Donations	6,603,360	6,147,204
Interest & others		
Total	6,603,360	6,147,204
EXPENDITURE		
Expenditure on Object of the Trust (Note 2)	6,373,207	5,440,512
Establishment Expenses (Note 3)	93,456	89,974
Depreciation	232,827	160,663
Total	6,699,490	5,691,149
Surplus / (Deficit) c/f Balance Sheet	-96,130	456,055

FINANCIAL DATA

NITYAASHA FOUNDATION

(Amount in Rs.)

	For the period 01.04.2015 to 31.03.2016	For the period 01.04.2014 to 31.03.2015
Expenditure on Object of the Trust (Note 2)		
Purchase of Medicines	2,400,566	1,798,513
Salary	2,437,224	1,944,309
Medical Consultation Charges	640,952	601,844
Pathology Tests	124,286	21,000
Events	35,292	9,736
Food and Beverages	4,500	5,802
Communication Charges	15,781	11,942
Electricity Charges	31,125	31,365
Printing and Stationery	86,872	117,553
Rent Rates and Taxes	414,205	404,681
Website Development Cost	81,607	152,865
Staff Welfare	13,801	39,005
Repairs and Maintenance	-	47,052
Travelling and Conveyance	46,046	30,465
Fees and Subscription Expenses	6,546	
Branding & Designing	-	165,421
Commission	-	35,395
Internet Expense	34,404	23,566
	6,373,207	5,440,512
Establishment Expenses (Note 3)		
Recruitment Charges	-	-
Office Expenses	77,821	69,836
Electricity Charges	10,375	10,455
Communication Charges	5,260	3,981
Celebration Expenses	-	2,940
Interest:		
TDS	-	1,540
Profession Tax	-	1,222
	93,456	89,974

TESTIMONIALS OF CHILDREN & PARENTS

मित्राकर। निर्याकरा। एका अर्थिय वीनि
मी मन्व्या दूतत् तरुण लक्ष्मी एव अतीनाय निर्याकराकरुण
उद्यं वांरत ते धोउर्यात् अलात्

निर्याकरा। काय वीनययं निर्याकराकरुण
इयी काय अलाययं वाक्यं भाति निर्याकरुण हं एक
वाक्यं पर्वीतिवै युक्तं जगताय। तुही दुही निर्यादी
तेला लेमेल ही तुही काय कयत् अलात् तुही पेरुका
गळ्याला भात अलाययं वीरि यत्न अलात् कयाचीत
ही इरी करुण कोही वरु वाक्यं मन्वत् इयी अलाय
ही भात तुही पेरुका अलात् वाक्यं वीरि वीरि
वाक्यं ही अलाययं भात कयाचीत वीरि वीरि
भात पुढं तमी तुही अलाययं एत किंवा निर्यादी केला अला
त्याना त्याच्या अलाययं वीरि वाक्यं / वरु वीरि

कुलादी अलाय करुण वीरि हात भात
अला भात प्रत्येक अलाययं भात वीरि एत अलाय
अपता वर वीरि वाक्यं ही अलाययं निर्यादी केला अला
अलाययं अलाययं भात अलाययं ते अला अलाययं वीरि
वर अलाययं भात अलाययं अलाययं वाक्यं वीरि वीरि
त्याच्यावर भात कयाचीत वा अलाययं वीरि वीरि
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वरीर्याला त्या अलाययं वीरि वीरि वीरि वीरि वीरि

निर्याकरा। निर्याकरा। एका अर्थिय वीनि
मी मन्व्या दूतत् तरुण लक्ष्मी एव अतीनाय निर्याकराकरुण
उद्यं वांरत ते धोउर्यात् अलात्

निर्याकरा। काय वीनययं निर्याकराकरुण
इयी काय अलाययं वाक्यं भाति निर्याकरुण हं एक
वाक्यं पर्वीतिवै युक्तं जगताय। तुही दुही निर्यादी
तेला लेमेल ही तुही काय कयत् अलात् तुही पेरुका
गळ्याला भात अलाययं वीरि यत्न अलात् कयाचीत
ही इरी करुण कोही वरु वाक्यं मन्वत् इयी अलाय
ही भात तुही पेरुका अलात् वाक्यं वीरि वीरि
वाक्यं ही अलाययं भात कयाचीत वीरि वीरि
भात पुढं तमी तुही अलाययं एत किंवा निर्यादी केला अला
त्याना त्याच्या अलाययं वीरि वाक्यं / वरु वीरि

कुलादी अलाय करुण वीरि हात भात
अला भात प्रत्येक अलाययं भात वीरि एत अलाय
अपता वर वीरि वाक्यं ही अलाययं निर्यादी केला अला
अलाययं अलाययं भात अलाययं ते अला अलाययं वीरि
वर अलाययं भात अलाययं अलाययं वाक्यं वीरि वीरि
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पता तुही भात या अलाययं वीरि वीरि
अलाययं वीरि वीरि वीरि वीरि वीरि वीरि वीरि वीरि
प्रत्येक कयाचीत अलाययं तुही अलाययं अलाययं वीरि
वरीर्याला त्या अलाययं वीरि वीरि वीरि वीरि वीरि

निर्याकरा। निर्याकरा। एका अर्थिय वीनि
मी मन्व्या दूतत् तरुण लक्ष्मी एव अतीनाय निर्याकराकरुण
उद्यं वांरत ते धोउर्यात् अलात्

Baba Hanja Bhawan 89-16
Paris.

Nityasha is my god for I
diabetic children. In last three years
Nityasha gave us medicines, good
food, contact, advice, and good advice to
our children. Nityasha helps
as our child to perform energy and
good contact for his tongue health.
Nityasha's at programs were very
good and helpful for diabetic
children. We very happy to
at programs to Nityasha.

Thankyou for all
Bhawan Mathur
Usha Bhawan

Please not consulting
done.
8/2/16

... was the date of my first clinic visit to
Nityasha Foundation. Nityasha foundation is my second family
here. For me it is like my father, Mother, Gurbhan, Gurinder,
Pravin, Man and Anshu. For me, my mother, Pravin, Man,
Gurbhan, Man and Anshu are more than my own family.
I get my family here. I would never think to have Nityasha.
I could always come as a volunteer. Today is the date of my
first clinic visit to Nityasha. Nityasha has given me a lot of
love and care, even after my death. I could remain Nityasha's
daughter and brother to all my Nityasha family members
to give me much of love.

Please not consulting
done.
8/2/16





Nityaasha Foundation

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info.nityaasha@gmail.com

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