

KamalUdwadia Foundation
Annual Report for FY 2020-21

Table of Contents

Sr. No.	Particulars	Page No.
1.	About Us	3
2.	Geographical spread of KamalUdwadia Foundations' projects	4
3.	Improving the Health of Young Mothers and Adolescent Girls	5
4.	Building an Eco-System to address Multi-Sensory Impairments in East India	10
5.	COVID-19 Relief Work	13
6.	Medical Camps in Dhule and Nanded Districts, Maharashtra	15
7.	Empowering Young Adults having Developmental Disabilities through Culinary Skills Training	17
8.	Other Initiatives in the Healthcare and Disability Sectors	19

1. About Us

KamalUdwadia Foundation is registered as a not-for-profit company u/s 8 of The Companies Act 2013, in Mumbai. It is largely a grant making organisation with primary areas of focus being healthcare and education. Incorporated in early 2019, the year 2020-21 marks the first year of the organization’s full-scale projects.

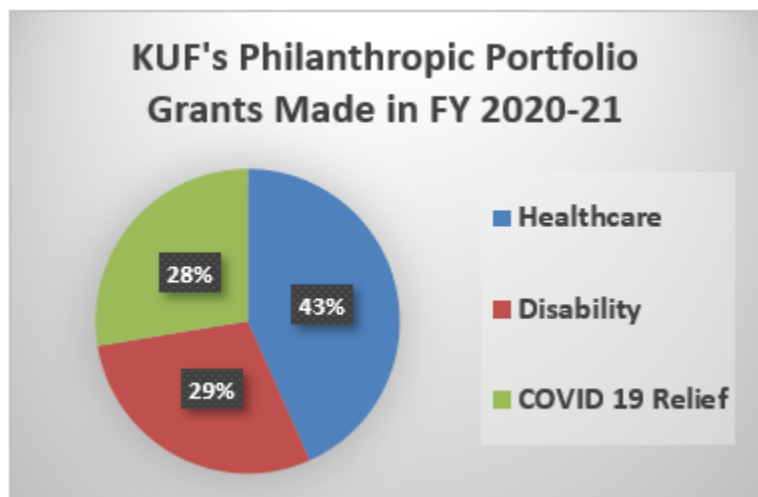
Dr. Anaita, her brother Navroz & their parents, Nergis and Darius Udwadia, had always wanted to set up a non-profit organisation for children with neurological concerns, in memory of their younger sister & daughter, Kamal. Thus, the idea for KamalUdwadia Foundation was conceived. Dr. Anaita, her husband Dr. Hemanth and their three children, Varun, Rohaan and Anya actively participate in activities of the Foundation.

KamalUdwadia Foundation (KUF) aims to improve the lives of the communities they work with, by empowering them through various interventions. The Foundation’s initiatives are spread across the health, disability, livelihood, education, water and sanitation sectors. Its approach is to bring about holistic development by collaborating with multiple stakeholders namely, the local communities, partner organizations and government agencies.

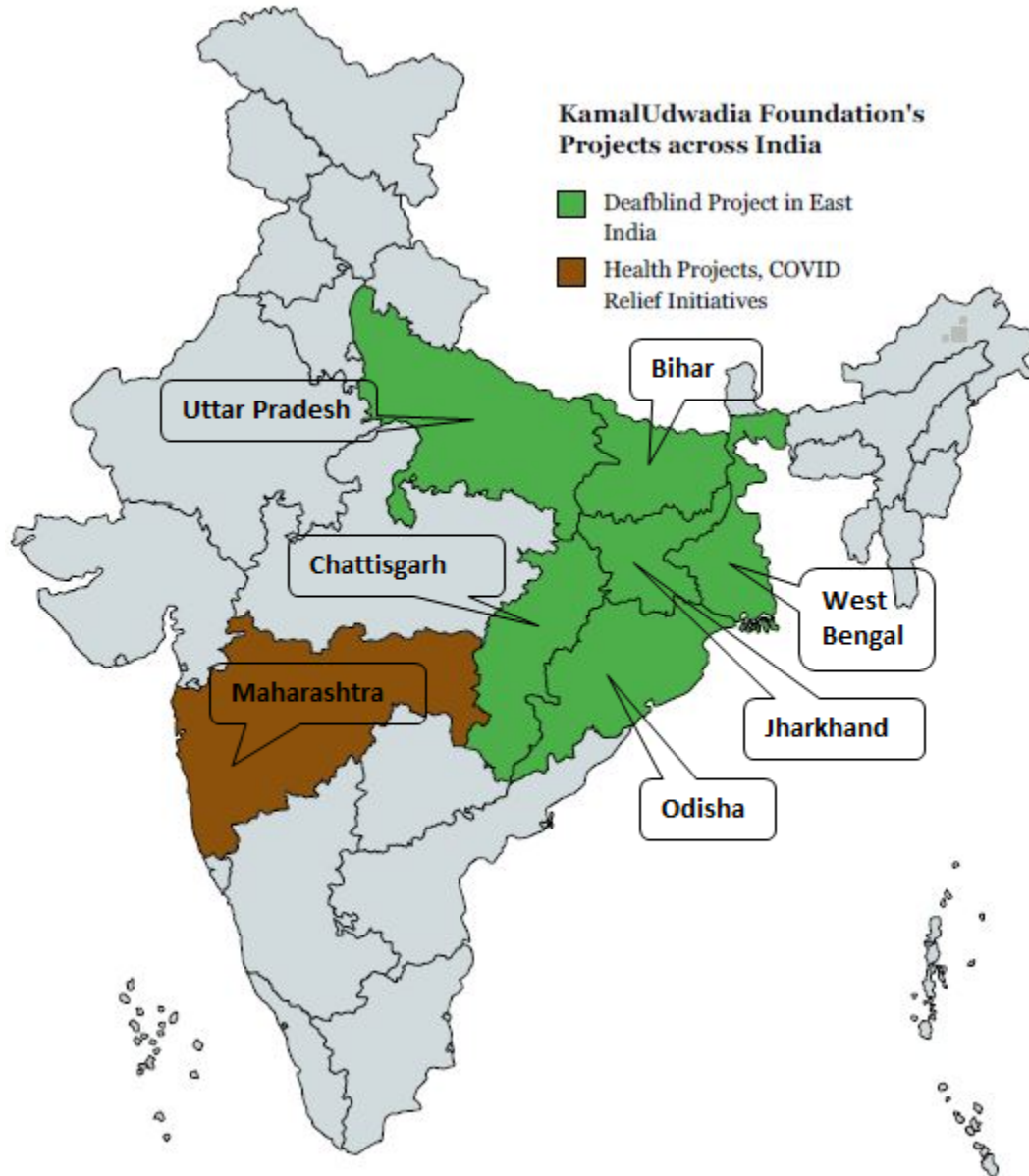
FY 2020-21 - The Year Gone By...

The year 2020 was marred by the COVID 19 pandemic and KamalUdwadia Foundation also channelised its resources in supporting COVID relief initiatives, in addition to its other projects. Following is a snapshot of the sector wise grants made by the foundation.

KUF's Philanthropic Portfolio - Grants Made in FY 2020-21 (₹ in Lakhs)		
Cause	Grant Amt.	% to Total
Healthcare	68.67	43%
Disability	46.13	29%
COVID 19 Relief	43.76	28%
Total	158.56	100%



2. Geographical spread of KamalUdwadia Foundations' projects



The following sections outline the various projects undertaken by KamalUdwadia Foundation during the period April 2020 to March 2021.

3. Improving the Health of Young Mothers and Adolescent Girls

Introduction:

In November 2019, KamalUdwadia Foundation partnered with **Swayam Shikshan Prayog** (an established and award-winning NGO), to undertake a Health and Nutrition Project in Nanded District, Maharashtra. The project focused on Mother and Child Health and the goal was to ‘To Reduce Mortality by Addressing Anaemia & Malnutrition’.

Project Duration: This is a long term project of which the first year commenced in November 2019 and ended in October 2020. The learnings from this project were used to fine-tune the interventions for the next year.

Key Objectives:

- ❖ Improving mother & child health through awareness and by providing access to facilities for women and adolescent girls.
- ❖ Improving hygiene and nutrition-related practices.
- ❖ Improving women’s participation in local governance.

Project Location: 30 drought prone water scarce economically challenged villages located in Loha Block, Nanded district, Maharashtra State in India.

Target Beneficiaries: Young women (married women, pregnant women and women with children under age five) belonging to poor marginal households, landless and socially backward families).

Activities Undertaken:

- ❖ Arogya Sakhis Identification & Training - These are village-level women community-health facilitators, selected and trained to provide last-mile services for the beneficiaries in the villages.
- ❖ Participatory Rural Appraisal (PRA) - This approach aims to incorporate the knowledge and opinions of rural people in the planning and management of development projects and programmes.
- ❖ Baseline Survey - This survey was conducted to assess the health of young women and children based on specific parameters.
- ❖ Community Awareness Sessions and Demonstrations covering,

- COVID 19
- Nutrition Awareness
- Kitchen Gardening
- Water & Sanitation
- Awareness Meetings for the In-Laws
- Community Awareness Meetings
- ❖ Meetings with Government Officials and other frontline health workers like Anganwadi Workers, ASHA Workers, Auxiliary Nurse Midwife and Multipurpose Health Workers.
- ❖ One-Acre Model Farming - training and provision of agriculture kits
- ❖ Distribution of smartphones to the Arogya Sakhis to help them function during the COVID pandemic.
- ❖ Online workshops for the Arogya Sakhis
- ❖ Health testing camps
- ❖ Distribution of 25,000 Saafkins (reusable sanitary napkins) to women and adolescent girls

Project Outcomes:

1. The Impact assessment on the whole saw an increasing trend in terms of positive behavioural change towards adoption of best practices in relation to water treatment, ANC and PNC care for pregnant women at the PHC level, consumption of nutritious food at the household level. This was largely due to the work undertaken by Arogya Sakhis across two key aspects of behavioural change at both the household and the community level at the village level.
2. Some Indicators of Progress:
 - ❖ 57% of households now adopt some form of purification before consumption of water, during the baseline assessment only 8% of the households reported following some purification methods.
 - ❖ 67% (baseline: 38%) of the households now have access to bank accounts thanks to the financial literacy awareness created by Arogya Sakhis in the communities while facilitating entitlements access.
 - ❖ Among those women who are in the age group of 26 years and above the incidence of severe Anaemia has reduced by 12% as compared to the baseline.
 - ❖ 99% of the women now are aware of the collection of the ANC booklet post delivery which is a significant improvement from the baseline where only 47% of the women were aware.

A baseline survey was conducted at the end of the first year to assess the impact of the interventions and to see how the learnings could be used to improve the interventions for the second year. The key learnings from the baseline survey were,

- ❖ Need for continued training and capacity building of women and adolescent girls on safe and healthy practices to improve their hygiene.
- ❖ Healthcare initiatives need to be supplemented by interventions that would help augment the livelihoods of the communities.

Scenes from this Project's Interventions:

1) Cluster Poshan Melava



2) Exposure Visit for Arogya Sakhis



3) Handwashing Training



4) Kitchen Gardening



4. Building an Eco-System to address Multi-Sensory Impairments in East India

Introduction:

The geographical area of the project, 6 eastern states of India, face social problems - high incidence of poverty, discrimination, poor infrastructure, remoteness and lack of access to facilities of sectors such as health, education, and social protection policies resulting in socio-economic inequities. Within this, people with deafblindness and multiple disabilities face discrimination in the form of denial to access basic human rights and essential services. Rehabilitation options are particularly poor, with poor developmental indicators in terms of basic minimal services of health, education and rehabilitation services for any disability conditions.

To help bridge this gap, KamalUdwadia Foundation and Kamal India Foundation UK, partnered with **Sense International India**, a renowned NGO working in the field of deafblindness for nearly 2 decades. The goal of this project is to develop an ecosystem to address the needs of people with multi-sensory impairments, especially deafblindness. The project aims to impact the lives of over 125,000 persons with deafblindness and multiple disabilities and their families living in eastern India through strengthening Civil Society Organisations (CSOs), capacity building of parents and teachers, advocacy with the local government and setting-up model centres in each state. The project will directly provide early identification/ intervention, education, rehabilitation and vocational training services to 450 children and young adults with deafblindness and multiple disabilities

Project Duration: 3 years - April 2020 to March 2023

Project Location: 6 Eastern States of India -

State	Nodal City
Uttar Pradesh	Gorakhpur
Bihar	Patna
Jharkhand	Ranchi
Chhattisgarh	Raipur
West Bengal	Kolkata
Odisha	Bhubaneshwar

Project Outcomes for Year 1:

- ❖ 1 NGOs identified and trained to become an anchor partner in each of the 6 project locations.
- ❖ 12 NGOs included in the network of the anchor NGOs and 75 NGOs trained by the anchor NGOs.
- ❖ 98 villages sensitised on the needs of persons with deafblindness/ multiple disabilities.
- ❖ 1187 children screened at birth for multi-sensory impairments.
- ❖ 613 families sensitised on deafblindness and multiple disabilities.
- ❖ 28 parent support group meetings organised.
- ❖ 71 government officials trained on deafblindness/ multiple disabilities.
- ❖ 327 teachers trained on deafblindness/ multiple disabilities.
- ❖ 154 schools contacted to spread awareness about deafblindness/ multiple disabilities.

Scenes from this Project Interventions:

1) Training of Partner NGOs



2) Training to use white cane during outings



3) Engagement with Government Officials



5. COVID-19 Relief Work

The year 2020 was marred by the COVID pandemic and hence KamalUdwadia Foundation also engaged in COVID-19 relief work in addition to its existing projects. The Foundation's COVID relief work can broadly be categorised into two areas, namely medical supplies and food relief as follows:

- a. Medical Supplies - Over 2,000 N 95 masks and over 1,000 PPE kits were procured and distributed by the Foundation to various hospitals in Mumbai.
- b. Food Relief - Over 650 needy families in the Loha block in Nanded district, Maharashtra were provided a month's ration supplies through the support of Swayam Shikshan Prayog. Similarly, over 200 needy families in Dhanbad, Jharkhand were provided nearly 2 months' ration supplies through the support of Nand Care Foundation .

Scenes from this Project Interventions:

1) Ration Kit Distribution



2) PPE Kit Distribution



6. Medical Camps in Dhule and Nanded Districts, Maharashtra

In 2010, with the desire to improve the state of child healthcare in rural Maharashtra, Dr. Anaita Hegde, began touring the districts of Maharashtra to understand the landscape. By organizing medical camps in each location, she tried to understand the reach and gaps of the healthcare system. Her study has since developed into a multi-faceted project aimed at working alongside local government bodies in rural areas to better support underprivileged children with integrated medical platforms. This deep seeded passion for advancing quality of life and uplifting the poor, shared by Dr. Anaita Hegde and her family, is what drives the Kamal Udwadia Foundation.

After a year of extensive tours, she zeroed in on two districts in Maharashtra to focus her interventions on, namely Dhule and Nanded. At Nanded, she works with a local NGO for special children, and at Dhule she works with the local government officials who are part of Sarva Shiksha Abhiyan. Each district and camp have their own limitations and concerns. She, with a team of 20 medical professionals comprising doctors, therapists, technicians, dieticians, psychologists and young volunteers, have now been holding 3-day camps in these two districts for the last 10 years at 6-monthly intervals. They have been able to reach out to over 21,000 children with neurological concerns and assess around 500 children in each camp. Starting with diagnosis, investigations with EEGs, MRIs and other tests, a holistic multi-therapy & behaviour program is created for the child. Orthopedic and ophthalmological interventions are also provided. Last but not least free medication for 6 months duration is provided.

In the course of these specialised camps, she noticed that 80% of the children were severely malnourished. Thus was born the nutritional wing of the program, where all children and their siblings are provided a course of necessary nutritional supplements and educated on the importance of vaccination, birth control, good local food sources, etc along with their mothers and grandparents. The nutritional package consisting of multivitamins is provided to all those who attend the camps.

Due to the COVID pandemic, the regular rural paediatric neurological medical camps at Dhule and Nanded could not be held. However, distribution of essential medicines along with nutritional supplements was undertaken in these districts with the support of local partner organisations and medical professionals. These items were distributed to over 700 needy beneficiaries in these two districts.

Scenes from this Project's Interventions:

1) Dhule Camp in July 2020



2) Nanded Camp in November 2020



7. Empowering Young Adults having Developmental Disabilities through Culinary Skills Training

Introduction:

Veruschka Foundation is a young NGO based in Mumbai that works with the intellectually disabled. Their aim is to train young adults with intellectual disabilities and empower them to become self-reliant. Veruschka Foundation does this by running a culinary institute that trains these differently abled youth in cooking skills.

KamalUdwadia Foundation provided grants to Veruschka Foundation to help them scale up their operations and reach out to a larger set of beneficiaries.

Project Duration: First year - July 2020 to June 2021. This too is a long term project with the goal of building the NGO's capacity to create a sustainable organisation.

Project Outcomes:

- ❖ The grants helped Veruschka Foundation sustain their operations which were severely affected by the COVID pandemic.
- ❖ Veruschka Foundation was able to streamline their operations and also obtain several government permissions and licences during the grant period.
- ❖ They were able to pivot their offerings and move to online classes and sessions thereby enabling them to reach out to a wider audience.
- ❖ Veruschka Foundation also used the opportunity to give their students practical exposure by getting them to make special food items for festive gift hampers for Diwali and Christmas. These hampers were received very well by their well wishers and the organisation received several orders for these hampers.
- ❖ The grant enabled Veruschka Foundation to also look at other sources of funding, team enhancement and build their overall capacities through trainings and other networking opportunities that would help them scale up in the months to come.

Scenes from this Project's Interventions:



8. Other Initiatives in the Healthcare and Disability Sectors

SRCC - OPD for the Underprivileged

KamalUdwadia Foundation had made a grant to SRCC Children's Hospital in Mumbai which was utilized towards medical support for:

- a) Children from economically challenged families for their OPD Investigations, vaccination support, BERA, MRI & lab Investigations etc.
- b) Children requiring IPD & OPD (admissions support) for life threatening / changing disorders, partial support for the treatment, cost of the caregivers whenever they are short of funds etc.

Ummeed Child Development Centre - Walkathon

Ummeed is a Mumbai-based NGO that works with children having developmental disabilities. The Walkathon towards which KamalUdwadia Foundation had contributed is Ummeed's annual fundraiser for supporting the various initiatives of the organisation.

While some of the above initiatives supported by KamalUdwadia Foundation were one-time grants, the projects in Nanded and East India are long-term projects that aim to create lasting impact. KamalUdwadia Foundation also intends to use the learnings from all its philanthropic initiatives to widen its outreach and help improve the lives of the communities it works with.

Last but not the least, KamalUdwadia Foundation would like to express its gratitude and sincere thanks to all its partners and stakeholders. Their contributions have played a significant role in helping the Foundation achieve its objectives and create meaningful impact in society.
