

Annual Report

2021-22



EDUCATIONAL & SOCIAL TRUST

Reg.No. F 36649 (Mumbai)

ABOUT ORGANISATION

Khushi Educational And Social Trust is a Mumbai based Non-governmental organization, working towards bringing a change for the betterment of under privileged women and children through the most powerful medium, that of education. The trust was formalized in 1999 and registered under The Bombay Public Trust Act 1950 in 2007.

Our vision is to play an active role towards building an educated, socially aware, self-reliant and healthy society. "To dutifully serve the society that we live in, is true social service." Khushi Trust is the result of coming together of social conscious persons who firmly believe in this ideology.

TRUSTEES' OVERVIEW

This was a year of challenges. The Corona pandemic, the strain on social bondings, and the sudden derailment of everyone's financial condition created havoc. In such a situation, we were able to work successfully with the students during the school closure. The trust that teachers have placed in us is an acknowledgment of the several years of work we have been doing.

For the mental and physical health of the neglected elderly in the Corona period, we started the Khushi Care Center for them in their own neighborhood. After a year of our endeavour, the blessings and the love of all these seniors that we receive gives us strength and encouragement to aim even higher.

The challenges of this year also gave us the opportunity to conduct new experiments. We give here a brief report of all these experiments with a hope that this report will to give you all an idea of our work this year.

Thanking you,

Ujwala Patel
Khushi Trust

KHUSHI CARE CENTRE

The concept of the Care Centre was to provide space to the neglected seniors where they could fill the void in their lives by spending quality time keeping busy with some enjoyable activities. In no time the Trust and the seniors built a good bonding between them.

Today, within a year, fifty five seniors are associated with us and it gives us great pleasure to see the confidence the local people have in our Trust and the bonding with our workers.

Beneficiaries will be divided into groups. Interactions will be carried out three days a week for two hours with each group. The following activities will be undertaken.

Physiotherapy: As one gets older, joint pains and back aches are a common complain. Such patients normally require physiotherapy but most of the time it is beyond their means and are thus deprived of treatment. They learn to to bear the pain and take pain killers to keep their life going. For these senior patients physiotherapy sessions are organised every Thursday.



Medical Aid: Dr. Pradeep Yadav visits the Care Centre to provide free medical service to the patients. In addition Dr. Vivek Korde is available for consultancy at the Center five days a week from Monday to Friday.

since those who cannot afford medical attention they just buy over the counter drugs at the local medical shop but now with the availability of the medical services

at the center, they take medication under the guidance and prescription of the doctor.

Two medical camps were also organized in the locality to create awareness about the medical services available at the Khushi Centre so that they would not hesitate to visit the center to consult the doctor when required. Various pathological tests, such as ECG, BP, diabetes, and thyroid were also undertaken. Based on the results of the tests, free medicine for also provided.

The centre now also provides calcium tablets along with the regular medication of senior citizen.

Counseling: Noticing the occurrence of mental illness among senior citizens, a regular counselor has been appointed at the Center. Counselor Bijal Visaria, visits the center every Tuesday when a group of 15 patients participate in group counseling under her guidance. These sessions discuss stress related issues, positive thinking, a positive view towards life, activities which would keep them constructively occupied, meditation, how to resolve family disputes, self-development and realising how problems arise as reality does not meet our expectations. The aim is to make the senior citizens change their attitude towards life so that they can lead a happy constructive life. At such meetings we motivate them to relate with people of the same age to spend quality time to get rid of their feelings of loneliness and depression.



Home Visits: Twice a month, the volunteers of Khushi Care Centre visit the homes of registered members. The fundamental purpose of home visit is to establish a personal bonding with members, to build a relationship such that they would not hesitate to ask for help in case of any personal family problems in their homes. The visit also takes the opportunity to motivate them to continue with their exercises at home.

Sometimes games or various arts and craft activities are also organized in their homes.

Fun, Games and Entertainment: We at Khushi Care think this is the time when they should be stress free having spent their lives looking after the needs of the family. Fun and entertainment are very important for healthy mental balance. It keeps dementia and depression away. Putting our thinking into practice, we have play time where we play guessing games, ball catching, antakshari, blowing out candles, Ludo, making up stories, arranging pictures based on stories, memory games, and Bingo. Such games provide both physical and mental exercises at the same time entertaining



Movie Time: We also think that senior people should enjoy movies too! We have movie time when we show them short humorous films which have meaningful social messages. Along with entertainment, this serves to broaden their vision, create awareness of the societal conditions and broadens their minds. The purpose is to bring them out of their small limited world and turn their thoughts to happier and wider world view.

Entertaining Arts & Crafts Activities: Colour plays a very important role in our lives, especially for seniors as they think their lives have now become colourless! Colour represents happiness, hobby and enthusiasm.



At the Care Centre, we use lots of colour in the form of colourful threads, paper, and paints to create artifacts. Some members are naturally endowed with artistic talents. During the year the Care Centre made the following items under this project:

Fabric flowers, Stocking flowers, Rangoli, Spray painting, thumb drawings, pouches, candle art, Ganapati decoration, ear bud painting, paper bags, envelopes, and flowers from wool.

ENGLISH E TEACH

As the school was closed during the Corona pandemic, BCPT and Khushi Trust jointly conducted their English e-Teach online in vernacular medium schools in order to increase the confidence of the students to speak English. **Twice a week, 75 students from D.Ed. colleges, HJCE and KKCE, using English videos taught English to 30 batches of students from of different schools.** This program was conducted at Bhairav Vidyalaya, Ghatkopar; Sanket Vidyalaya, Thane; New English Vidyalaya, Bhandup; National Urdu School, Mumbra; Lokmanya Primary School, Mulund; Dyanprakash Vidyalaya, Ghatkopar; Anmol Vidyalaya, Thane; Shishuvihar Vidyalaya, Kalyan; Bapurao Agarkar Vidyalaya, Kalyan; Balak Mandir Vidyalaya, Kalyan; and Matoshri Vidyalaya, Kalyan.



While the overall development of students takes place only in education through regional language, proficiency in spoken English helps build their self-confidence. The main objective of the English e-Teach initiative is to create an environment for children and to give them confidence to speak English. Languages are learnt by listening and making a habit of speaking. English e-teaching videos have been made keeping in mind the age of the students in the primary department. These videos help to lay a strong foundation to learn the language in a conducive atmosphere. A total of 380 students benefited from this initiative during the school year when schools were otherwise closed down.

ART MASTI

The purpose of the *Art Masti* initiative is to stimulate the imagination of the students and to nurture their creativity. We have been successfully conducting this project for the last six years in many schools for students of 1st to 9th standard after assessing the interest and age of the students and tailoring the activities accordingly.

Children, anyways by nature, are constantly trying to learn something; all they need is guidance. Learning takes place through experience, for which we provide a platform. Through art craft, students gain experience along with the development of intellectual abilities. Students are taught 15 activities throughout the year. The Trust provides complete information about the required materials and details of where they are available. Along the way as they learn this art, we encourage students to view this *art craft* activity from a future potential self-employment perspective.



Even though the schools were closed this year due to the Covid pandemic, in order to provide an outlet to the artistic talents of the children, the following 17 different activities were carried out for 300 students in Nice Vidyalaya at Mumbra.

Liquid Embroidery, paper crush painting, candle decoration, warli painting, fabric and ear buds painting, making flowers from tissue paper and wool. They also learnt to make caterpillar and pineapple from paper. Craft also included making rabbit photo frames, bracelet activity, drawing with alphabets, making beautiful nature and bird drawings. They also enjoyed a traditional type of painting called 'lippan' painting.

Two activities were implemented, namely Warli Painting and Fabric Painting, under the skill development program for 30 women of Navjeevan Lok Vikas Sanstha, Ambernath. Drawing with Alphabet Key activity was conducted for 66 students of New English Primary School, Bhandup. During this academic year, a total of 21 activities were implemented in various places under eight fun activities.



GANDHI JAYANTI

On the occasion of Gandhi Jayanti on October 2, 2021, Sarvodaya Anjuman and Khushi Trust organized three programs.

The first event was a lecture by Shaikh Hussain's on "National and International Questions and Gandhi" held at 11 a.m. at Nice School, Mumbra. Twenty-two people attended this event. Shaikh Bhai in his speech enunciated the ill effects of increasing violence in the world. Religious violence, administrative violence, rising violence from unemployment were the key points of his speech. He laid special emphasis for the cognizant people to work for social harmony to build a society of Gandhi's dreams by following his path of non-violence. Naeem Sir, Principal of Nice School lent special support for this event.



The second event was at 3.00 pm in Bhandup. Mrs. Neela Limaye's lecture on "Women's Education and Freedom" was held at Khushi Care Center. About 35 women in the age group of 25 to 40 participated. Mrs. Neela Limaye said in her speech that there should be equality in providing education, without any discrimination between men and women. She underlined how the patriarchal structure of society restricts the education of women. She suggested that women should look beyond the traditional mehndi, sewing and embroidery work that women normally undertake. Speaking on women's freedom, she said that the definition of freedom keeps changing. For yesterday's women, freedom meant something else; tomorrow's women will have something else. We must respect each other's freedom. She emphasized that a woman should not do anything against her wish or inclination. The program was conducted by Ujwala Patel. The arrangement for the program was taken care of by Fellow Farhat Sheikh and Fellow Shahnaz Sheikh.



The third event took place with children in Kurla. In the morning, 52 children participated in the 'Lippan' Art workshop conducted by Comrade Pallavi and Minal. 24 children presented speeches, songs and plays. The program was conducted by comrade Yasmin. Arrangements for this program were managed by Yasmin and other colleagues.

SARVODYA VICHAR: BOOK RELEASE:

The Corona period and the terrible conditions experienced by the world during the pandemic brought home the realization that we have gone wrong somewhere. The institute completed the writing of the book Sarvodaya Vichar to revisit Gandhi and understand how relevant and necessary Gandhi's philosophy is in the present scenario. The book was released by senior thinker Shri Abdul Mazumdar at Nutan Vidyalaya Mulund in the presence of 35 people. Shri Jayant Diwan, a Gandhian and Sarvodaya activist presided over the event.



BODY LITERACY PROGRAM

On 16th January 2022, the Family planning association provided necessary information and answered questions the participants had regarding preventive measures to avoid conception and precautions to be taken for safe pregnancy. Shobha Ugale resolved many of the women's doubts about pregnancy and contraception. She also explained the need for medical treatment menstrual problems, the psychological changes that take place at this age and sexual abuse. Physical and mental changes and the need for medical treatment during adolescence was discussed with 42 girls from Nasheman Urdu School.

COLLABORATIVE UNDERTAKING

➤ SANITARY NAPKIN DISTRIBUTION:

Keeping in mind health concerns, during the Corona period, Khushi Trust in collaboration with PAD SQUAD, distributed enough sanitary napkins to last for a period of six months to a total of 68 needy women and girls of Jamilnagar Bhandup. Sushma Shetty and Farida Dariwala had a detailed discussion with the women on hygiene, menstruation and care to be taken during this time.



➤ SAHAYOGINI:

In our efforts to empower needy, poor women, Khushi Educational Social Organization Trust has launched ' Sahayogini - One Step towards Self-Confidence'. In this initiative a batch of ten women are trained by the institute for 45 days as a beautician. In the year 2020-21, thirty women in three batches completed their training with us. They are mentored after the training till they are able to stand on their own feet. From time to time, discussions are held on issues like women's education, women's independence, self-reliance, personality development. The aim is to create awareness about gender equality and sensitize them that living with dignity is a fundamental right of women.



➤ DISTRIBUTION OF BOOKS ON ACTIVITIES:

To keep the students engaged in physical activities in their free time when schools were closed, 'Activity Books' were distributed to 1680 students by Khushi Trust with the help of CMCA. These students were from the following schools.

Amarkor Vidyalaya, Bhandup; Dr.Datta Samant Madhyamik Vidyalaya, Bhandup; Pathan Colony Municipal Urdu School, Nice English Vidyalaya, Mumbra; Ratnachintamani Kanya School, Ghatkopar; and Bhandup Zamin Nagar.

THANKS

We had the pleasure of working with and being supported by exceptional individuals and organisations. We would like to thank all of them for their unwavering support.

This is the bedrock of our organisation and we are grateful to our many supporters, our work would not be possible without you.

Finally we wish to thank our amazing staff, volunteers and resource person for their hard work.

Thank You.

Let's bring happiness together....



Reg.No.: F36649 (Mumbai)

Registered office Mangal Compound, Laxmi Udyog Nagar,
: Kanjurmarg (W.), Mumbai – 78

Current office : Green tree preschool,
Jamil Nagar Road, Near Ekta Police Chowky,
Mangatram, Bhandup (W.), Mumbai – 78

Contact No.: 9819214945

E mail : Khushi_trust@yahoo.co.in

Website : www.khushitrust.org