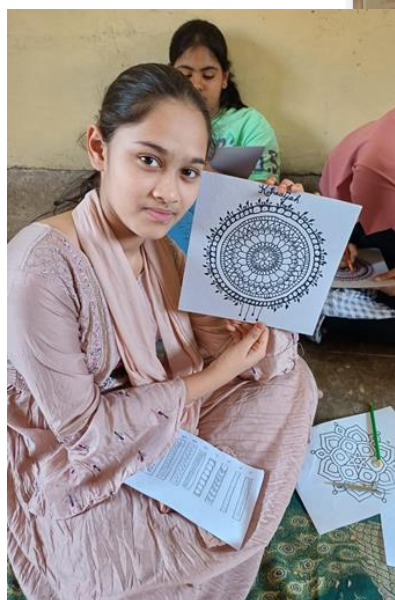




Annual Report 2023-24



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.

BOARD OF TRUSTEES

Mr. Jayant Diwan	Chairperson
Mr. Sandeep Bedekar	Secretary
Mr. Milind Kadve	Treasurer
Dr. Roopa Madkaikar	Member
Mrs. Shobha More	Member
Mr. Mansoor Patel	Member
Mr. Ashok Kamble	Member
Mr. Milind Tambe	Member
Mr. Rajesh Yadav	Member

OUR PURPOSE

This May we complete seventeen years, since Khushi Trust was registered as an Educational and Social Trust, but we have actually been working for 25 years. An organization working means that the people associated with it are working.

When we, as young college students, wanted to work among the children in the slums, we didn't conduct surveys first. We just started work directly, but with some prior preparation. What is prior preparation? It is gathering necessary basic materials for the work we wanted to do. We learnt from our work experiences and continued our onward march. This is how Khushi began.

It is not as if we were successful in all that we undertook in the past twenty-five years; we failed in some as well. When I told this to a donor, he laughed. But this is the truth. Only if we work, then only we succeed or fail! Learning from our failures, we started new initiatives. This is how, for the last 25 years, we have been continuously working on education, health and self-reliance.

What is the outcome of our 25 years? The doors opened for us in schools and the community, and the respect we receive. We have established our identity through our work. Our economic progress has undoubtedly been very slow, but we are very happy that our work never stopped due to a lack of funds.

This report is about the work we have done in this academic year (2023-24). It provides you with information about the expanse on of our work. We express our heartfelt gratitude to all our well-wishers, donors, school teachers, principals, parents, volunteers, senior citizens, and colleagues for their support.

Thanking you,

Mansoor Patel
Trustee

Khushi Care Center



This is the fourth year of our Khushi Care Centre. We have been working in Jameel Nagar, Bhandup for four years. Senior citizens from the areas of Jameel Nagar, Pathan Colony, Pratap Nagar, and Hanuman Nagar in Bhandup visit our centre.

A care centre for senior citizens is the need of the hour. After a certain age, people begin to feel useless, not only when living alone, but even when surrounded by others. There are those who stay home just to take care of the children in the family and there are also those whose homes are troubled by issues such as unemployed young family members, addiction, or family problems like divorce. In such situations, the senior citizens of the family have to bear the burden of responsibilities, and that too, at the wrong time of their life time. How can they take care of their own physical and mental health in such a situation?

We were able to connect with some individuals who were leading isolated lives almost like second class citizens in their own homes. Our goal was to awaken their dormant self-respect, motivate them to take some time for themselves, and help them enjoy the twilight of their lives. We can gauge that we have been successful to some extent when we see the happiness reflected on their faces.



We employed various methods to achieve our objective such as arranging for doctors to visit regularly to ensure that elderly persons have easy access to medical assistance.

Elderly individuals more often require physiotherapy, so these services were made available to them free of charge. Special machines, when needed, were provided at the physiotherapist's clinic as well. Counseling sessions were conducted to give them a different perspective to understand family issues.



Film shows and game sessions were organized for the entertainment of senior citizens. Starting from this year, kitty parties are also being arranged. These are held at someone's home, where the nearby elderly residents would gather. Each kitty party included at least 7 to 8 people.



Various days dedicated to women, such as January 3rd, Savitribai Phule Jayanti, and March 8th, Women's Day, are celebrated to empower women, inspire and encouraged them to take flight towards freedom and self-reliance. This year too, we celebrated January 3rd (Jyotiba Phule Jayanti) and March 8th (Women's Day). We also involved senior citizens in our various projects. On many occasions, they were given the honour of

being the chief guest. This way, the project is functioning at present. We think there should be such care centers in the precincts of every community which would provide a dedicated space for the elderly which they can claim as their own.



This year many youths joined as volunteers. Some students from V. K. Krishna Menon College, Bhandup visited the Care Centre and conducted home visits to understand the problems of senior citizens and the need for Care Centres in the communities.

It made us happy to see that even these new volunteers connected with our senior citizens. During home visits as part of community efforts, they understood their loneliness, neglect, financial difficulties, and the need for emotional support and other such related issues. They also observed that the people in the community viewed the Care Centre as a place which they considered their own and where they could confide and narrate their woes and where someone will understand their pain, difficulties and provide support, both medical and emotional. The volunteers understood the need for having a such Care Centers for senior citizens in every locality.



Bapurav Kadale (age 76) has been a member of the Care Centre for the past three years. Due to the problem with his knee, walking has become almost impossible for him. Doctors have advised him to undergo knee replacement surgery. However, Bapurao and his family are not willing to go through this surgery.



As Bapurao is unable to come to the Centre, he is provided Care Centre facilities through home visits. Physiotherapy treatment from time to time gives him some relief from his suffering. Since games, art, and other activities are conducted at their homes, they now look forward to volunteers from the Care Centre to always come and teach them something new so they can remain occupied for a few hours.

The workers of the Centre go to the homes of those suffering from BP to periodically check their BP and provide medicines at home on the advice of the doctor. Bapurao Kadale always says that Centres like Khushi Care Centre should be present in every settlement so that senior citizens like us can rest assured that there is someone who empathises with us, understands our pain, and with whom we can interact with.



Shanta Sherkhane has been coming to the care centre regularly for three years. She has two children, but they live independently in separate homes. Shantaji's husband passed away when the children were young. She single-handedly raised and educated them. She had hoped that in her advanced age, these children would

be her support. However, in reality, this did not happen.

Shanta ji works in a garment factory. She suffered from knee pain and frozen shoulder. Weakness and dizziness plagued her from a young age. Thanks to Khushi Care Centre, she says, she received her medications on time; otherwise, she would have been compelled to constantly neglect her illnesses and suffer in silence. Six months ago, Shanta Kaki's leg veins swelled, and she had to be admitted to the hospital for a month.

During her illness, her eldest son took her to his home and cared for her. But after two months, she returned to her own home. Now, due to her age, it was not possible for her to go to work in the garment factory. It became necessary for her to earn enough to manage her household expenses, which she could do if she had a sewing machine at home. She could work at home at her convenience and earn enough.

Shanta ji was provided with a sewing machine through Khushi Care Centre with the support of United Way, Mumbai in her hour of need. Shanta ji found solace at the Care Centre, which does not limit its work to providing medicines to the elderly, but they also offer firm support in times of crisis, whether it be family issues or financial difficulties.



Aamin Khan (70 years old) joined the Care Center three months ago. Over the past six years, he had been struggling with mental and physical health issues due to personal and financial difficulties at home. Despite their financial challenges,

Aamin felt compelled to work as a security guard at night to sustain himself. Before joining the Care Center, he had been at home for three months, facing such severe distress that working seemed impossible. He spent fifteen to twenty days in the hospital, and after some improvement, the troubles resurfaced. Regular medication became financially burdensome, making it difficult for them.

Three months ago, Dr. Pradeep Yadav, the doctor at the Care Center, carefully examined Aamin Khan's medications and reports. Alongside the prescribed medicines, calcium, and vitamin supplements were provided for a fifteen-day course. Additionally, regular physiotherapy sessions were recommended at the Care Center. The facilitator from the Care Center regularly visited Aamin Khan at home, guiding him through exercises suggested by the doctors.

Now, after three months, there is considerable improvement in Aamin Khan's health. Not only has he resumed regular work, but he also expresses satisfaction not only with his physical well-being but also with his mental state. His statement reflects that now, he not only feels relieved from the worries about medication expenses but also experiences a positive mental outlook.

ENGLISH – E – TEACH

This project is for students studying in regional languages. Its aim is to make English easy to read and enable every child to speak good English. For the last three years, work is being done in schools with the help of volunteers. This project is mainly a BCPT project which we are implementing in schools.

The college students go to schools to teach students from classes 1 to 4 with the help of English E-Teach videos. These volunteers (college students) conduct a total of 30 sessions in each class. The support received from schools for this project is a testament to its success.

This academic year, a total of 33 students from Menon College, Bhandup and SNDT College, Matunga volunteered their services for this program. These students were first trained on how to conduct classes, after which a total of **64 classes of 9 schools** were distributed among these students. They helped a **total of 2998** students from 9 schools.

The school children were given a pre-test before the start of the coaching and a post-test was conducted to assess their progress after 30 classes. These report cards not only help evaluate the children's progress but also assists in planning activities for the next academic year.





When Art Masti was started 5 years ago, the aim was to provide every child in the municipal schools with the opportunity to engage in art and craft; we believe that no child should be deprived due to lack of necessary material and resources. This work was started with a modest objective, and while working at the grassroots level, when it was given a proper structure, elements that promoted children's self-reliance were included in the project. The children were also introduced to some Indian arts.

In the academic year **2023-24**, Khushi Trust conducted **154 workshops** in **21 schools** between **Kurla and Mulund**. A total of **3691 students** from

class 3rd to 8th benefitted from these workshops. Our effort is to conduct 10 workshops in each school, but due to some constraints, we can achieve this only to a certain extent. Our team members go to schools to conduct each activity. Typically, we work with around 50 children at a time. Our team members assist each child until they complete the activity. We provide all the necessary materials for the activities, from pencils to paper, thread, or bangles, whatever is needed, we supply it to the children.

We believe that every student has a latent talent; what is needed is an opportunity to showcase it.



Students from low-income families in municipal schools often cannot afford the necessary materials, even if they wish to. When given the chance to express their creativity, they make beautiful use of the material which is evident from the things they create. When the children become acquainted with new found art and show their creations to their teachers and parents, they are brimming with a unique radiance, pride, and joy. It is this very moment that makes all our efforts worthwhile.

This year, a new experiment was tried in the Art Masti initiative. We trained eleven volunteers from Menon College on how to conduct art and craft workshops with young children in schools. This training covered essential topics such as making craft items, giving basic instructions to children, and demonstrating how to handle materials effectively.



An excellent Art Masti program was conducted by volunteers at Tulshetpada Municipal School and Dockyard Powai School. Volunteers said that the joy on the children's faces was inspiring and motivated them to work.

Volunteers stated that working with children brought immense joy to their faces. They found a unique kind of satisfaction in helping them.



This project has been designed for women empowerment. The Sahayogini project provides training to women in tailoring, beautician, and mehendi. This initiative is not only focused on women's empowerment but also strives to foster positivity, decision-making skills, and increased participation in social life.

We consider the women at the bedrock of the family and accordingly we started the initiative of Sahayogini, described below, specifically keeping them in mind. The aim of empowering destitute, single, abused, exploited vulnerable marginalized women is brought to fruition through our training programs in tailoring, beautician and mehndi.

We observed that several women in the community who, due to family responsibilities, are unable to work outside their homes. Therefore, families often face financial difficulties. The solution that these women found was to get work from companies and garment makers and do cutting and assembling work. But despite the hard work they put in, they receive very little pay. The only reason they do this work is because they can do it sitting at home. Understanding their problem, we started the above-mentioned courses for them, which is getting very positive feedback.

Our one-month Mehndi course receives very good response. We aim to offer this course during vacations as most participants are

young people who attend college. After completing this course, the girls who took the course with serious intentions started to earn an income by taking orders. Keeping in mind that interest in art also attracts people to this course, we decided to include mehndi in the Art Masti program as well. In this academic year, thirteen girls completed this course.

We are delighted to inform you that through Sahayogini, many women have become empowered. This year, we conducted 5 batches of tailoring classes, benefiting 53 women. This is a three-month basic tailoring course covering hand-bag, apron, frock, petticoat, umbrella frock, umbrella skirt, two types of blouses, plain dress and pants. We provide them all the fabrics required to make all these things. And we let them make them in whatever size they want. Our aim is that when they complete the course, they should be able to earn a decent earning by stitching clothes for others. They should get a fair price and respect for their hard work.

We conducted three batches of beautician course this year. The course period is 45 days. In this basic course, we teach eyebrow shaping, waxing, facials, bleaching, clean-up, manicure, pedicure, hair cutting, hair spa, hair colouring, hair-styling, make-up, and sari draping. Twenty-nine girls took benefit of this course. This course has received positive responses, not only from housewives, but also from less educated young girls. We provide all the necessary materials required to take this course. Most of the girls who take this course are working or run their own business from home.



Sarika Sawant

Within three years of her marriage Sarika left her in-laws home with her one-year-old daughter due to the harassment she was undergoing in that home. Sarika returned to her mother's place, but what about her daughter's future? This big question loomed over her. Her parental home's financial situation wasn't any better. Sarika's mother is suffering from depression. She has been undergoing treatment for the past ten-twelve years. Sarika's mother is facing several problems such as not moving from one place for six to seven hours, not being able to do simple tasks independently, forgetting her way home after going to the market to buy vegetables. As a result, Sarika couldn't even leave her young daughter alone with her to do anything on her own.

A year ago, Sarika had participated in a beautician course conducted by Khushi Trust. While taking the course, Sarika made several diverse friends. With the support of new friends and the Khushi Trust, Sarika had largely recovered from her grief. After completing the course, she started taking orders as a beautician at her convenience. This allowed her to start her own business and also enabled her to take her daughter to and from school and spend time with her. Khushi Educational and Social Organization provided Sarika a complete beautician kit to start her own business. Today, Sarika has become more self-confident and says, "I will raise my daughter in such a way that she will never have to depend on anyone and no one will be able to undermine her." Thanks to her supporters, she has found a new way of living.



Mamta Kori

At the age of 23, Mamta Kori, with two young children was facing financial difficulties due to her husband's death who expired after falling from a tree. Initially, when she decided to join a tailoring course, she faced many challenges over the first three months. But realizing the need to face the life with determination for the sake of her children's future and the financial needs of her household, she successfully completed the course within the next six months with immense dedication. Today, she has enrolled her eldest daughter in a good school and manages household expenses comfortably by fulfilling tailoring orders. Overcoming thoughts of suicide during her dark times, Mamta revived her self-esteem with the support of the Sahayogini program, re-establishing her place in the world.



The Sahayogini program is a ray of hope for women. We not only provide training to women but also supply essential equipment and materials. This year, in collaboration with United Way Mumbai, Khushi Foundation distributed kits containing beauty kits, food processors, domestic flour millers (chakki), and tailoring machines to 92 women from Bhandup. These kits are a significant support for women who strive to stand on their own feet, providing them with immeasurable solid support and backing, without which they would not be able to start a new life.

Summer 2024

Summer Camp



Like every year, this year too we organized a Summer Camp which was our 8th one. This four-day camp saw participation from 110 children. With the objective that every child deserves equal access to education, this camp is organized every year.

This camp was conducted at the Jijamata School in Bhandup, where children from nearby economically disadvantaged neighborhoods were included. Since these children do not go to their home villages during summer vacations, they often while away their time playing on the streets. This camp, therefore, is very beneficial for them where they spend quality time and learn new high-level skills. The camp is completely free of cost and provides necessary materials for their activities.

In this four-day camp, children receive training not only in arts but also in drama and dance. They participate in plays that teach social values. Our aim is to boost their self-confidence and help them learn through play. Through storytelling, they are taught to use language beautifully to express themselves.



With the help of well-wishers, we also provide meals to the children in this camp. The camp culminates on the fourth day with presentations of the children's diverse talents in the presence of their parents. This way, the camp concludes in a very enthusiastic atmosphere, and it is organized every year with great eagerness.

Art Masti Camp

For the past two years, Khushi Educational and Social Organization has been conducting art workshops in private schools to foster artistic creativity in children. Started in 2022, this year a two-day Art Masti camp was conducted in a total of six schools in which 943 children participated. The two-day hobby class was conducted with joy and enthusiasm.



From April 8 to April 19, 2024, the Art Masti camp included participation from Shivaji Primary School, Ghatkopar, Lokmanya Primary School, Mulund,



Parag Vidyalaya, Bhandup, Sahyadri Vidya mandir, Bhandup, Dnyanprakash Vidyalaya, Ghatkopar, Shree Saraswati Vidya Mandir, Bhandup.

In addition to painting, the workshop included making craft items from paper, Warli art, spray painting, button art, collage work, and other activities. The children enthusiastically learned to make various paper crafts, such as 3D fish, paper dolls, snowmen, paper flowers, and penguins. The children's attraction and enthusiasm for colourful paper resulted in the creation of very neat and

beautiful items by the end of the workshop.

The teachers also highly appreciated the items they



created. The children decorated their classroom with many beautiful items they had made. The children from 1st to 4th grade were engrossed for four hours, diligently decorating their classrooms in even more beautiful and creative ways.

The neat collage work from Parag Vidyalaya, the intricate designs on paper butterflies crafted by the children of Dnyanprakash Vidyalaya, the beautiful paper dolls made by the young children of Lokmanya Primary School, the colourful 3D fish displayed all around the classroom by the students of Sahyadri Vidyalaya, and the expertly made spray paintings, meticulously following all instructions, by the 3rd and 4th graders of Shivaji Primary School, were all praise-worthy. The 2023-24 Art Camp was enthusiastically concluded integrating the children's artistic inclinations with the positive collaboration from class teachers and guidance of the teachers of the workshop.



Art - Masti Camp for Parents



During these two days, we taught them activities like making Silk thread bangles, golden trees, stocking flowers, and liquid embroidery. The fun of creating things by themselves reflected on their faces. Through these workshops, they experienced

This year, 40 parents, all of whom were women, from Dnyanaprakash Vidyalaya in Ghatkopar participated in the two-day art camp, taking time out for themselves from their daily bustling lives.



child-like joy rediscovering the child in them. These activities were memorable for all teachers in the school. Such programs are needed for parents as well, so they can find a moment of relief from their daily rush and experience joy and tranquility.

English Camp

At Lokmanya Primary School in Mulund, an English camp was conducted during the summer vacation with a total of 109 students from 1st to 4th Standard. The purpose of the English camp was to dispel the fear of English and teach it in a fun and engaging way. Activities comprised Writing Name Plate, Poem with action, Join the dots, Find the missing letters, Puzzles.

We conduct the English camp in the Marathi school to help primary students increase their vocabulary of two-letter



and three-letter words and to confidently speak simple sentences in English.



Our Team



**Ujwala Patel, Minal Vishwakarma, Sana Shaikh,
Nikita Khandagale, Nisha Yadav, Raziya Shaikh,
Farzana Shaikh**

Friends and well wishers

**Ms. Utpala Thacker , Mrs. Hina.V.Manerikar,
Dr. Hasumati Chheda, Mr. Laxmichand Kenia,
Mr. Kamlesh Gandhi, Mr. Rupesh Kale, Dr. Vivek Korde,
Dr. Pradeep Yadav, Dr. Shakambari Beke,
Mr. Rajesh Shinde, Mrs. Vidya Ganpatye, Mrs. Farhat Shaikh**

Thanks



We always work to improve the lives of women and the elderly at the community level and to raise their standard of living. An empowered woman makes a family stronger, which in turn accelerates overall social development. Achieving this goal is our mission, reflected in our report. This report weaves into words the pure joy of the innocent child standing at the bottom of the economic pyramid.

Our journey would be impossible without the support of all the well-wishers and donors. Our heartfelt thanks to the donors whose support inspires us to reach out and work with people at the grassroots. With your support and the steadfast backing of all those who have been associated with the organization so far, we hope that the sapling of Khushi Foundation will soon grow from a small sapling into a banyan tree and the pace of our work will double.

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



Let's bring happiness together....



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