



NIRAMAY
CHARITABLE
TRUST

THE ANNUAL REPORT

2021-22
2022-23
2023-24

www.niramaygujarat.org

Foreword . . .

Niramay is a dream to be of service to the society. With an objective of ensuring health and wellbeing for all at all ages, Niramay is working tirelessly for last six years. The journey has made us more humble and more resolute to keep doing what we have started six years back. Present annual report is an effort of sharing our work for community during the year 2021-22, 2022-23 and 2023-24.

We established our first clinic **Niramay Bal Poshan Kendra** at Jam Khambhalia in October 2021. This centre was our first experience of blending our public health knowledge with the clinical activity. We have treated more than 200 children suffering from SAM (Severe Acute Malnutrition) at this centre. This centre has shaped our understanding in child malnutrition and helped us design many more child nutrition initiatives.

Within child malnutrition area, we have worked in Gandhinagar district with another Bal Poshan Kendra in Hajipur. We have also experimented with CMAM program (Community level Management of Acute Malnutrition) in Ahmedabad city. Currently, we are providing services to entire Okhamandal taluka through our **Project Vruddhi**. With Project Vruddhi we have expanded our services from SAM & MAM children to Low BMI Pregnant women and LBW children. We have also started working with adolescent girls suffering from anemia.

We have also developed ten (10) **PEHEL Smart Anganwadis** in Gandhinagar and Rajkot. These anganwadis are the realization of model anganwadis for the children and are in sync with recently launched Saksham guidelines for anganwadis. We have distributed nearly 200 wheelchair under Project Care to 50 Old Age homes across India.

Niramay Children Hospital, Jamnagar has become our new home with wide range of child health services being offered at the hospital. A 20 bedded hospital with pediatric ICU provides round the clock OPD & Indoor care services to the local community. PMJAY empanelment of the hospital has ensured that we can provide care completely free to the most eligible and marginalized group of the society.

Niramay has also been recognized by the various organizations for our activity. We are a member in the NAMG (National ASHA Mentoring Group) constituted by MoHFW, GoI as well as on State Task Force for Nutrition and other technical committees in Gujarat.

All these activities and engagement have community at the centre of all activity. An elder living in old age home in Bhopal or Low BMI pregnant women in remote village of Okhamandal taluka or SAM child in Jamnagar city determines our next steps of action. Inspired by Mahatma Gandhi's words 'recall the face of the poorest and weakest man you have seen and ask yourself if this step you contemplate is going to be any use to him' we plan our activities and programs.

Within six years Niramay has grown into family of 35 colleagues, working at a three different units, for a common goal to serve society. We have faced enormous challenges and have enjoyed them thoroughly in these years. We have been able to survive through these crisis by having faith in eternal goodness of people and caring for each others.

As we continue our journey, we pray for strength to continue our work for the society. We believe that Niramay is an experiment to bring together government, corporates, academia and Not for Profit organizations for a greater good. Niramay is equally yours as is ours. We welcome everyone from the society to come forward and join our work to ensure **Healthy people in the service of healthy nation . . .**

सर्वे सन्तु निरामयाः

Dr Imran Malek
Trustee

Dr Hariprakash Hadial
Trustee

Dr Apurva Ratnu
Trustee

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About Niramay Charitable Trust

“In a gentle way, you can shake the world”

Mahatma Gandhi

Life gives an opportunity to everyone, at least once, to do something beyond their individual capacity. Life makes ordinary people do extra ordinary things for the greater good of humanity. These men of valour and unshakable character, rise above the average and create wonders with the undeterred commitment to an idea.

We the ordinary people, gathered by destiny, to do something beyond our individual capacities are forming a charitable trust to accomplish something extra ordinary in our lifetimes. We pray to almighty to give us strength and courage to conquer our fears and overcome our greed and lust for the power. We pray for bestowing us with the capacity to be able to serve poor and most vulnerable people. We also pray for a wisdom to continue our love and affection for each other and society. We pray for a strength to stand with each other in difficult times.

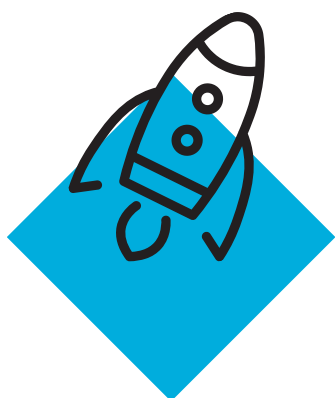
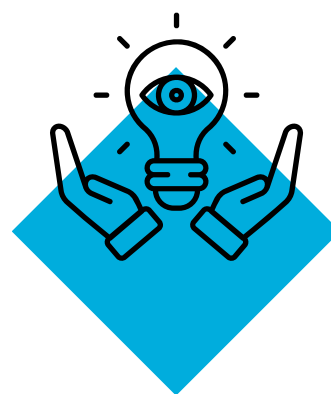
Science of medicine has progressed tremendously in last one century. We have conquered many of the communicable diseases such as plague and TB which used to wipe off entire cities and villages from the face of earth. We have conquered various non communicable diseases as well through various medical and surgical techniques. There seems to be very bright hope that one-day man will be able to cure most of the diseases and provide healthy life to all.

Yet there are two major issues continue to hinder progress of science of medicine. First hindrance is emergence of new diseases every now and then before the science can find a cure for the previous diseases. Cancer is the classic example of such phenomenon. There seems to be no effective cure of the diseases in present medical system if disease is identified late. There is no cure for the cancer spread beyond certain limits.

Second major hindrance is the cost of the therapy. Medical science has become so costly that it has almost reached out of the range of most of the people, except for the few elites. A single episode of critical illness can wipe out entire saving of a person. Furthermore, many people would not even be able to afford or think about such care. Cost of medical care continues to be single most cause for sending people in poverty.

Our Vision:

To develop a system which provides adequate and appropriate care to everyone without the consideration for their social or financial capacity to ensure healthy people in service of a nation.

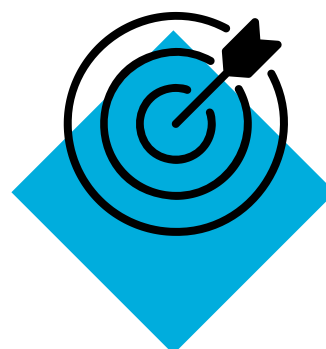


Our Mission:

To establish a health care system which will cater to the need of society and provide community as well as facility based care for the major public health problems.

Objectives:

- To establish a tertiary care institution to address major public health problems in Gujarat & India
- To establish organized community based clinical services as well for providing promotive and preventive services for the betterment of health
- Develop state of the art scientific research from the institutions based on ancient Indian learning as well as western scientific learning and use findings for the betterment of people



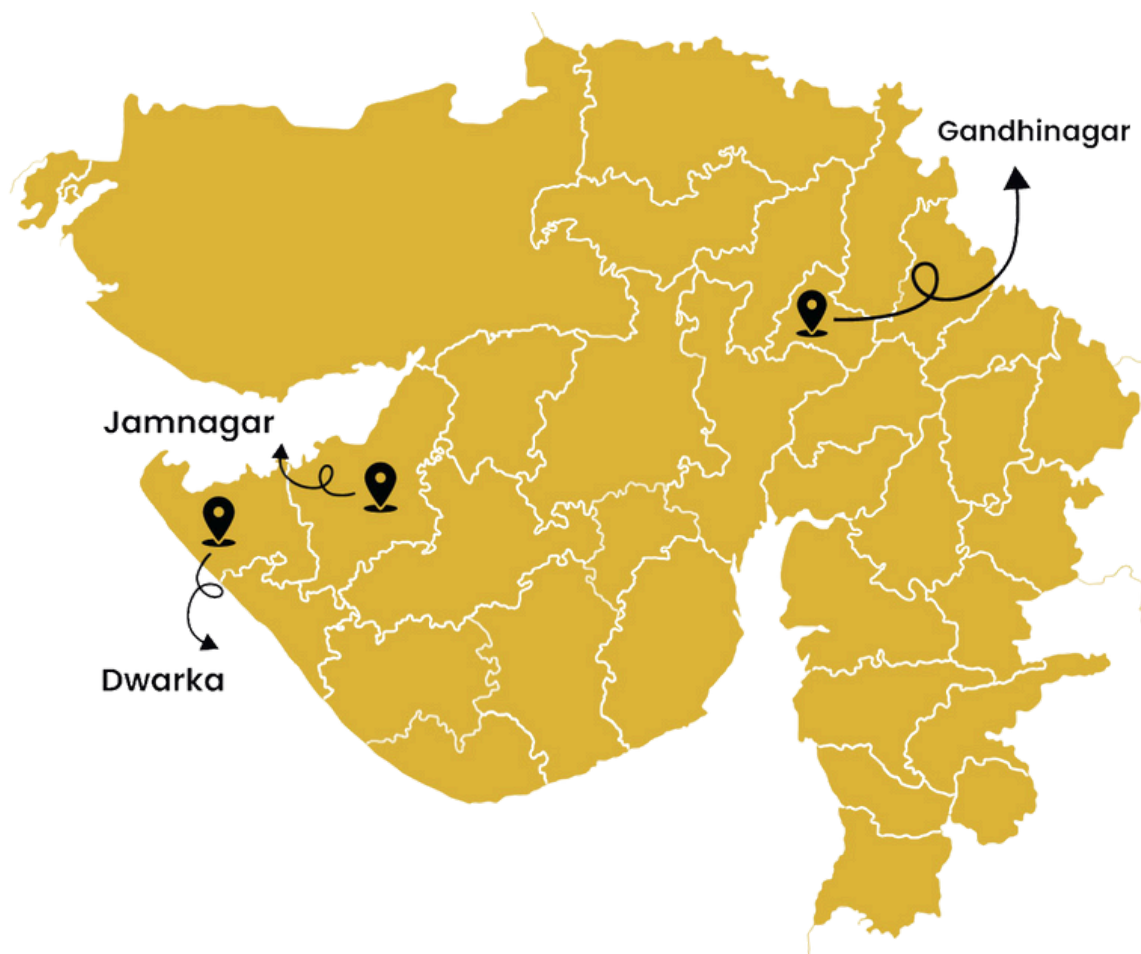
The best way to find yourself is to lose yourself in the service of others

MAHATMA GANDHI

Niramay at Glance (2021-2024)

Our Hospitals and Field Offices

1. Niramay Children Hospital, Jamnagar
2. Project Vruddhi Field office, Dwarka City, Gujarat
3. Niramay Oral Cancer Research Centre & Dental Clinic, Adalaj, Gandhinagar





Project Vruddhi Office, Devbhumi Dwarka

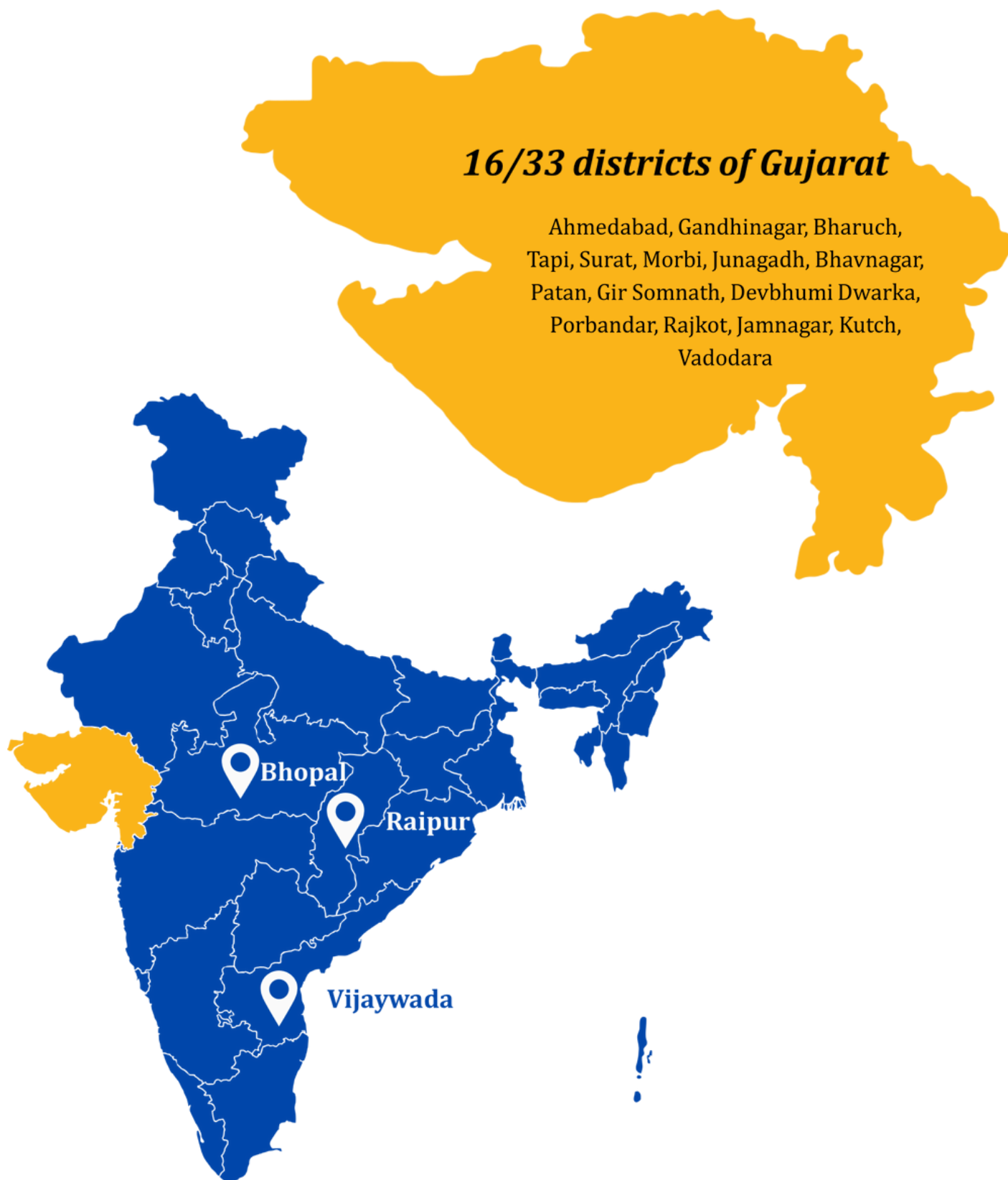


Niramay Children Hospital, Jamnagar



Niramay Oral Cancer Research Centre, Gandhinagar

Geographical Presence:



Our Focus Areas:



Nutrition

Enhancing nutritional status among children to promote healthy growth and development.



Primary Health Care

Providing accessible and comprehensive health services at the community level.



Non-Communicable Diseases and Cancer

Many NCDs can be prevented by reducing these risk factors. Cancer can be prevented and controlled through screening, early detection, treatment, and palliative care



Early Childhood Development

Improving early childhood education and care by reinforcing Anganwadi centers.



Elderly Care

Distributing wheelchairs to support the mobility and well-being of senior citizens.



Mano Vishwa (Mental Health Interventions)

Promoting mental health awareness and providing resources for psychological well-being.

Transforming lives . . .

Total Beneficiaries: 56,002



Nutrition

16,594



Primary
Health Care

15,855



Mental
Health

7,037



NCD
screening

5,855

Others

10,661

Niramay Team



Toal employees

32

Total Female members

17

Doctors in team

8

Alone we can do so little; together we can do so much

Helen keller

CHAPTER -1: Nutrition Interventions



Bal Poshan Kendra, Jam Khambhalia

- Name of the Initiative : Niramay Bal Poshan Kendra, Jam Khambhalia
- Project Duration : September 2021 to October 2022
- Place : Jam Khambhlia, Devbhumi Dwarka District
- Funding Partner : Indian Institute of Public Health, Gandhinagar
(supported by Nayara Energy Ltd.)
- Estimated Beneficiaries : **Child Screened ~ 8,000 children**
SAM children treated – 201 SAM children

Niramay Bal Poshan Kendra, Jam Khambhalia was the first step towards institutionalizing our interventions from community level to facility level interventions. Project Tushti launched by Nayara Energy Ltd envisages malnutrition free Devbhumi Dwarka district. Implemented by IIPH Gandhinagar, Bal Poshan Yojana was launched to garner support of private paediatric providers for the treatment of SAM Children.



First Cohort of SAM children at Niramay Bal Poshan Kendra, Khambhalia

We established 20 bedded centre in Jam Khambhalia for treatment of SAM children. we provided treatment to 201 SAM children. we screened ~8,000 children in Jam Khambhalia taluka and identified 324 SAM children. out of these we successfully mobilised 216 SAM children at our facility. Total 201 SAM children completed 14 days of care at facility followed by six week community follow-up under the project.



Celebrating successful treatment of 200 SAM children

Niramay Bal Poshan Kendra, Jam Khambhalia provided the much needed boost to our activities, especially in the field of child malnutrition, We are thankful to the Nayara Energy Ltd, District Panchayat Devbhumi Dwarka district and IIPH Gandhinagar for giving this wonderful opportunity to us for the treatment of SAM children.



Group counselling for improving dietary practices

Bal Poshan Kendra, Hajipur

- Name of the Initiative : Niramay Bal Poshan Kendra, Hajipur
- Project Duration : December 2021 to July 2022
- Place : Hajipur village, Gandhinagar District
- Funding Partner : Arvind Foundation, IMPact4Nutrition
- **Estimated Beneficiaries** : **Child Screened ~ 600 children**
SAM children treated – 80 SAM children

Based on our learning from the Jam Khambhalia, we established another pilot project with support from Arvind Foundation and IMPact4Nutrition in Hajipur village of Gandhinagar district.

This initiative was a unique initiative with an aim of treating all malnourished children in particular village. We started our activities with community level awareness generation, capacity building of frontline workers and screening of all children aged 0-6 in the Hajipur village.



We screened all 600 children in the village and identified SAM and SUW (Severe Underweight) children. subsequently we established a day care centre in Hajipur village itself for ensuring ease of access to the community for the treatment. We have successfully treated more than 80 SAM & SUW children under this initiative. Most of the children completed their treatment and follow-up with desired weight gain.



We are thankful to Arvind Foundation and IMPact4Nutrition coalition for partnership and helping children of the Hajipur village. This pilot project helped us build our nutrition program for smaller population and for particular geographies.



Niramay Children Hospital, Jamnagar

- Name of the Initiative : Niramay Children Hospital, Jamnagar
- Project Duration : January 2023 onwards
- Place : Jamnagar city, District Jamnagar
- Funding Partner : Niramay Charitable Trust
- **Estimated Beneficiaries** : **Out Patient services ~ 3,000 children**
In Patient services ~ 150 children

Establishment of two Bal Poshan Kendra helped us realise that scale of child malnutrition in Gujarat is huge and requires long term institutional solutions for addressing it effectively. Furthermore, it requires long term sustainable finances as well for effective operations.

We saw an opportunity in PMJAY (Pradhan Mantri Jan Aarogya Yojana) program which permits treatment of SAM children under the scheme. With an aim of creating institution with long term sustainability, we established Niramay Children Hospital in January 2023.





This hospital is 20 bedded hospital with facilities like OPD, IPD and Paediatric ICU. We have empanelled this hospital under PMJAY for providing completely free care to the most marginalized and vulnerable population in the area. Currently hospital provides care under PMJAY as well as to Non PMJAY patients.

Every month facility receives more than 400 OPD patients and 30-40 inpatient children for the care. Most of these patients are treated completely free under PMJAY at our hospital. We are also happy that hospital provides care for the SAM children as well as for MAM (Moderate Acute Malnutrition) children at our facility.



Pediatric patient camp at hospital

We look forward to further strengthen our effort at this institution to provide care to as many children as we can. We believe that government funding (through schemes like PMJAY) and implementation by private provider (for profit and not for profit) can ensure long term sustainable solutions for healthcare service provision and finances.

Project Vatsalya, Ahmedabad

- Name of the Initiative : Project Vatsalya
- Project Duration : September 2023 to April 2024
- Place : Vasna & Ramdevnagar vasahat, Ahmedabad
- Funding Partner : SuryaShobhaVandana Foundation
- **Estimated Beneficiaries : Child Screened ~ 550 children**
Children treated – 150 SAM/MAM children



Niramay hospital Jamnagar and Bal Poshan Kendra provides a comprehensive solution for facility based care for the children. However, majority of malnourished children fall under moderately malnourished category. These children do not require hospital admission for longer period. Weekly community level OPD based treatment for 6-8 weeks can suffice to treat such children.

Project Vatsalya is our effort to provide CMAM services (Community level Management of Acute Malnutrition) in Ahmedabad area. In two different locations of Vasna area and Ramdevnagar vasahat we have screened more than 550 children for the malnutrition.

In partnership with the local administration, we organized 6 weekly paediatric camp in both these areas. We ensured anthropometry (weight and height measurement) followed by consultation by paediatrician, provision of necessary medicines & therapeutic nutrition during every camp visit by the child. We also ensured counselling by nutrition counsellors to ensure long term dietary practices improvement.

We are thankful to SSV foundation for giving this opportunity to us for trying out CMAM program at community level. This program has great potential to be scaled up across the country, especially in urban areas where malnutrition is rampantly prevalent.



Weight & Height measurement



Consultation by pediatrician, medicine & therapeutic nutrition provision

Project Vruddhi, Okhamandal taluka

- Name of the Initiative : Project Vruddhi
- Project Duration : November 2023 to March 2026
- Place : 44 villages of Okhamnadal taluka, Devbhumi Dwarka District
- Funding Partner : Tata Chemicals Society for Rural Development (TCSRDR)
- **Estimated Beneficiaries : 16,242 peoples (as of November 2024)**

Project Vruddhi is a 30 month long project established in Okhamandal taluka of Devbhumi Dwarka district, Gujarat. With the generous support from the TCSRDR, we are trying to address root causes of malnutrition in the Okhamandal taluka. We are covering total of 44 villages of Okhamandal taluka.



Project Vruddhi has five components as follows.

- **Low BMI Pregnant women:**

Our teams screen every pregnant women in 44 project villages and identify women with low BMI (BMI < 18.5). These women are provided with three rounds of counselling for nutritious diet by our team along with Nutrition kit. We are trying to reduce incidence of Low Birth Weight children among these group of women.



- **Low Birth Weight Children:**

This group of children are more likely to continue as malnourished children post six month of age compared to normal birth weight children. our team of counsellors visit mothers of these children and provide them with counselling for breastfeeding and Kangaroo mother care. We also provide KMC bag and handwashing kit to mothers. We have observed tremendous improvement in the child weight with this intervention.



- **Facilitating treatment of SAM Children:**

CMTC is functional at Sub District Hospital in Dwarka city. We are ensuring identification and treatment of SAM children at this facility. We also provide last mile financing by providing wage loss for the period of 14 days and reimbursement of Transport cost.



- **Adolescent anaemia control program:**

Leveraging existing Self Help Group (SHG) network nurtured by TCSR, we are ensuring innovative anaemia control program in the taluka. SHG members will help us in organizing screening camp, mobilizing adolescent girls, daily follow-up of anaemic girls for 90 days and treatment completion assessment as well. SHG members are incentivised to perform this activity and will be certified as nutrition educator prior to this activity.



- **Mobile Medical Van:**

One of the component of Project Vruddhi is improving community health through strengthening primary health care. We are providing fortnightly care through our mobile medical van in 27 villages. Our MMV is operated by a MBBS medical officer and provides care to the most vulnerable and marginalized communities in the area.



Project Vruddhi is an innovative approach of addressing malnutrition through community level interventions. Project does not involve treatment of malnourished children but focuses on primary and secondary prevention.

Project Vruddhi is a successful model of how large scale community programs can effectively reduce malnutrition in communities. Such programs can transform nutrition status in Aspirational blocks across the country.

We at Niramay are very much thankful to the TCSR for their trust in our work and allowing us to plan for a long term strategy for malnutrition reduction in Okhamandal taluka. Our early results from the project are highly encouraging and we are very certain that Project Vruddhi will be able to reduce malnutrition and anaemia in Okhamandal taluka in years to come.

CHAPTER 2: Early Child Development (ECD)



PEHEL Smart Anganwadis Gandhinagar

- Name of the Initiative : PEHEL Smart Anganwadis
- Project Duration : February 2022 to June 2022
- Place : Gandhinagar District
- Funding Partner : PEHEL Foundation, PNBHFL
- **Estimated Beneficiaries** : **400 children studying at these anganwadis**

Early Childhood Development is an important component of child growth and development. Anganwadis are an excellent place for ensuring ECD interventions. However, many anganwadis have become dilapidated over the years due to wear and tear and require maintenance in order to provide environment which is interesting for the young children.

With an aim of upgrading existing anganwadis we have developed Five PEHEL Smart Anganwadis in Gandhinagar district. These anganwadis are supported by a PEHEL foundation, a CSR arm of PNB Housing Finance Limited.





Hajipur Anganwadi Before & After

Every anganwadi received complete infrastructure upgradation, sanitary facility improvement, ECD sensitive toys, learning materials, external swings/slides and other necessary utilities such as small tables, chairs etc. We have also provided LED television along with learning program with 100s of videos and audios for facilitating learning at anganwadis.

We have seen wonderful transformation of these anganwadis in Gandhinagar. Child enrolment and attendance has improved significantly at these anganwadis. We are thankful to PEHEL foundation to take lead in such wonderful activity to ensure healthy childhood to children in Gandhinagar.



Sabaspur Anganwadi Before & After

PEHEL Smart Anganwadis Rajkot

- Name of the Initiative : PEHEL Smart Anganwadis
- Project Duration : February 2023 to October 2023
- Place : Rajkot Municipal Corporation
- Funding Partner : PEHEL Foundation, PNBHFL
- **Estimated Beneficiaries** : **450 children studying at these anganwadis**

Based on our learning from the Gandhinagar, we further proposed upgradation of five more anganwadis in Rajkot Municipal Corporation. This intervention was also supported by a PEHEL foundation, a CSR arm of PNB Housing Finance Limited.

Every anganwadi received complete infrastructure upgradation, sanitary facility improvement, ECD sensitive toys and learning materials, external swings and slides and other necessary utilities such as small tables, chairs etc. We have also provided LED television along with learning program with 100s of videos and audios for facilitating learning at anganwadis.



Additionally we developed Bala Painting for each of this anganwadi inside as well as outside. We decorated campus walls with the quotes from the various leaders and freedom fighters. We also developed play areas wherever it was feasible.



PEHEL Smart Anganwadis at Rajkot are an example of state of the art ECD sensitive anganwadis. Looking at the work done in Rajkot, PEHEL foundation was recently honoured by Hon. WCD Minister Gujarat state Smt. Bhanuben Babariya during a function in Rajkot. These anganwadis are ensuring ECD sensitive environment for the children in Rajkot Municipal Corporation.





Santosh Park Anganwadi



Vanshrajnagar Anganwadi



CHAPTER 3: Mano Vishwa (Mental Health Interventions)



Mano Vishwa 2023

- Name of the Initiative : Mano Vishwa
- Project Duration : January to March 2023
- Place : Ranavav Taluka of Porbandar District
- Funding Partner : District Mental Health Program,
National Health Mission, Gujarat
- **Estimated Beneficiaries : 1160 Beneficiaries**

Mental Health issues among community is a growing epidemic in India. Nearly 6-7% population is suffering from various mental health issues. Hence, it is important to increase awareness about these issues at community level to effectively address mental health issues.

With support from National Health Mission, Gujarat through DMHP Porbandar, we organized community level awareness camps at Ranavav taluka of Porbandar district. Our counsellors were trained by a psychiatrist from the district hospital Porbandar.





Subsequently we organized community level awareness camps with standardized presentations and discussion sessions. We also asked participants to fill out self-assessment checklists for depression (PHQ – 9) and Stress (GAD – 7). We have used standardized versions of checklist in vernacular language and participants were assisted by counsellors as per need.

We successfully identified people suffering from mild – moderate – severe mental health issues and referred them to the district hospital for the further treatment. Many of the participants had never heard the term mental health illness and were benefited greatly by the counselling and treatment at district hospital.

Mental health interventions with support from the NGOs are envisioned by NHM Gujarat and has been very useful in reaching out to larger community. We believe that such interventions in other health area can further support wider outreach and awareness for government programs to community.



IEC bags with appropriate messages for Healthy Mind

Mano Vishwa 2024

- Name of the Initiative : Mano Vishwa
- Project Duration : January to March 2024
- Place : Porbandar, Devbhumi Dwarka, Junagadh,
Jamnagar & Jamnagar Municipal Corporation
- Funding Partner : District Mental Health Program,
- **Estimated Beneficiaries** : National Health Mission, Gujarat
5871 Beneficiaries

Based on the learning from the previous year implementation, we scaled up Mano Vishwa interventions to five districts of Gujarat with support from the National Health Mission, Gujarat.

We also developed community preferred IEC material in form of a bag with the messages for wider reach of the message. Furthermore, we included additional areas in to the Mano Vishwa activity matrix.



We carried out three activities during Mano Vishwa 2024. First, community awareness camps with self-assessment for mental health illnesses continued to be a major activity. Along with this activity, we started school level suicide prevention camps. Our counsellors trained by district psychiatrists, provide much valuable information related to suicide prevention and organized school level activities.

Lastly, we also organized Yog & meditation camps for improved mental health. Early morning camps were organized in schools and communities were certified yoga trainer guided participants about the benefits of Yog and meditation.

We at Niramay strongly believe that mental health issues are an impending public health epidemic requiring due attention at the earliest. We are currently in process of developing community based counselling models for ensuring quality care to people in need.



Peace comes from within, do not seek it without.

Gautam Buddha

Chapter 4: Other Interventions



Project Mavtar

- Name of the Initiative : Project Mavtar
- Project Duration : June 2021
- Place : Ahmedabad and Gandhinagar District
- Funding Partner : Heart Foundation & Research Institute Ahmedabad (HFRI)
- **Estimated Beneficiaries : ~700 elders living in Old Age Homes**

Mavtar in Gujarati means ‘parents’. We implemented Project Mavtar in Ahmedabad and Gandhinagar district with the support of HFRI Ahmedabad. We identified 20 Old Age Homes across these districts and provided comprehensive health check-up including check-up for the visual acuity, hearing ability, mental health diseases and other generalized diseases. We also provided comprehensive laboratory assessment for diabetes, lipid profile, Liver Function Tests, Kidney Function Tests and complete hemograms.



Testing for hearing loss assesement



With the support of HFRI, we were able to identify many elders suffering from the various illnesses. It was one of the pious moment for us to be of help to the elders in need of help. Project Mavtar helped to further strengthen our resolve for working for elders living in old age homes. Project Mavtar also helped us in planning future interventions aimed at taking care of elders especially from the marginalized groups.



Elders participating in camp at Old Age Home, Ahmedabad

Project Care

- Name of the Initiative : Project Care
- Project Duration : December 2023 to March 2024
- Place : Ahmedabad, Surat, Bhopal, Raipur, Vijaywada
- Funding Partner : PEHEL Foundation
- **Estimated Beneficiaries : 1971 elders living in old age homes**

Project Mavtar was an eye opener in many ways for the Niramay. We had an opportunity to understand various issues related to the elder mobility and health. One of the major area identified was with the mobility of disabled or orthopaedically disabled elders. Many old age homes have requested for the provision of wheelchairs for facilitating mobility of elders within premise of the old age homes.





With support from PEHEL foundation, we identified 50 Old age homes across the five cities namely Ahmedabad, Surat, Bhopal, Raipur and Vijaywada. We identified ten old age homes in each of the city and distributed on an average 4 wheelchairs per old age home.

In total we distributed 200 wheelchairs across 50 old age homes. We are grateful to PEHEL foundation for supporting such a noble cause to be of help to the elders living in old age homes. Project Care is the beginning of our long pending desire of to be of help to the elders at community level. This project has led to further expansion of this program in to new areas for elder care.

Be kind, for everyone you meet is fighting a hard battle.

Socrates

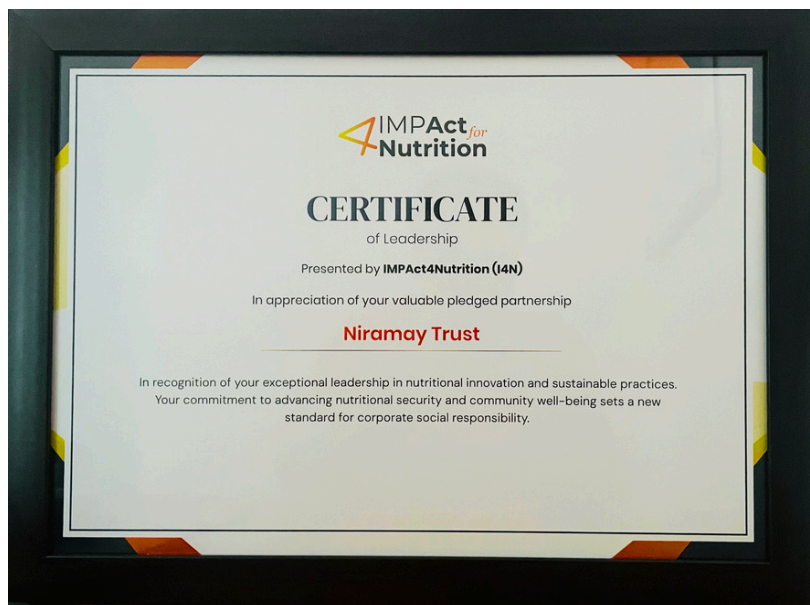
Chapter 5: Awards & Accolades



IMPAct4Nutrition Leadership Award



IMPAct4Nutrition Leadership Award by IMPAct4Nutrition & UNICEF India



Felicitation for PEHEL Smart Anganwadis



Felicitation by Smt. Bhanuben Babariya

*(Hon. Minister for Women & Child Development, Govrnment of Gujarat)
For Development of PEHEL Smart Anganwadis in Rajkot*

The higher we are placed, the more humbly we should walk

Mahatma Gandhi

MoU with Health Department



Vibrant Gujarat 2024 MoU Signing with Commissioner Health, Health & Family Welfare Department, Government of Gujarat



MoU signing with Medical Services Division, Health Department Gujarat for providing technical support for strengthening Midwifery Services in Gujarat

Research Publications

Bal Poshan Yojana: A Novel Approach to Facility-Based Severe Acute Malnutrition Management

Jimeet Soni¹, Faisal Sheikh¹, Tanveer M. Umallawala², Abid Qureshi¹, Somen Saha¹, Apurva Ratnu³, Manoj S. Patil⁴

¹. Public Health, Indian Institute of Public Health, Gandhinagar, IND ². Epidemiology and Public Health, Indian Institute of Public Health, Gandhinagar, IND ³. Public Health, Niramay Charitable Trust, Gandhinagar, IND ⁴. Research and Development, Jawaharlal Nehru Medical College, Datta Meghe Institute of Medical Sciences, Wardha, IND

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<https://www.cureus.com/articles/107881-bal-poshan-yojana-a-novel-approach-to-facility-based-severe-acute-malnutrition-management#!/>

Original Article

Healthline Journal Volume 13 Issue 4 (October-December 2022)

Management of Severe Acute Malnutrition in Day Care Settings : Findings from Innovative Public Private Partnership at Devbhumi Dwarka District, Gujarat

Dharmik Gadhavi¹, H K Bhavsar², Darshana Rathod³, Roshni Khepatwal⁴, Vikas Desai⁵, Somen Saha⁶, Abid Qureshi⁷, Apurva Ratnu⁸

¹Medical Student, GMERS Medical College, Gandhinagar; ²Associate Professor, Department of Medicine,

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⁵ Project Advisor; ⁶ Director, Niramay Charitable Trust, Gandhinagar; ⁷Associate Professor; ⁸Research Officer, IIPH, Gandhinagar

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https://www.healthlinejournal.org/index_pdf/457.pdf

Editorial

Healthline Journal Volume 13 Issue 3 (July-September 2022)

Malnourished Millions – Are We Doing Enough?

Apurva Ratnu¹, Hariprakash Hadial²

¹Niramay Trust, Gujarat; Member, National ASHA Mentoring Group

²Newborn Care Consultant, Gujarat

Correspondence : Dr. Apurva Ratnu, Email: drapurvaratnu@gmail.com



https://www.healthlinejournal.org/index_pdf/427.pdf

Conference Participation



National Nursing Conference by TNAI at Surat, Gujarat



Engaging Public & private Sector for Transforming Super 60 Aspirational Blocks

Conference Participation



Community discussion for improved nutrition for mothers and children



Quest Healthcare colloquium 2024 at Parul University, Vadodara

Chapter 6: Audit Reports

AUDIT

Niramay Charitable Trust

A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan,
Gandhinagar - 382421

Annual Accounts

&

Audit Report

Financial Year: 2021-22

Auditors

A N S B & Co.

Chartered Accountants

204, Sterlite Point,

Near Bedi Gate,

Jamnagar.

Phone: 9662031712

Email: mshafi.queshi@gmail.com

A N S B & Co.
Chartered Accountants

204, Sterlite Point, Near Bedi Gate, Jamnagar 361001
Mobile: 96620 31712 e-mail: mshafi.queshi@gmail.com

AUDITORS REPORT

Name of the Trust: Niramay Charitable Trust
Registration No. E/2457/Gandhinagar
Address: A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan, Gandhinagar - 382421

We have audited the Accounts of the above referred trust for the year ending 31st March, 2022, and we report as under:

- 1 That accounts of the trust are maintained regularly and in accordance with the provisions of the Act and the Rules.
- 2 That receipts and disbursements are properly and correctly shown in accounts.
- 3 That the cash balance and vouchers are in the custody of the manager or trustee on the date of the audit are in agreement with the accounts.
- 4 That books deeds; accounts vouchers and other documents and records required by us were produced before us.
- 5 That an inventory certified by the trustees of the movables of the Trust has been maintained.-N.A.
- 6 That the manager/trustee appeared before us and furnished the necessary information required by us.
- 7 That no property or funds of the Trust were applied for any objects or purposes other than the objects or purpose of the Trust.
- 8 That the amount outstanding for more than one year is Rs. Nil and the amount written off is Rs. Nil.
- 9 That there is no Expenditure on accounts of repairs or construction involving exceeding Rs. 5000/-.
- 10 That no money of Trust has been invested contrary to the provisions of section 35.
- 11 That no alienations of Immovable property have been made contrary to the provisions of Section 36.

We have further Report to ; Nil

For A N S B & Co.
Chartered Accountants
FRN: 130905W

CA Mohammed Shafi R. Qureshi
Partner
UDIN: 22136508AOCT-22-0000
M. No. 136508
At Jamnagar as on 4th August, 2022



Registration No.		E/2457/Gandhinagar			
THE BOMBAY PUBLIC TRUSTS ACT, 1950					
SCHEDULE VIII [Vide rule 17 (1)]					
Niramay Charitable Trust					
A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan, Gandhinagar - 382421					
Balance Sheet					
As at 31st March, 2022					
Funds & Liabilities	Amt. Rs.	Amt. Rs.	Assets	Amt. Rs.	Amt. Rs.
Trust Fund / Corpus Fund			Immovable Properties		Nil
Balance as per last Balance Sheet	71,839	74,783	Immovable Properties	Nil	
Add: Cash Received From Trustee	Nil				
Add: Transfer During the Year	2,944		Investments		Nil
			Book value/Market value	Nil	
Other Earmarked Funds		Nil			
			Movable Properties		
Depreciation Fund		Nil	Epson Colour Printer		13,366
Loans / Secured / Unsecured		-	Loans / Secured / Unsecured		Nil
From Trustees	Nil				
From Others	Nil		Advances & Deposits		53,283
			Sundry Debtors		6,00,250
Liabilities:		8,35,000	Income Outstanding		Nil
For Expenses	2,10,000		Rent	Nil	
For Advances	6,25,000		Interest	Nil	
For Rent and other deposits	Nil		Grant Receivable	Nil	
For Sundry credit balances:	Nil				
			Cash and Bank Balance		2,42,884
Income & Expenditure Account		Nil	(a) ICICI Bank	2,14,284	
Balance as per last B/s.	Nil		Cash on Hand		
Add: (1) Surplus as per			(a) With the Trustee	28,600	
Income and Expenditure A/c.	2,944		(b) With the Manager	Nil	
Less: Transferred to Corpus Fund	2,944				
Total		9,09,783	Total		9,09,783

The above Balance Sheet to the best of our belief contains a true account of Funds and Liabilities and of the Property and the Assets of the Trust.

For A N S B & Co.
Chartered Accountants
FRN : 130905W

CA Mohammed Shafi K Qureshi
Partner
UDIN: 22136508AOGFUA8904
M. No. 136508
At Jamnagar as on 4th August, 2022

For Niramay Charitable Trust

Dr. Apurvadan Ratnu
Trustee

Registration No.		E/2457/Gandhinagar			
THE BOMBAY PUBLIC TRUSTS ACT, 1950					
SCHEDULE IX [Vide rule 17 (1)]					
Niramay Charitable Trust					
A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan, Gandhinagar - 382421					
Income & Expenditure Account					
for the year ending 31st March, 2022					
Dr.					Cr.
Expenditure	Amt. Rs.	Amt. Rs.	Income	Amt. Rs.	Amt. Rs.
To Expenses in respect of Properties		Nil	By Rent Accrued/ Realized		Nil
Rates, taxes, cesses	Nil		Rent Received	Nil	
Repair And Maintenance	Nil				
Salaries	10,000		By Interest Accrued/Realized		Nil
Insurance	Nil		On Securities	Nil	
Provision for Depreciation	Nil		On Loans	Nil	
Other Expenses	Nil	10,000	On Bank Account	Nil	
To Establishment Expenses		Nil	By Dividend	Nil	Nil
To Bank Charges		Nil	By Donation in Cash or Kind		80,32,135
To Accounting Fees		Nil	Donation Corpus	Nil	
To Remuneration to Trustees		Nil	Donation Non Corpus	80,32,135	
To Legal Expenses & Professional Fees		48,000			
To Audit Fee		-	By Grant	Nil	Nil
To Contribution and Fees		Nil	By Income from other source		Nil
To Amounts written off		-	School Fees	Nil	
(a) Bad debts	Nil		Scholarship Income	Nil	
(b) Loan Scholarship	Nil				
(c) Irrecoverable Rents	Nil		By Transfer from Reserves	Nil	Nil
(d) Other Items - Grant	Nil				
To Miscellaneous Expenses		20,000.00			
To Depreciation		-			
To Amount Transferred to Reserve or Specific Funds		Nil			
To Expenditure on objects of Trust		79,51,191			
(a) Religious	Nil				
(b) Educational	Nil				
(c) Medical Relief	79,51,191				
(d) Other Charitable objects	Nil				
To Surplus Carried to balance sheet		2,944			
Total		80,32,135	Total		80,32,135

As per our report of even date attached herewith

For A N S B & Co.
Chartered Accountants
FRN : 130905W

CA Mohemmed Shafi R Qureshi
Partner
UDIN: 22136508AOGFCA8904
M. No. 136508
At Jamnagar as on 4th August, 2022

For Niramay Charitable Trust

Reg.No. E/2457

Dr Apurvadan Ratnu
Trustee

Gujarat, India

Niramay Charitable Trust

A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan,
Gandhinagar - 382421

Annual Accounts

&

Audit Report

Financial Year: 2022-23

Auditors

A N S B & Co.
Chartered Accountants
204, Sterlite Point,
Near Bedi Gate,
Jamnagar.
Phone: 9662031712

Email: mshafi.queshi@gmail.com

A N S B & Co.
Chartered Accountants

204, Sterlite Point, Near Bedi Gate, Jamnagar 361001
Mobile: 96620 31712 e-mail: mshafi.queshi@gmail.com

AUDITORS REPORT

Name of the Trust: Niramay Charitable Trust
Registration No. E/2457/Gandhinagar
Address: A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan, Gandhinagar - 382421

We have audited the Accounts of the above referred trust for the year ending 31st March, 2023, and we report as under:

- 1 That accounts of the trust are maintained regularly and in accordance with the provisions of the Act and the Rules.
- 2 That receipts and disbursements are properly and correctly shown in accounts.
- 3 That the cash balance and vouchers are in the custody of the manager or trustee on the date of the audit are in agreement with the accounts.
- 4 That books deeds; accounts vouchers and other documents and records required by us were produced before us.
- 5 That an inventory certified by the trustees of the movables of the Trust has been maintained.-N.A.
- 6 That the manager/trustee appeared before us and furnished the necessary information required by us.
- 7 That no property or funds of the Trust were applied for any objects or purposes other than the objects or purpose of the Trust.
- 8 That the amount outstanding for more than one year is Rs. Nil and the amount written off is Rs. Nil.
- 9 That there is no Expenditure on accounts of repairs or construction involving exceeding Rs. 5000/-.
- 10 That no money of Trust has been invested contrary to the provisions of section 35.
- 11 That no alienations of Immovable property have been made contrary to the provisions of Section 36.

We have further Report to ; Nil

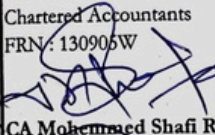
For A N S B & Co.
Chartered Accountants
FRN : 130905W

CA Mohammed Shafi R Qureshi
Partner
UDIN: 23136508BGTYJF8128
M. No. 136508
At Jamnagar as on 19th August, 2023




Registration No.	E/2457/Gandhinagar				
THE BOMBAY PUBLIC TRUSTS ACT, 1950					
SCHEDULE VIII [Vide rule 17 (1)]					
Niramay Charitable Trust					
A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan, Gandhinagar - 382421					
Balance Sheet					
As at 31st March, 2023					
Funds & Liabilities	Amt. Rs.	Amt. Rs.	Assets	Amt. Rs.	Amt. Rs.
Trust Fund or Corpus Fund		77,161	Immovable Properties		Nil
Opening Bal. as per Last B/s	74,783	-	Immovable Properties	Nil	
Add: (1) Surplus as per			Movable Properties		13,366
Income and Expenditure A/c.	2,378	-	Epson Colour Printer		
Other Earmarked Funds					
Loans : Secured / Unsecured		Nil	Investment		
Loan from Trustee					
Expense Outstanding		17,42,500	Loans / Secured / Unsecured		10,000
Project Expense Payable	17,42,500		Deposits		55,125
Liabilities:		52,400	TDS Receivable	55,125	
For Expenses	2,400		Cash and Bank Balance		17,93,570
For Advances	Nil		(a) ICICI Bank	17,93,570	
For Rent and other deposits	Nil		Cash on Hand		
For Sundry credit balances:	50,000		(a) With the Trustee	Nil	
			(b) With the Manager	Nil	
Total		18,72,061	Total		18,72,061

The above Balance Sheet to the best of our belief contains a true account of Funds and Liabilities and of the Property and the Assets of the Trust.

For A N S B & Co.
Chartered Accountants
FRN: 130905W

CA Mohammed Shafi R Qureshi
Partner
UDIN: 23136508BGTYJF8128
M. No. 136508
At Jamnagar as on 19th August, 2023

For Niramay Charitable Trust


Dr Apurvadan Ratnu
Trustee

Page No.4 of 5

Managing Trustee
Niramay Charitable Trust
Gujarat, India

Registration No.		E/2457/Gandhinagar			
THE BOMBAY PUBLIC TRUSTS ACT, 1950					
SCHEDULE IX [Vide rule 17 (1)]					
Niramay Charitable Trust					
A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan, Gandhinagar - 382421					
Income & Expenditure Account for the year ending 31st March, 2023					
Dr.	Expenditure	Amt. Rs.	Amt. Rs.	Income	Cr.
	To Remuneration to Trustees		Nil	By Interest Accrued / Realized	Nil
	To Legal Expense		50,000	By Dividend	Nil
	To Audit & Accounting Fees		Nil	By Donation Cash	1,25,000
	To Contribution & Fees		Nil	By Donation Kind	Nil
	To Amount Written Off		Nil	By Grant	59,39,263
	To Miscellaneous Expense		1,75,283	By Income from Other Source	
	Admin Salary	52,000		By Transfer from Reserves	
	Office Expense	1,23,283			
	To Amount Transferred to Reserve for Special Funds		Nil		
	To Education Expense		Nil		
	To Depreciation		Nil		
	To Expenditure on Object of Trust		58,36,602		
	(a) Religious				
	(b) Educational				
	(c) Medical Relief	36,68,602			
	(d) Other Charitable objects	21,68,000			
	To Surplus Carried to balance sheet		2,378		
	Total		60,64,263	Total	60,64,263

As per our report of even date attached herewith.

For ANSB & Co.
Chartered Accountants
FRN : 130905W
At Jamnagar as on 19th August, 2023

Dr. Apurvadan Ratni
Trustee

Managing Trustee
Niramay Charitable Trust
Gujarat, India

Niramay Charitable Trust

A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan,
Gandhinagar - 382421

Annual Accounts

&

Audit Report

Financial Year: 2023-24

Auditors

A N S B & Co.

Chartered Accountants

204, Sterlite Point,

Near Bedi Gate,

Jamnagar.

Phone: 9662031712

Email: mshafi.queshi@gmail.com



A N S B & Co.
Chartered Accountants

204, Sterlite Point, Near Bedi Gate, Jamnagar 361001
Mobile: 96620 31712 e-mail: mshafi.queshi@gmail.com

AUDITORS REPORT

Name of the Trust: Niramay Charitable Trust
Registration No. E/2457/Gandhinagar
Address: A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan, Gandhinagar - 382421

We have audited the Accounts of the above referred trust for the year ending 31st March, 2024, and we report as under:

- 1 That accounts of the trust are maintained regularly and in accordance with the provisions of the Act and the Rules.
- 2 That receipts and disbursements are properly and correctly shown in accounts.
- 3 That the cash balance and vouchers are in the custody of the manager or trustee on the date of the audit are in agreement with the accounts.
- 4 That books deeds; accounts vouchers and other documents and records required by us were produced before us.
- 5 That an inventory certified by the trustees of the movables of the Trust has been maintained.-N.A.
- 6 That the manager/trustee appeared before us and furnished the necessary information required by us.
- 7 That no property or funds of the Trust were applied for any objects or purposes other than the objects or purpose of the Trust.
- 8 That the amount outstanding for more than one year is Rs. Nil and the amount written off is Rs. Nil.
- 9 That there is no Expenditure on accounts of repairs or construction involving exceeding Rs. 5000/-.
- 10 That no money of Trust has been invested contrary to the provisions of section 35.
- 11 That no alienations of Immovable property have been made contrary to the provisions of Section 36.

We have further Report to ; Nil

For A N S B & Co.

Chartered Accountants

FRN : 130905W

CA Mohemmed Shafi R Qureshi
Partner

UDIN: 24136508BKGINL9689

M. No. 136508

At Jamnagar as on 20th September, 2024



Registration No.

E/2457/Gandhinagar

THE BOMBAY PUBLIC TRUSTS ACT, 1950

SCHEDULE VIII [Vide rule 17 (1)]

Niramay Charitable Trust

A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan, Gandhinagar - 382421

Balance Sheet

As at 31st March, 2024

Funds & Liabilities	Amt. Rs.	Amt. Rs.	Assets	Amt. Rs.	Amt. Rs.
Trust Fund or Corpus Fund		3,72,932	Immovable Properties		Nil
Opening Bal. as per Last B/s	77,161		Immovable Properties	Nil	
Add: (1) Surplus as per					
Income and Expenditure A/c.	2,95,771		Movable Properties		
			Epson Colour Printer	13,366	24,382
Other Earmarked Funds			Furniture - Niramay Hospital	11,016	
Loans : Secured / Unsecured	2,00,000	2,00,000			
Loan from Trustee			Investment		
Expense Outstanding		24,88,500	Loans / Secured / Unsecured		Nil
Project Expense Payable	24,88,500				
			Receivables from Grants	88,200	88,200
Liabilities:		50,000			
For Expenses	50,000		Deposits		92,641
For Advances	Nil		TDS Receivable	66,925	
			Fixed Deposit	25,716	
For Rent and other deposits	Nil		Cash and Bank Balance		29,06,209
For Sundry credit balances:	Nil		(a) ICICI Bank	28,31,209	
			Cash on Hand		
			(a) With the Trustee	75,000	
			(b) With the Manager	Nil	
Total		31,11,432	Total		31,11,432

The above Balance Sheet to the best of our belief contains a true account of Funds and Liabilities and of the Property and the Assets of the Trust.

For A N S B & Co.

Chartered Accountants

FRN : 130905W

CA Mohemmed Shafi R Qureshi

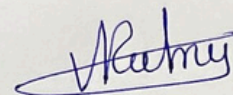
Partner

UDIN: 24136508BKGINL9689

M. No. 136508

At Jamnagar as on 20th September, 2024

For Niramay Charitable Trust



Dr Apurvadan Ratnu

Trustee

Managing Trustee
Niramay Charitable Trust
Gujarat, India



Page No.4 of 5

Registration No.

E/2457/Gandhinagar

THE BOMBAY PUBLIC TRUSTS ACT, 1950

SCHEDULE IX [Vide rule 17 (1)]

Niramay Charitable Trust

A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan, Gandhinagar - 382421

Income & Expenditure Account
for the year ending 31st March, 2024

Dr.

Cr.

Expenditure	Amt. Rs.	Amt. Rs.	Income	Amt. Rs.	Amt. Rs.
To Remuneration to Trustees		Nil	By Interest Accrued / Realized	716	716
To Legal Expense		Nil	By Dividend	Nil	Nil
To Audit & Accounting Fees		Nil	By Donation (Cash / Bank)	7,67,236	7,67,236
To Contribution & Fees		Nil	By Donation Kind	Nil	Nil
To Amount Written Off		Nil	By Grant	1,34,79,692	1,34,79,692
To Miscellaneous Expense		Nil	By Income from Other Source		17,030
			OPD Fees - Niramay Hospital	3,330	
To Amount Transferred to Reserve for Special Funds		Nil	OPD Fees - Project Vriddhi	13,700	
			By Transfer from Reserves	Nil	Nil
To Education Expense		Nil			
To Depreciation		Nil			
To Expenditure on Object of Trust		1,39,68,903			
(a) Religious					
(b) Educational					
(c) Medical Relief	1,39,68,903				
(d) Other Charitable objects	-				
To Surplus Carried to balance sheet		2,95,771			
Total		1,42,64,674	Total		1,42,64,674

As per our report of even date attached herewith

For A N S B & Co.

Chartered Accountants

FRN : 130905W

CA Mohemmed Shafi R Qureshi

Partner

UDIN: 24136508BKGINL9689

M. No. 136508

At Jamnagar as on 20th September, 2024

For Niramay Charitable Trust

Dr Apurvadan Ratnu

Managing Trustee
Niramay Charitable Trust
Gujarat, India

Page No.5 of 5



Board of Trustees



Dr. Apurva Ratnu
(Managing Trustee &
co-founder)

- Experienced Public Health Professional with fifteen years of experience
- Worked with Gujarat state government, Ministry of Health GOI, UNICEF and other multilateral agencies
- Principal Investigator for ICMR funded project
- Member, National ASHA Mentoring Group formed by MoHFW
- Contributed to Multiple scientific publications and guidelines



Dr. Hariprakash Hadial
(Trustee and co-founder)

- Experienced public health professional trained at USA
- Worked with Government of Gujarat, Ministry of Health, UNICEF, Nutritional International and other multilateral organizations
- Co investigator for the ICMR Funded research project
- Contributed towards development of various national technical guidelines and research papers on Maternal and child health including cognition.



Dr. Imran Malek
(Trustee and co-founder)

- Trained public health professional with two decades of working with Health Department Government of Gujarat, UNICEF and IIM Ahmedabad.
- Expert in administration and management of all projects related to the Niramay.
- Instrumental in ensuring partnership with health department, Gujarat for all Niramay Projects.
- Implemented various child health and nutrition projects at state level.

Our Funding Partners

- Indian Institute of Public Health, Gandhinagar
(supported by Nayara Energy Ltd.)
- Arvind Foundation
- PEHEL Foundation, CSR arm of PNB Housing Finance Ltd.
- Heart Foundation and Research Institute, Ahmedabad
- PMJAY Scheme, National Health Authority
- National Health Mission, Gujarat (National Mental Health Program)
- SuryaShobhaVandana Foundation
- Tata Chemicals Society for Rural Development, Tata Chemicals Mithapur
- National Institute of Cancer Prevention & Research, ICMR
- Vasant Atma Charitable Trust



Niramay Charitable Trust, Gujarat