

ANNUAL

REPORT



2025

16TH EDITION

Social Upliftment And Development For Health Action

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OUR JOURNEY AT A GLANCE

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ABOUT SUADHA

Compassion in Action, Wellness in Community

SUADHA – Social Upliftment and Development for Health Action is a Mumbai registered Public Charitable Organization dedicated to empowering underprivileged communities across India. For the last 16 years, SUADHA has worked to create sustainable change through health, education, livelihood development, tribal welfare, women empowerment, community well-being and skill training.

Founded by professional social workers from Tata Institute of Social Sciences (TISS) and Nirmala Niketan. SUADHA began its journey in 2006 and was officially registered in 2009. Headquartered in Kalyan, Maharashtra, the organization implements development programmes rooted in compassion, professionalism, and grassroots experience.

Our Focus Areas

- **Health & Well-Being:**
 - SUADHA conducts Preventive health check-up camps with Cancer, Osteoporosis, Diabetic and health care sessions, and awareness programmes across India. Workshops on mental and emotional well-being strengthen individuals and employees to build resilience, reduce stress, and live with clarity and confidence.
- **Education Support:**
 - We assist tribal school's accessories and students with essential resources, guidance, and exposure, ensuring they remain connected to quality learning opportunities.
- **Women's Empowerment & Livelihoods:**
 - Through the SUADHA Rehab Centre, women from vulnerable backgrounds, including cancer survivors, single mothers, women from remand homes, mentally challenged individuals, and tribal women receive training to produce handcrafted products. Each item crafted is a source of income, dignity, and emotional strength for its creator.
- **Environmental Protection & Farming**
 - We construct check dams and rainwater harvesting systems, like the Katekui project, to ensure groundwater recharge and sustainable water access for rural farming.
 - SUADHA conducts regular plantation drives and "Save the Earth" campaigns to increase green cover and promote environmental consciousness within local communities.
 - We provide guidance and resources for eco-friendly farming practices, helping tribal farmers improve yields while maintaining the ecological balance of their land.
- **Skill Development for Rural & Tribal Youth:**
 - SUADHA runs the Gramin Kaushalya Vikas Kendra – SupremeTech Institution at Saralgaon, Murbad (Thane), offering job-oriented courses such as mobile repairing, TV servicing, electrical skills, tailoring, machine operation. The centre ensures practical learning and supports youth with employment guidance.

ABOUT SUADHA

Compassion in Action, Wellness in Community

Corporate & Community Engagement

Our specialized workshops for corporates, institutions, and clubs focus on:

- Healthy Mindset & Stress Management
- Personal and Professional Growth
- Anxiety Awareness & Emotional Recovery
- Practical Skills for Mental well-being
- Inner well-being and burnout healing

These programmes help individuals strengthen their mental health and enhance productivity at the workplace.

Our Vision

To build healthier, stronger, and self-reliant communities by addressing the interconnected needs of health, education, livelihoods, and emotional well-being. Building on a long standing legacy of service, we are moving beyond providing "help for today" toward creating "independence for a lifetime".



Our Commitment

Whether it is a tribal student seeking opportunities, a woman rebuilding her life, or a youth searching for employment, SUADHA stands beside every individual offering support, skills, and hope. Our work continues to expand with one purpose: transforming lives with dignity and development at the core.

Since its founding, SUADHA has evolved from a grassroots response into a catalyst for systemic change. Our current strategy focuses on a "Whole Community" model, integrating essential relief with long term resilience across our core pillars:

- Education & Vocational Skills
- Employment & Livelihood
- Essential Security
- Health & Sanitation
- Social Protection

<https://youtu.be/dvn8ooBBOPk>

This video provides a foundational look at SUADHA's mission and the health and social causes they have championed.



Dear Patrons ,



Dear Friends,

As we present the **2025 Annual Report**, we extend our deepest gratitude to each one of you, our patrons, partners, supporters, and well-wishers - who have stood with SUADHA throughout this extraordinary year of service and transformation.

It is a great pleasure and satisfaction to tell you that our NGO's Direct Beneficiaries Numbers till December 2025 reached 4,28,527 of Children, Youth, Men, and Women. I am honoured to release the Annual Activity Report 2025 of SUADHA, reflecting the glimpses of services from January to December 2025.

Your unwavering trust has been the foundation of our journey. It is the fuel for our programs, the promise of a brighter tomorrow for our beneficiaries, and the living proof that a better world is not just a dream, but an achievable reality through collective effort.

In 2025, we intensified our focus on health action, education, livelihood development, skill building, and emotional well-being.

Each contribution, big or small has created ripples of change. You have helped restore dignity, offer opportunities, and build new paths of hope for countless individuals and families across India. You are not just donors; you are active partners in transformation.

As we step into the future, we remain dedicated to strengthening our programmes, ensuring transparency, and maximizing impact. With your continued support, SUADHA will keep creating meaningful, measurable, and lasting change where it is needed the most.

We are particularly fortunate to have a team that blends the wisdom of our long serving employees with the fresh energy of our new recruits. As we look toward 2026, we invite you to continue this journey with us. Together, we are not just changing lives; we are building a legacy of dignity and self-reliance.

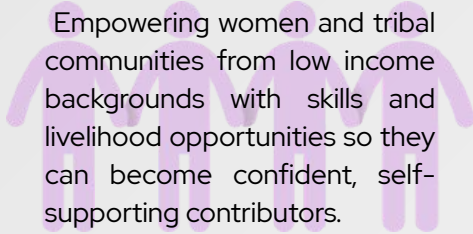
With deepest appreciation,

Mrs. Iva Athavia
Founder Trustee - Managing Director

OUR OBJECTIVES

Supporting the needy to stand on their own feet:

Empowering women and tribal communities from low income backgrounds with skills and livelihood opportunities so they can become confident, self-supporting contributors.



Training Women for Job Success and Financial Freedom:

To conduct vocational skills training programs that specifically target youth and women, fostering economic stability and strengthening Women Empowerment Initiatives.



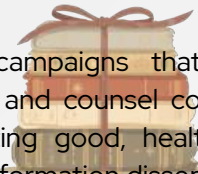
Helping communities stay healthy and live better lives:

To improve public health by organizing action programs, including health camps for early screening of conditions like Cancer, Diabetes, and Osteoporosis, along with Eye Checkups.



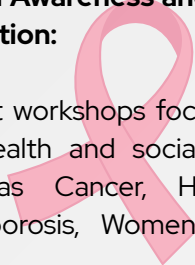
Health Literacy and Behavioural Change:

To run campaigns that educate, motivate, and counsel communities on adopting good, healthy habits, utilizing information dissemination as a key tool.



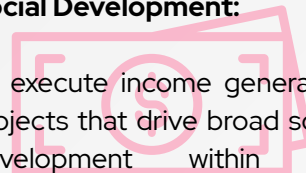
Critical Awareness and Social Protection:

To host workshops focused on vital health and social issues, such as Cancer, HIV/AIDS, Osteoporosis, Women Health issues.



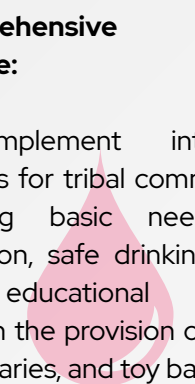
Sustainable Livelihood and Social Development:

To execute income generating projects that drive broad social development within the community.



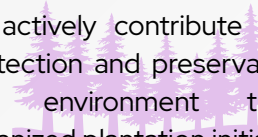
Comprehensive Tribal Welfare:

To implement integrated projects for tribal communities, ensuring basic needs like sanitation, safe drinking water, and educational support through the provision of school kits, libraries, and toy banks.



Environmental Stewardship:

To actively contribute to the protection and preservation of the environment through organized plantation initiatives.

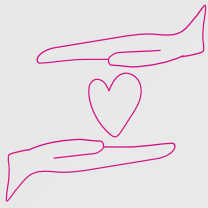


Inner Wellbeing & Mental Health:

To conduct workshops for corporates and clubs that foster a deep mind body connection. We raise awareness on overcoming stress, anxiety, and burnout, empowering individuals to live with clarity, confidence, and vitality while redefining their personal and professional growth.



MESSAGE FROM A DONOR



As I reflect on the incredible work captured in your recent updates, I am filled with deep admiration for the tangible impact SUADHA NGO continues to make under your visionary leadership as Managing Director. Your commitment to the mission of "Restoring lives, Rebuilding Dignity, and Renewing Earth" is evident in every initiative you undertake.

The progress achieved in 2025 and early 2026 has been truly remarkable, particularly in areas such as:

- **Community Health & Safety:** Initiatives like the National Road Safety Month and the Breast Screening Camp.
- **Empowerment:** The Women Empowerment and Livelihood projects, alongside vital emotional support and counselling services.
- **Global Collaboration:** The Social Work Exchange Program with Danke NPO, Japan.

On a personal note, it was a joy to contribute a harmonium to the tribal school students. Seeing the photos of the children happily engaged with music was a deeply moving experience and a testament to how SUADHA brings light into the lives of the underserved.

To the entire team, social workers, staff, volunteers, and partners. Thank you for your tireless dedication. Your ability to unite people for the greater good is an inspiration to us all.

With warm regards and sincere admiration,

Prof. Dinesh Desai
(Former Principal, L.D. Engineering College, Ahmedabad
(Now in Melbourne, Australia)



MESSAGE FROM A MEMBER



Jyothi Singh
Retd. Teacher, KVS

It is both an honour and a privilege to extend my heartfelt appreciation to our distinguished members, partners, collaborators, and well wishers who have journeyed with us throughout this impactful year.

In a time that calls for collective responsibility and global solidarity, our organization has steadfastly upheld the universal principles of compassion, inclusion, and sustainable progress.

Sharing with care has remained our foremost commitment throughout the year. Our initiatives have not only addressed community needs at the grassroots level but have also resonated within broader frameworks of humanitarian and social development. Through strategic collaboration, knowledge exchange, and ethical leadership, we have strengthened our resolve to build equitable and empowered communities.

We have crossed boundaries with every contribution, whether in advocacy, service delivery, education, women's empowerment, training, or outreach. Each effort has played a vital role in shaping our collective success. It is this shared purpose that enables us to align national level action with a global vision.

Under the dynamic leadership of our Managing Director, Ms. Iva Athavia, and through the successful hosting of the International Conference that strengthened our global platform, we celebrate not only milestones achieved but also the partnerships forged and the hope ignited in countless lives.

Let us continue to foster innovation, integrity, and inclusiveness as we move forward with renewed determination.

To every committed member, volunteer, donor, and supporter, your dedication has not merely supported our mission, it has amplified it beyond expectations. Together, let us step into the coming year with clarity, courage, and a determined vision.

We extend our deepest gratitude to our esteemed donors, whose unwavering trust and benevolent contributions have transformed intentions into impactful actions. Your support has not merely funded initiatives, it has fuelled hope, strengthened communities, and empowered lasting change.

Thank you for being the pillars behind our purpose.

With humble gratitude,

Ms. Jyothi Singh
NGO Member
Pune

IMPACT AT A GLANCE

Categories	Beneficiaries till 2025	Beneficiaries Till Date	Remarks for 2025
MEDICAL AID	108	9110	
EDUCATIONAL AID	13	2700	
SKILL DEVELOPMENT TRAINING(For Tribal / Rural youth groups)			
Assistant Electrician	0	81	
Mobile Repairing & Servicing	0	78	
Tailoring Course with Sewing Machine (3 Batches)	22	77	
Driving Course with License (4 Batches)	35	37	
TV Repairing & Servicing	0	7	
Tribal Welfare			
Career Guidance Workshops for Tribal School Children	0	7998	
Full School Kits (Bags, Uniforms, Shoes & Socks)	2045	12520	
Library Set up	0	2335	
Toy Room Set up	0	233	
School stationeries for tribal schools	1300	20725	
Sanitary Pads	250	1625	
School Development	0	1864	
Tribal Girl's Marriage	0	19	
Drinking Water Facility	0	3177	
Sanitation Project (Toilets/Bathrooms)	0	8441	
Umbrella Distribution	500	500	
HEALTH ACTION			
Awareness Advocacy	8 sessions	38134	Total Sessions - 453
Guidance/Counselling Information	500	15750	
Screening Camps (General)	149	10429	
Breast Cancer Screening	186	5337	Total Camps - 134

IMPACT AT A GLANCE

Categories	Beneficiaries till 2025	Beneficiaries Till Date	Remarks for 2025
Oral Cancer Screening	460	3603	Total Camps - 36
Osteoporosis Screening	241	8788	Total Camps - 78
Diabetic Screening	286	7971	Total Camps - 106
Eye check-up	0	1721	Total Camps - 1721
RATION DISTRIBUTION	589	29339	
WOMEN EMPOWERMENT (Rehab Centre)			
Handmade Items Exhibitions	36	312	
ENVIRONMENT (Plantation)	700	6440	Total 3 Programmes
Water Conservation - 1 Check Dam	900	900	
Road Safety Advocacy Programs	300	55530	Total 2 Programmes
Driver Checkup with Bone Scan	17	487	
GREAT SAINTS BIRTHDAY CELEBRATION	600	2710	Total 8 Programmes

STATISTICAL TRENDS & GROWTH (2015 - 2025)

From 2015 to 2025, the organization focused on building strong relationships within rural tribal areas and underserved urban neighbourhoods. During these years, our main work involved teaching families how to stay healthy and providing school kits to children at local community centres.

Preventative healthcare awareness and primary education support.

Reached a cumulative milestone of 4,28,527 beneficiaries by the end of this period.

As we grew, we moved toward establishing our own permanent centres to ensure the community has reliable access to help at all times.

Project Life Line is envisioned to be one of India's most advanced elder-care and palliative-care facilities. Located near Lonavala.

To facilitate the formal establishment of this landmark project, SUADHA NGO has approached the Charity Commissioner for the necessary approvals; the project details have been discussed in depth with the Commissioner's office, and the application is currently in the formal process of approval.

As the organization matured, the strategy shifted from temporary setups toward establishing permanent centers. This evolution was marked by the opening of the SUADHA Ayush in Murbad and at Kalyan (W) (2024-2025) at the corporate office of SUADHA.

Our scale of operations has been made possible through increasing support from major corporate partners. These collaborations have funded essential programs like Swachh Bharat and advanced health advocacy.

ACHIEVEMENTS

Annual Program – PreSchool Champs & Dolls, Kalyan

SUADHA NGO was honored to have our representative, Ms. Iva Athavia, invited as a Guest of Honor for the Annual Program of PreSchool Champs & Dolls, Kalyan. During the event, she was formally felicitated by the school management for her contributions to social welfare and education.

Ms. Iva Athavia’s invitation and subsequent felicitation at the PreSchool Champs & Dolls Annual Program serves as a testament to SUADHA NGO’s growing leadership within the education sector. This engagement successfully strengthened our ties with local educational institutions, fostering a collaborative environment that will support future child development initiatives in the Kalyan region.



Recognition of Excellence

Felicitations of SUADHA Representatives

On November 22, 2025, the Varisht Nagrik Kalyan Sangh honored representatives from SUADHA NGO for their outstanding contributions to social welfare. In a formal ceremony held at the Swami Narayan Mandir Hall, Kalyan (W), the following individuals were presented with the 'Appreciation Award' for their dedicated service throughout the year:

- Ms. Tinku Mitra – Social Worker
- Advocate (Ms.) Soni Patel – Legal Advisor, SUADHA NGO

The award recognizes their unwavering commitment to community development and their impactful advocacy work during 2025. SUADHA NGO remains proud of their achievements and their continued efforts to drive positive social change.



CORPORATE SOCIAL RESPONSIBILITY INITIATIVES

EMPOWERING COMMUNITIES, TRANSFORMING LIVES

At SUADHA, our journey in 2025 has been defined by a singular vision: Sustainable Development for All. We believe that true impact isn't measured just by the number of beneficiaries, but by the lasting nature of the change we create. This year, we have moved closer to a future where everyone has the power to live a healthy and dignified life.

We recognize that the challenges faced by our society are too complex for any one entity to solve alone. SUADHA's CSR wing acts as a bridge between corporate vision and grassroots reality. In 2025, our partnerships have focused on Environmental, Social and Health goals that align business growth with social equity.

Event 1: Food Security Initiative: CSR Support by Subhra Pharma Pvt. Ltd.

On February 24, 2025, marking the occasion of Maha Shivratri, SUADHA NGO distributed essential food grains to 52 underprivileged families in the remote tribal village of Payarwadi (Tokawade, Murbad).

This initiative was generously sponsored by Subhra Pharma Pvt. Ltd. who supported this project in memory of their parents' death anniversaries.

Total Individuals impacted 205

Youtube Link :- https://youtu.be/zt5y3iF_4_A?si=KfnJtGEGSmyNP1Cw



Event 2: CSR Support by Shubhra Pharma Pvt. Ltd. Project Name: Pitru Paksha Seva

Date: September 20, 2025 Impact: 50 families (from Thane Dist. – Ambernath, Ulhasnagar, Titwala Kalyan) provided with essential food grains.

In a collaborative effort with Mr. Manohar and Mrs. Rohini Lilaramani, our NGO conducted a food grain distribution drive during Pitru Paksha. This initiative aimed to support underprivileged families by providing essential rations. We thank our donors for their generosity and dedication to social welfare.

Youtube Link :- <https://youtu.be/CNXljymXVyo>

CORPORATE SOCIAL RESPONSIBILITY INITIATIVES



Oral Health Awareness Drive: Supporting Tribal and Urban Schools

A CSR Initiative Supported by SI Group India Pvt. Ltd.

SUADHA NGO, with the generous support of SI Group India Pvt. Ltd., conducted two distinct Oral Hygiene Awareness Programs and Dental Check-up Camps to promote critical oral health practices across different communities. The combined effort benefited nearly 300 students.

Event 1: World Oral Health Day Observation - Date: March 6, 2025

On the occasion of World Oral Health Day, the NGO focused on raising awareness about oral hygiene at a remote tribal village school Dahigaon Vibhag High School, Jamghar, Murbad Taluka, Thane.

- 53 students from the 8th and 9th standards attended the camp.
- The camp was facilitated by Dr. Pratik Bhoir (Kalyan) and managed by NGO team members Ms. Tessie Freddy, Mr. Manoj Bhoir, and Mr. Shivaji Bhoir.
- All students received a toothbrush and toothpaste.
- We are thankful to the Principal, Mr. Sandeep Pawar, and the teaching staff for their support.

The dental check-up camp for the 53 students at Dahigaon Vibhag High School showed relatively good oral health among the participants. The majority of students, 36, were classified as having normal oral health.

CORPORATE SOCIAL RESPONSIBILITY INITIATIVES



Condition	Number of Students
Normal/ Healthy	36
Cavities	6
Tarter (Calculus)	3
Tooth Extraction Required	2
Gingivitis (Zinjivites / Chegiwhities)	4
Other Issues	4
Total Students Screened	53

CORPORATE SOCIAL RESPONSIBILITY INITIATIVES

Event 2: "A Happy Mouth is a Happy Mind" Campaign - Date: March 20, 2025

SUADHA NGO conducted a second major Oral Health Campaign, emphasizing the connection between oral hygiene and overall well-being, at Sarvodaya Hindi Madhyamik Vidhyalay, Kalyan (East). The event also included students from Sunrise English Medium School (Kalyan East).

- A total of 245 children from KG to 8th Standard were checked.
- The NGO is grateful to Dr. Bhumika Giri (Kalyan) for attending the camp. The NGO team included Ms. Tessie Freddy, Ms. Tinku Mitra, Mr. Shivaji Bhoir, Mr. Mahendra Jadhav, and Ms. Sarita Pawar.
- Toothbrushes were distributed to all students.
- We thank Principal Ms. Aruna S. Dubey, Ms. Renu H. Pandey, and Mr. Vikas U. Pathak for their generous support.

Health Findings Summary:

Condition	Total Students	Male	Female
Normal	165	74	91
Cavities	58	31	27
Tartar	18	8	10
Gingivitis	3	2	1



CORPORATE SOCIAL RESPONSIBILITY INITIATIVES

CSR Activity by ECGC Ltd. - Project Rainwater Harvesting & Water Conservation

Phase I: Project Commencement (Bhoomi Pujan)

Check Dam Location: Katekui Village, near Manas Mandir, Asangaon, Shahpur, Thane

On May 6, 2025, the Bhoomi Pujan ceremony marked the official commencement of our Rainwater Harvesting Check Dam project. Located at the foothills of Mahuli Gadh, this initiative is strategically placed in an area known for its natural beauty and group of three mountains: Mahuli, Bhandargad, and Palasgad.

The ceremony was graced by Mr. C. Naulak (Branch Manager) and Ms. Sonali Gawad from ECGC Ltd. Thane Branch, whose support has been instrumental to this project. Representing the NGO were Ms. Iva Athavia (Managing Director) and Ms. Monali Roy (In charge of Tribal Welfare), alongside construction engineers, contractors, and the Sarpanch of Katekui village. Together, the team offered prayers for the successful implementation of the NGO's first ever rainwater harvesting project.

Youtube Link :- <https://youtu.be/ppf2wBij3GI>



CORPORATE SOCIAL RESPONSIBILITY INITIATIVES

CSR Activity by ECGC Ltd. - Project Rainwater Harvesting & Water Conservation

Phase II: Project Inauguration and Sustainable Handover

Project: Awala-Mahuli Check Dam Location: Katekui Village, Shahpur, Thane

In celebration of World Environment Day on June 5, 2025, the NGO officially inaugurated and handed over the completed Awala-Mahuli Check Dam. To further support the local ecosystem, 15 saplings were planted around the perimeter of the dam during the event.

The project was inaugurated with a ribbon cutting ceremony and a small puja led by Mr. C. Naulak (Br. Manager) and Ms. Varsha from ECGC Ltd. Thane Branch. We extend our sincere gratitude to Mr. Rajesh Modak (Assistant General Manager) and Mr. Manjit Tripathi (Assistant Manager) for their role in selecting and supporting this vital cause.

Key Attendees:

- Social Workers & Staff: Ms. Tessie Freddy, Mr. Shivaji Bhoir, Mr. Mahendra Jadhav, and Mr. Sachin Suroshi (Supervisor).
- Technical Team: Mr. Kamlakar Patil (Construction Engineer) and project contractors.
- Community Leaders: Mr. Pradip Agivale (Sarpanch of Mahuli Gao), the Sarpanch of Katekui village, and local residents.

Youtube Link :- <https://youtu.be/ppf2wBij3GI>



CORPORATE SOCIAL RESPONSIBILITY INITIATIVES

Monsoon Support & Umbrella Distribution - CSR Support by Viavi Solutions, Mumbai

On July 12, 2025, SUADHA NGO, in collaboration with Viavi Solutions, Mumbai, successfully conducted a CSR drive at Sarvodaya Hindi Madhyamik Vidyalaya, Kalyan (East). The initiative focused on supporting 500 students from Standards 1st to 10th by providing umbrellas to protect them during the monsoon season.

This project aimed to mitigate the challenges students face during their daily commute in the rains, ensuring better attendance and health. The drive was met with great enthusiasm and gratitude from both students and school faculty.

We express our sincere appreciation to Mr. Avinash Wagh (CSR Head, Viavi Solutions) for his personal presence at the event and for the company's steadfast commitment to student welfare and community development

Youtube Link :- <https://youtu.be/AeYqoR7IZCO>



CORPORATE SOCIAL RESPONSIBILITY INITIATIVES

CSR Activity by IIDL, Delhi

Educational Support Program - Distribution of School Supplies in Delhi

At Government Co-ed Sr. Secondary School, Ambedkar Nagar, Sector – 4, Delhi

On September 9, 2025, SUADHA NGO, with the generous support of IIDL, Delhi, organized a CSR initiative to support the education of underprivileged children. To help students continue their studies with joy and dignity, we distributed school bags, notebooks, and pencil pouches to a total of 1,300 students from 6th to 12th Standard.

Beyond the distribution, the day was marked by meaningful engagement. Mr. Amrendra Kumar (MD) spent significant time interacting with the students, listening to their aspirations and understanding their daily challenges. During a walkthrough of the campus, he took particular notice of the school's drinking water facility. Deeply concerned by the unhygienic and dirty condition of the water source, he expressed his apprehension regarding the health risks posed to students consuming such contaminated water. Recognizing that clean water is a fundamental right and essential for a productive learning environment, Mr. Kumar generously promised that IIDL would provide a high capacity RO+UV water purifier to the school, ensuring a sustainable supply of safe drinking water for all students.

We are sincerely grateful to IIDL, Delhi for their commitment to empowering young minds. We would like to give **special thanks to Mr. Amrendra Kumar (MD), Mr. Mohit Bhatnagar (CSR Executive), and Ms. Pooja Vanjani (Corporate CS)** for attending the event and spending valuable time with the children.

Youtube Link :- <https://youtu.be/6Z1o757 Gvs>



CORPORATE SOCIAL RESPONSIBILITY INITIATIVES

We also extend our heartfelt thanks to the school Principal, Mr. Bhuvaneshwar, and Mr. Anil Kumar for their cooperation in making this program a success. Representing the NGO at the event were Ms. Iva Athavia (Managing Director) and Ms. Monali Roy (Senior Social Worker). Together, we are making a real difference in the lives of these children.

SupremeTech Institute



Saralgaon Junction, Kalyan-Ahmadnagar / Malshejghat Road, Murbad Taluka, Thane, Maharashtra

CSR Support by Team Global Logistics Pvt. Ltd.
A Hub for Skill Building and Self-Reliance

Established in August 2022, the **SupremeTech** Institute continues to serve as a beacon of hope for rural and tribal youth in the Thane district. Operated by **SUADHA NGO** and supported by the CSR initiatives of Team Global Logistics Pvt. Ltd., our mission is to transform the lives of deserving SC, ST, and OBC groups through high-quality vocational training.

Located at Saralgaon Junction in Murbad Taluka, which is around 92 kms by road distance from Mumbai City. The institute bridges the gap between the untapped potential of local youth and the massive industrial demand of the Murbad MIDC area.

While Murbad Taluka and its neighbouring regions are home to a vast population of educated and ambitious tribal and rural youth, a significant barrier remains the lack of accessible, high quality vocational training. Many qualified young men and women find it difficult to locate training centers that offer expert coaching and the modern technical infrastructure they need near their homes.

As highlighted in the Economic Times (Jan 26, 2026), the Indian government is currently considering a formal proposal to offer income tax exemptions for companies deploying CSR funds into vocational training. This initiative aims to:

- Scale up private sector participation in skilling to create a more integrated pathway for investment.
- Simplify compliance by aligning CSR spending with tax incentives like Sections 35CCD and 80G.

Located at Shreekrupa Sankul, Saralgaon Junction, SupremeTech Institute is strategically positioned to serve the vast population of Murbad Taluka. While the region is home to many qualified and educated tribal youth, they often remain unskilled due to a lack of accessible training centers with expert coaching. Our institute bridges this gap by providing high quality vocational training, transforming these individuals into industry ready professionals.

SupremeTech Institute

CSR Support by Team Global Logistics Pvt. Ltd.

The center's location is critical as it sits adjacent to MIDC Murbad, a massive industrial hub featuring over 4,000 factories. Surrounded by Shahapur, Kalyan, Ahmednagar, and Pune, the institute provides a vital link between local talent and regional demand. Many of our graduates have already secured placements in companies at Khopoli. Multiple graduates have launched independent mobile repair shops. All driving course graduates have secured employment, with some even transitioning into vehicle ownership to provide local transport services.

By creating a direct link between skill learning and earning, we ensure that project proceeds go straight to the participants. This model allows our members to support their families, thrive with dignity, and build lasting self-confidence.

Courses Offered (120 hours each) :

- Advanced Mobile Repairing & Servicing
- Advanced Tailoring Course (+ Sewing Machine)
- Driving Course (+ Driving License)
- Also: Advanced T.V. Repairing, Assistant Electrician, & PCB Soldering (60 hours, only for girls).

We are proud to report significant growth in our training numbers and successful placements:

Till 2025 Achievements Highlights	
Program	Total Graduates
Mobile Repairing	71
Assistant Electrician	65
Tailoring & Sewing	20
4 Wheeler Driving	53
T.V. Repairing	7

Participants undergo a comprehensive three month training program. Upon completing the course, students sit for both theoretical and practical examinations to qualify for their official certification.

We extend our deepest thanks to Team Global - Saksham Sarthi, particularly Mr. Nityam Khosla (CEO) and Mr. Sandeep Palodkar (VP - HR), for their unwavering commitment to social empowerment. Their support goes beyond financial aid, fostering emotional and psychological wellbeing for our beneficiaries.

SupremeTech Institute

CSR Support by Team Global Logistics Pvt. Ltd.

Skill Development and Youth Empowerment

Vocational Training: Repairing & Servicing Course

SUADHA NGO is committed to equipping rural youth with essential skills to enhance their employment prospects and promote self reliance. This year, we successfully launched and concluded a specialized vocational training course.

On January 16, 2025, marking Youth Day, SUADHA NGO initiated a three months Mobile Repairing and Servicing Course for the youth of Pashane village, Vangani, Thane district. This initiative was conducted in collaboration with the SupremeTech Institute (Gramin Kaushlya Vikas Kendra). A total of 12 male students enrolled and attended the commencement of the session.

The training culminated on March 19, 2025, with the successful completion of the three months Mobile Repairing Course . Eight students successfully graduated and were awarded certificates, providing them with a valuable livelihood skill.

We extend our gratitude to Mr. Uttam Vatshala Chandrakant Palande (Local Youth Leader), who generously supported the entire program by providing a dedicated classroom facility at Pashane village to conduct the training.

Youtube Link :- <https://youtu.be/h1CJJh92m5k?si=VaWBcWfSuRR25jrm>



SupremeTech Institute

CSR Support by Team Global Logistics Pvt. Ltd.

Skill Development & Livelihood

The following report highlights the successful execution of our vocational training programs, aimed at empowering rural and tribal youth through certified skill development.

Phase I: Commencement of the 4 Wheeler Driving Course

CSR Support by Team Global Logistics Pvt. Ltd.

Project: Saksham Sarthi – 2nd Batch of 4-Wheeler Driving Training

On June 6, 2025, we launched the second batch of our comprehensive driving course, supported by the CSR initiative of Team Global Logistics Pvt. Ltd. The program commenced with an intensive classroom session at SupremeTech Institute, Gramin Kaushalya Vikas Kendra in Saralgaon, Murbad specifically designed to benefit the local tribal community. Total Candidates: 20 participants joined the course. (19 boys and 1 lady). Candidates hailed from Murbad, Badlapur, and Shahapur.

We extend our sincere thanks to Mr. Nitam Khosla (Managing Director) and Mr. Sandeep Palodkar (Vice President – HR, IR, Admin & Business Excellence) for their vision and support.

Youtube Link :- <https://youtu.be/YfeOa7-gHlw>



Phase II: Project Completion and Certification

Project: Completion of the "Saksham Sarthi" CSR Initiative - SupremeTech Institute, Saralgaon, Murbad
 On October 4, 2025, the SUADHA NGO celebrated the successful graduation of the 2nd batch of our driving program. In collaboration with Samarth Krupa Motor Training School, Murbad, all 20 candidates successfully finished their training.

All 20 candidates successfully finished their training through the SupremeTech Institute and Samarth Krupa Motor Training School. After passing their exams at the Kalyan RTO, every student received their official driving license within just three months. This program, supported by Team Global Logistics Ltd., has given these rural youths the skills they need to find jobs and become independent. Together, we are helping change lives through skill based training.

We are deeply grateful to the leadership at Team Global Logistics Pvt. Ltd. for their unwavering commitment to driving change one skill, one license, and one life at a time.

SupremeTech Institute

CSR Support by Team Global Logistics Pvt. Ltd.



Women's Empowerment & Livelihood

CSR Support by Team Global Logistics Pvt. Ltd. - 3 Months Tailoring Course & Sewing Machine Distribution

Under SupremeTech Institute – training at Jamba Village, Shahapur Taluka

On February 13, 2025, SUADHA NGO celebrated the graduation of 22 young women who completed an intensive three-month Tailoring Course that commenced on 3rd October 2024. This CSR initiative focuses on providing rural women with the tools for economic self-reliance.

Key Highlights:

- 22 women cleared their examinations and received professional certificates.
- 20 sewing machines were donated to graduates to help them launch independent tailoring businesses.
- The event was graced by Mr. Nityam Khosla (MD) and Mr. Sandeep Palodkar (VP) of Team Global Logistics Pvt. Ltd., alongside local community leaders.
- International social workers from Japan, Ms. Yuka and Ms. Riona, visited the site to witness the impact of the program firsthand.

Youtube Link :- <https://youtu.be/luEXdgrdoM8?si=pNuMtC4vcEwQY3wS>



SupremeTech Institute

CSR Support by Team Global Logistics Pvt. Ltd.

Team Global Logistics Pvt. Ltd. Empowering Tribal Women: Launch of the 3rd Tailoring Batch in Dolkhamb

SUADHA NGO, in partnership with Team Global Logistics Pvt. Ltd., is proud to announce the commencement of our latest vocational training initiative. On November 26, 2025, we officially launched the 3rd batch of our 3 Months Tailoring Course & Skill Development program under SupremeTech Institute – Gramin Kaushalya Vikas Kendra. This program specifically targets the remote Dolkhamb region in Shahapur, Thane. We are currently training 20 tribal women, equipping them with the tools necessary for financial independence.

- 150 hours curriculum delivered over three months (sessions held Friday through Sunday).
- Participants receive sewing machines upon completion to facilitate immediate self employment and home based business startups.
- Training is led by Master Tailor Mr. Sandip Sutar, ensuring high quality technical instruction.

A Heartfelt Thank You

This mission is made possible through the generous CSR sponsorship of Team Global Logistics Pvt. Ltd. Mr. Nityam Khosla (MD) and Mr. Sandeep Palodkar (VP-HR) for their vision and support.

- Mr. Shivaji Bhare, Mr. Nandu Dohale, and Mr. Abhijeet Bhoir for their invaluable presence and community leadership.



SupremeTech Institute

CSR Support by Team Global Logistics Pvt. Ltd.

Team Global Logistics Pvt. Ltd. Marks its 3rd CSR Collaboration with SUADHA NGO

In our mission to foster financial independence among youth, SUADHA NGO reached a significant milestone this year through our continued collaboration with Team Global Logistics Pvt. Ltd. On December 18, 2025 we proudly inaugurated the 3rd batch of our professional 4 wheeler driving training program.

This initiative is designed to bridge the gap between unskilled youth and the growing demand in the logistics and transport sectors. By providing rigorous, professional training, we are not just teaching a skill; we are delivering a pathway to sustainable livelihoods.

To ensure the highest standards of road safety and professional conduct, the program is executed Om Sai Motor Driving Training School

We extend our deepest gratitude to Mr. Nityam Khosla and Mr. Sandeep Palodkar from Team Global Logistics Pvt. Ltd. Their vision for Corporate Social Responsibility (CSR) and their unwavering support have been instrumental in making this program a cornerstone of our 2025



TRANSFORMING LIVES THROUGH EDUCATION SUPPORT

Empowering Dreams: Educational Aid - Case Study: Ms. Vaishali Sagvekar

- Ms. Vaishali Sagvekar has faced greater responsibilities and hardships than most young women her age. After losing her father during her school years, she became a pillar of support for her family. Both her mother and her only brother are completely blind.
- The family lives in a small home, surviving on occasional assistance that is barely enough for daily needs. Despite these challenges, Vaishali remains determined to build a better future. She dreams of completing her nursing course to provide a dignified life for her family. SUADHA is proud to have raised the funds necessary to support her education and help fulfill her dreams.



Donors get back for Educational Aid support

Donor Impact & Benefits:

Your contribution to our Educational Aid programs provides more than financial relief; it builds a transparent and lasting bond with those in need.

Why Support SUADHA?

- Receive the patient's photograph, personal story, and family background.
- Stay updated with regular recovery reports showing the results of your generosity.
- We facilitate direct interactions with the families you support.
- Your kindness is honored across all SUADHA social media platforms.

Tax Exemption:

- Individuals 50%
- Company/ Corporate CSR credit 100%

COMMUNITY DEVELOPMENT

BRIDGING THE LAST MILE THROUGH HEALTH, EDUCATION, AND TRIBAL EMPOWERMENT

As we reflect on the year 2025, SUADHA NGO takes immense pride in its journey toward creating a more equitable society through meaningful community development. This year has been a testament to our core mission of Social Upliftment and Development for Health Action, as we transitioned from foundational advocacy to establishing permanent institutional pillars in the regions we serve. Our commitment to the underprivileged and tribal populations remains at the heart of every initiative, ensuring that our growth is deeply rooted in the needs and aspirations of the community.

SUADHA NGO's Contribution to Community Development

The organization's logic for community development has evolved from temporary outreach to the creation of permanent community pillars that ensure long term sustainability.

- A major milestone this year was the inauguration of the SUADHA Ayush Clinic in Saralgaon, Murbad. This facility marks a significant shift in our contribution, moving from community health advocacy to providing permanent, holistic clinical services directly within the community.
- We are pleased to inform you that a harmonium, generously supported by Prof. Dinesh Desai from Australia (former Professor at I.D. College of Engineering, Ahmedabad, Gujarat), has been donated to Anudanit Ashramshala, Parli, Wada, Palghar Taluka. This valuable contribution will help promote music education and enhance the musical learning experience of 1,038 tribal students.
- SUADHA NGO continues to bridge the gap in tribal education through initiatives like uniform distribution on the occasion of New Year Celebration, which supported with New School Uniforms to 145 students from 14 different schools in January 2025. Additionally, the distribution of 3,000 notebooks in Ratnagiri further supports educational continuity for deserving students.
- Our contribution extends to public welfare through programs such as National Road Safety Week, where over 300 students in Murbad Taluka were empowered with essential knowledge on traffic laws and responsible commuting by senior RTO officials.
- To date, we have successfully rehabilitated and empowered over 1,050 women through vocational training and self defense workshops, fostering dignity and financial independence to every woman.

Through these diverse yet integrated efforts, SUADHA NGO has reached over 4,28,527 cumulative beneficiaries, proving that sustainable community development is achieved when health, education, and empowerment work in harmony.



COMMUNITY DEVELOPMENT

Uniform Distribution & New Year Celebration

Date: January 20, 2025 - **Location:** Z.P. School, Nyahadi Kendra Village, Murbad

To ring in the New Year with joy and purpose, SUADHA NGO hosted a vibrant "New Year Children's Party" dedicated to supporting tribal education. The event brought together 145 students from 14 different schools, turning a day of celebration into a significant step toward educational equity.

- A core initiative of this event was the donation of high quality, colourful school uniforms to all 145 children, ensuring they attend school with confidence and a sense of belonging.
- The day was filled with interactive fun games and extracurricular activities designed to foster social skills and community spirit among the tribal youth.
- Alongside uniforms, every child received curated gift items and nutritious snacks to celebrate the festive occasion.

We extend our deepest gratitude to the donors and coordinators who made this impactful day possible:

- **A special thank you to Mr. Chintan Shah from Vanguard Cloth Store (Ghatkopar, Mumbai)** for his generous contribution of the school uniforms.
- **We appreciate the kind support of Ms. Jana Shinde, Ms. Renuka Kalapi, Ms. Kalindi Khandwala, and Ms. Bindu Hingwala.**
- Our sincere thanks to **Village Pramukh Mr. Ankush Gharat, Mr. Bharat Dalvi (Yuva Vikas Manch)**, and the dedicated teaching staff from the participating schools for their seamless coordination.

Youtube Link :- <https://youtu.be/Rlo6VUKaeQ8>



COMMUNITY DEVELOPMENT

Uniform Distribution Drive – by SI Group India Pvt. Ltd . at Pre. Ashramschoo, Parali, Wada Taluka, Palghar

In our pursuit of fostering inclusive education, SUADHA NGO identified a critical need at the Pri. Ashramschoo in Parali, Palghar. A school uniform is often a prerequisite for a student's self esteem and sense of belonging. This year, on December 27, 2025, we successfully bridged the gap for 600 students from the 1st to the 7th standard by providing full school uniforms.

Our team undertook a 174 km round-trip journey from Kalyan to Parali, reinforcing our pledge to bridge the "last mile" gap in rural education.

The project's success was bolstered by the administrative support of **Principal Ms. Prachi Patil**. Her partnership allowed for a seamless distribution process and ensured that the uniforms reached the students most in need. By removing the financial burden of uniforms from rural families, SUADHA continues to improve school retention rates and student morale.



1 Day Lunch feed was given to 450 students at the school

On 18th March 1 Day Lunch feed to 450 students at the school of Sarvoday Hindi Madhyamika School, Kalyan (East), to celebrate the Birthday of one of the brother of Atharv Kaldante from Kalyan. The NGO is thankful to the Principal Mrs. Aruna S Dubey and all the teachers for their cooperation and support.

Youtube Link :- https://youtube.com/shorts/DkHO_oLcKNs?si=9cvIUyKPHLRcx9yF



COMMUNITY DEVELOPMENT

Ratnagiri Educational Support Drive

In June 2025, SUADHA NGO took a significant step toward bridging the educational gap in the remote clusters of Sangameshwar Taluka, located approximately 350 km from Mumbai. For many families in this hinterland, the cost of essential stationery can be a major financial burden, sometimes leading to decreased student engagement or school dropouts.

To address this, SUADHA NGO launched a large scale notebook distribution drive at Angavali, Ratnagiri.

Through this initiative, SUADHA NGO successfully donated 3,000 notebooks to deserving students. We focused on reaching students in remote areas who often struggle to get the basic school supplies they need.

By providing these high quality learning materials, we ensure that every child regardless of their economic standing starts the school year with dignity.



Bringing Life to the Tribal Health Care

In the quiet, remote corners of our tribal belts, menstruation is often a time of hidden struggle. For generations, women in these communities have lived in the shadows of silence, using unsafe, unhygienic traditional methods simply because they lacked the means and the knowledge of modern care. This year again, SUADHA NGO has had the privilege of witnessing a beautiful intersection of entrepreneurship and deep rooted empathy, led by a woman who believes that business is a platform for service.

Ms. Vidya Bansode, the Director of Lady Fly (LADY FLY) a brand rooted in Kalyan, is not just providing sanitary napkins; she is restoring dignity. Recognizing that tribal women are often the most neglected in taking care of personal care. Ms. Vidya has taken it upon herself to lead a movement of awareness and health.

Under her visionary leadership, Lady Fly has moved beyond the factory floor to the forest floor. Through her initiative and partnership with SUADHA NGO, she has donated high quality Anion Sanitary Napkins to those who need them most.



ROAD SAFETY ADVOCACY & AWARENESS PROGRAM 2025

SADAK SURAKSHA – SAFEGUARDING LIVES ON THE MOVE

The Challenge India continues to face a critical challenge with road fatalities, accounting for nearly 11% of accident related deaths globally. At SUADHA, we recognize that road safety is not just a regulatory issue but a public health priority. Our 2025 initiative focused on transforming "passive road users" into "active safety ambassadors."

Our Strategic Approach: The 4E Framework To ensure a measurable impact, our 2025 program was built on the global "4E" pillars of road safety:

1. **Education:** Sensitizing the youth and commercial drivers.
2. **Enforcement:** Partnering with local Traffic Police to promote rule adherence.
3. **Engineering:** Identifying and reporting local "black spots" (accident-prone zones).
4. **Emergency Care:** Training community volunteers in First Aid and "Good Samaritan" laws.

Key Initiatives & Activities

- In collaboration with the Ministry of Road Transport and Highways (MoRTH), SUADHA conducted a month long intensive campaign targeting high traffic junctions.
- Students to lead awareness marches, using creative placards and slogans to educate pedestrians on the importance of zebra crossings and avoiding mobile phone distractions.
- Conducted specialized workshops for heavy vehicle and auto rickshaw drivers focusing on speed limits, lane discipline, and the dangers of driving under the influence.

Following Event was organized:

Community Welfare through Advocacy of National Road Safety Week

In observance of National Road Safety Week. SUADHA NGO organized two pivotal advocacy programs on February 6, 2025 across Murbad Taluka, led by senior officials from the Kalyan RTO Office, Mr. Balaji Bondarwad and Mr. Surjit Singh Chauhan. These sessions empowered 300 students with essential knowledge on traffic laws and responsible commuting.

Session 1: Siddhi's Institute of Pharmacy, Nandgaon

- 200 Pharmacy students participated.
- A comprehensive one hour workshop featuring an interactive Q&A session on road discipline.
- Our thanks to Principal Dr. Rajnikant Kakde and the teaching faculty for their coordination and support.

Youtube Link :- <https://youtu.be/mAmCWrhqMII?si=CldROGkLkMfpb0Kc>

ROAD SAFETY ADVOCACY & AWARENESS PROGRAM 2025



Session 2: Yashodeep Shaishanik Sankul & Agriculture College, Saralgaon

- 100 Agriculture students.
- Expert guidance on safety protocols and legal responsibilities for young motorists.
- We appreciate Principal Dr. S. C. Sarode and the college committee for their commitment to student welfare and safety education.

Youtube Link :- <https://youtu.be/EHiVVkQQCe4?si=O7QbH2tiDGtfvyM8>



ENVIRONMENT

TOGETHER, WE ARE SOWING THE SEEDS FOR A GREENER AND MORE SUSTAINABLE TOMORROW.

At SUADHA NGO, our commitment to social upliftment is inextricably linked to the health of our planet. We believe that true community development cannot exist without a thriving, sustainable ecosystem. As we navigate the challenges of climate change and rapid urbanization, our environmental initiatives in 2024 - 25 have focused on restoring the delicate balance between human progress and nature's preservation.

Our approach goes beyond mere "conservation"; we strive for restoration and responsibility. By integrating environmental consciousness into our core programs, especially within tribal and rural schools - we are not just planting trees, but sowing the seeds of stewardship in the next generation.

This year, our environmental roadmap was defined by three key objectives:

1. "Save the Earth" tree plantation drives to increase green cover and oxygen security in ecologically sensitive zones.
2. Empowering tribal communities and school children to take ownership of local flora, ensuring a high survival rate for every sapling planted.
3. Promoting sanitation and "Swachh Bharat" initiatives to reduce the environmental footprint of rural and urban settlements.

Since, 2021 SUADHA has initiated the plantation and successfully planted more than 6440 in Thane and Palghar districts in 15 different areas either in the surroundings of any village or schools.

"We do not inherit the earth from our ancestors; we borrow it from our children." Consistent with this philosophy, SUADHA NGO has successfully expanded its footprint this year, moving closer to our goal of a socially and ecologically "healthy and wealthy" society.

Carbon Compensation NGO Meet - Host: ZED Foundation

In celebration of Republic Day January 26, 2025 SUADHA NGO participated in a strategic meet focused on Carbon Compensation Program at ZED Studio, Palava City, Dombivli. The event gathered environmental organizations to share insights on plantation and conservation efforts.

NGO shared their environmental conservation strategies through both physical and virtual presentations. Local students showcased a practical demonstration on Hydroelectricity and its impact on carbon consumption. The event was attended by 55 participants dedicated to environmental sustainability.

We thank ZED Foundation founders, Mr. Tushar & Mrs. Kiran Gangurde, their team, and the host, Ms. Sheetal, for an insightful session.



ENVIRONMENT

ENVIRONMENTAL CONSERVATION INITIATIVES

Event 1 - 13th Tree Plantation Drive: Greening Mahuli Katekui Village, Shahapur Taluka

Location: Katekui Check Dam & Awala-Mauli, Katekui Village, (from Mumbai 75 kms))

On June 13, 2025, SUADHA NGO successfully conducted its 13th Tree Plantation Drive in the scenic foothills of Mahuligad, near Manas Mandir in Shahapur. The initiative focused on the area surrounding the Katekui Check Dam, a vital water resource for the local community.

With the enthusiastic participation of our NGO team, local residents, and village children, over 200 fruit bearing and native saplings were planted. This project was designed to combat soil erosion near the check dam, enhance local biodiversity, and provide long term ecological and economic benefits to the village.

We extend our heartfelt gratitude to Sarpanch Mr. Pradip Agivale, Mr. Kamlakar Patil, and their dedicated team for their exceptional on ground support and commitment to a greener environment.

Youtube Link :- <https://youtube.com/shorts/MT8s-9yBjY4?si=zAguWfJomh1F8LIF>



ENVIRONMENT

ENVIRONMENTAL CONSERVATION INITIATIVES

Event 2 - 14th Tree Plantation Drive: Campus Greening Initiative

Location: Shei Vibhag High School, Shei, Shahapur, Takula

Following the success of our June drive, SUADHA NGO organized its 14th Tree Plantation Program on July 8, 2025. This event was a collaborative effort between the Shahapur Forest Department and the faculty and the students of Shei Vibhag High School.

In a vibrant display of community spirit, forest officers, teachers, and the entire student body joined our team to plant over 200 native and fruit bearing saplings across the school campus. This initiative serves the following purposes: beautifying the educational environment and instilling a sense of environmental responsibility in the younger generation.

We sincerely thank the following individuals for their presence and support:

- Principal Mr. Uttam Rangnath Awadh, Adhyaksh Mr. Nitin Jadhav, and Chairman Mr. Jagannath Tarmale.
- Mr. Dattatray Annaji Shinde (Forest Ranger), and Forest Guards Mr. G.P. Gulgande, Mr. G.A. Bhangre, Mr. A.J. Nikam, and Mr. J.N. Govande.
- Forest labourers Mr. Sudhir Joshi and Mr. Ram Tivre.
- Mr. Kaluram Bhoir (Journalist).

Youtube Link :- https://youtu.be/kyBJtkvJhp0?si=Qo8Tua_NVLkKNT09



ENVIRONMENT

ENVIRONMENTAL CONSERVATION INITIATIVES

Event 3 – 15th Tree Plantation Drive: Sowing Seeds for a Greener Tomorrow

Date: July 25, 2025 Location: Madhyamik Ashramshala in Parli, Wada Taluka, 93 kms from Mumbai (Palghar District)

Despite heavy monsoon rains, the event saw a remarkable display of community spirit. Our dedicated team, alongside school staff and students, worked together to enhance the local ecosystem.

- Over 300 fruit bearing trees were planted to promote environmental well being and provide long term nutritional benefits to the local community.
- The initiative engaged a portion of the 1,100 students currently enrolled at the Ashramshala, fostering environmental awareness among the youth.

We extend our heartfelt gratitude to Principals Ms. Prachi Pramod Patil and Mr. Vilas Banjara, as well as the entire teaching staff and student body. Their unwavering support and active participation made this drive a resounding success.

Youtube Link :- <https://youtu.be/mGK2obEOovk?si=oQIHWPjvgXuSwCM1>



HEALTH ACTION

FROM AWARENESS, ADVOCACY TO INFRASTRUCTURE: BRIDGING THE GAP IN RURAL AND HOLISTIC HEALTHCARE.

In 2025, SUADHA NGO's "Health Action" pillar transitioned from high volume awareness to deep impact medical infrastructure and specialized diagnostics. Our mission remains focused on addressing the "Silent Killers" - Non-Communicable Diseases (NCDs) such as cancer, diabetes, and hypertension that disproportionately affect underserved populations due to geographic and financial barriers.

While awareness advocacy continues to be a core strength, 2025 marked a significant evolution with the launch of permanent health hubs like the **SUADHA Ayush Clinic** at Kalyan (W) and at Saralgaon, Murbad.

1. Cancer Awareness and iBreast Screening Initiatives

Central to our mission is the early detection of cancer through specialized screening camps. SUADHA NGO operates with two portable iBreastExam machines, which represent a breakthrough in community based oncology. These specialized handheld scanning devices are entirely pain free and involve no radiation, making them safe for regular community use. The iBreastExam (iBE) is a handheld, non-invasive, radiation free medical device that uses electronic palpation and advanced sensors (like piezoelectric or capacitive sensors) to detect differences in breast tissue elasticity, identifying lumps or abnormalities by creating a color coded map of stiffness. It's designed for early, point of care breast health screening, making it useful in low resource settings for community health workers, offering a painless, quick, and standardized alternative to manual exams, though it identifies potential issues needing further imaging rather than diagnosing cancer itself. The iBreastExam can possibly provide a standardised breast examination with a report to facilitate physician communication.

iBreastExam helps identify women who need further clinical evaluation and imaging (like mammograms or ultrasounds) by flagging potential lumps, improving early detection in diverse settings. One of the most critical features of this technology is that reports are generated immediately, allowing our medical team to provide instant counselling and referral pathways for any detected lumps. In 2025, these machines were deployed in diverse settings, from screening female officers at the Kolsewadi Police Station to faculty members at Thakur College (TCET) and rural women in Murbad.

2. Osteoporosis and Bone Health

To combat the growing incidence of "silent" bone related conditions, SUADHA utilizes the **Furuno (Japan) Ultrasonography Bone Densitometer Model CM-300**. This advanced equipment allows for precise orthopedic assessments to identify risks of Osteoporosis and Osteopenia in both urban and rural populations. By providing these high end screenings at local festivals like the Anand Mela, we educate the community on the vital importance of regular bone health monitoring.

3. Multi-Specialty Health Programs

Our "Health Action" pillar extends beyond oncology and orthopedics to provide a holistic wellness net for the underserved:

HEALTH ACTION

- **Menstrual Health & Hygiene:** We conduct interactive advocacy programs at schools, such as Navjeevan International School, educating young girls on hygiene and breaking social stigmas.
- **Diabetes and Metabolic Monitoring:** Systematic tracking of blood glucose levels is a staple of our camps, ensuring early detection of Diabetes across all life stages.
- **Eye and Dental Check-ups:** Comprehensive camps, such as the one held at Takichiwadi village, include vision screenings and oral examinations to address basic healthcare needs that are often neglected in rural areas.

4. Holistic Support at Sant Gadge Maharaj Dharmashala

Understanding that recovery extends beyond hospital walls, SUADHA NGO remains committed to holistic care through our weekly outreach at Sant Gadge Maharaj Dharmashala (CST, Mumbai), where our teams are present every Thursday to assist patients and their families.

Empowering Communities through Proactive Health Awareness

We believe that Awareness is the first step toward breaking the cycle of poverty and disease. In 2025, SUADHA NGO's "Health Action" pillar underwent a strategic evolution, moving beyond high volume information sharing to focus on deep impact medical infrastructure and specialized diagnostics. Our mission remains centered on addressing the "Silent Killers" Non-Communicable Diseases (NCDs) such as cancer, diabetes, and hypertension, which disproportionately affect underserved populations due to a lack of local screening facilities and specialized care.

By leveraging local festivals like the Anand Mela and partnering with trusted community institutions, we have successfully integrated life saving health education into the daily lives of both urban and rural populations. From educating young students on menstrual hygiene to conducting intensive road safety advocacy, SUADHA is committed to transforming passive road users and community members into active ambassadors for their own well-being.

World No Tobacco Day 2025

SUADHA NGO observed World No Tobacco Day on May 31, 2025, at Kalyan Railway Station (West). This year's campaign, titled "Unmasking the Appeal," specifically targeted youth and students to raise awareness about the dangers of tobacco use.

The event, held between 10:00 a.m. and 2:00 p.m., offered comprehensive health services to commuters and locals. A total of 121 individuals (96 males and 25 females) participated in the screenings and received free medications.

This impactful community outreach was made possible through the separate and vital support of our three corporate sponsors. We extend our sincere gratitude to each of them for their commitment to public health:

- Zarak Steel Pvt. Ltd.: For their generous sponsorship and support of the screening initiatives.
- Sir Kikabhai Premchand Trust: For their dedicated contribution to our health outreach goals.
- SI Group India Pvt. Ltd.: For their essential sponsorship in making this event a success.

HEALTH ACTION

Oral & Dental Health Profile	Count	Key Observation
Leucoplakia Cases Identified	33	Early intervention / referral initiated.
Mouth Ulcers Detected	57	Common indicator of nutritional / hygiene
Gingivitis (Gum Inflammation)	3	Provided oral hygiene counseling
Healthy / Normal Findings	28	Confirmed Oral Wellness

The camp was led by Dr. Bhumika Giri and featured oral check-ups and counselling by Dr. Pratik Bhoir. Special thanks to Mr. Manoj Ramswarup Singha, Station Master, Kalyan, for his cooperation.



Breast Health Awareness Camp in Mumbai

On October 28, 2025, on behalf of 'International Breast Cancer Awareness Month SUADHA NGO partnered with Thakur College of Engineering and Technology (TCET), Kandivali, Mumbai, to host a Breast Scanning and Awareness Camp. The initiative screened 65 faculty members, staff, and students to promote early detection. We acknowledge Dr. Jolly Lochan and her team for their expert support in achieving this successful awareness drive.



Screening Category	Total Participants	Key Observation & Findings
Breast Health (iBE)	65	3 Lumps Detected (High priority follow up)
Bone Health Screening	65	2 Cases Identified (Potential density concerns)
Normal Health Baseline	60	Confirmed wellness for the majority

The camp proved vital for early intervention, as our team successfully identified three individuals with breast lumps and two individuals with bone health irregularities. By identifying these "silent" markers in an accessible campus setting, SUADHA has provided these women with a critical head start for further clinical diagnosis and treatment. This initiative underscores our commitment to making life saving preventative care a standard part of community wellness.



Youtube Link :- <https://youtu.be/xINloSwCLkQ?si=d-vVltMScj7m3Q7c>

HEALTH ACTION

World Diabetes Day 2025: "Diabetes Across Life Stages"

On November 14, 2025, in observance of World Diabetes Day, SUADHA NGO hosted a comprehensive community health camp at the SUADHA Women Wellness Clinic, Kalyan.

Aligning with this year's global theme, "Diabetes Across Life Stages," the initiative emphasized the necessity of continuous, supportive care for individuals of all ages. To promote early detection and preventative health management, the camp provided the following diagnostic services:

- Random Blood Sugar (RBS) Testing for diabetes screening.
- Blood Pressure Monitoring to assess cardiovascular health.
- Weight & BMI Assessment for nutritional guidance.
- Breast Cancer Screening (Scanning) for early clinical detection.

Table summarizes the findings from the camp:

Health Marker	Metric	Clinical Highlights
Total Participants	14	Predominantly female (13 F / 1 M)
Breast Health (iBE)	3 Lumps Detected	Identified 2 Lumps in one patient and 1 lump in another patient
Blood Sugar (Diabetic)	3 Cases	1 High Diabetic
Hypertension (B.P.)	2 High Cases	Includes readings as high as 169/100

Through this camp, SUADHA NGO continues its commitment in making essential healthcare accessible to the local community, fostering a culture of proactive wellness.



HEALTH ACTION

Specialized Preventive Healthcare Outreach

Collaboration with Prajapita Brahmakumari Ishwariya Vishwa Vidyalaya, Health-Wealth-Happiness (Anand Mela) on December 27, 2025, at Murbad.

As part of our ongoing commitment to rural health equity, SUADHA NGO partnered with the Prajapita Brahmakumari Ishwariya Vishwa Vidyalaya to host a 'Mega Health Check-up Camp' in Murbad. Recognizing that geographic and financial barriers often prevent rural populations from accessing advanced diagnostics, SUADHA NGO deployed a specialized team of technicians and state of the art equipment to the Bazarpet region.

Strategic Objectives

- To provide high end screening services for non-communicable diseases (NCDs) and bone health.
- To educate the community on the importance of regular monitoring for "silent" conditions like hypertension and osteoporosis.
- To leverage local festivals (Anand Mela) to reach a wider demographic in a trusted, communal environment.

Service Delivery & Clinical Impact

Operating from the Open Theater (Khule Natyagruh), our medical team provided comprehensive screenings from 10:30 a.m. to 5:00 p.m. The camp focused on four critical health pillars, reaching a total of 106 individuals:

Clinical Intervention	Total Screened	Key Health Outcomes & Findings
Oncology Screening (iBE)	17	100% normal verified breast health for participants.
Osteoporosis	73	Identified 10 cases of Osteoporosis and 35 Pre-Osteoporosis cases.
Monitoring (Diabetes)	93	Detected 8 High Diabetic and 15 Pre-Diabetic individuals.
Blood Pressure	83	Flagged 12 cases of High Blood Pressure for medical follow-up.

Furthermore, by flagging 23 individuals with elevated blood sugar levels and 12 with high blood pressure, SUADHA has provided these community members with the knowledge and referral pathways needed to manage chronic conditions before they reach a crisis stage.

HEALTH ACTION

To ensure the sustainability of this intervention, SUADHA NGO implemented a formal registration and documentation process. This data driven approach allows for structured follow up care and provides the NGO with a health map of the region to plan future interventions.

This initiative was made possible through the support of Brahmakumari Vaishali Didi (In charge, Murbad Branch) and Brahmakumari Priyansha Didi, who provided us with this meaningful opportunity. We are truly grateful for their guidance and for the chance to serve the people of Murbad.



SUADHA NGO conducted Awareness Advocacy Session: 'Breast Cancer & Emotional Wellbeing' on cancer prevention, early detection, and emotional well being. On April 17, 2025 at: YWCA Nursing Students.

SUADHA NGO conducted an interactive Awareness Advocacy Session on 'Cancer & Emotional Wellbeing' for 80 final year students of the YWCA Nursing course.

- Cancer Awareness: The session was led by Ms. Iva Athavia (MD, SUADHA NGO).
- Emotional Wellbeing: Counselling was provided by Ms. Arati Dariyanani (Director, Inner Wellbeing Solution).

The program aimed to equip future healthcare professionals with comprehensive knowledge on early detection and patient support.

Our Advocacy pillar for 2025 focuses on dismantling the social, financial, and cultural barriers

At SUADHA NGO, we believe that healthcare is a fundamental right, not a privilege that prevent marginalized communities from accessing life saving medical care. Beyond providing clinical services, our mission is to act as a bridge between specialized medical infrastructure and the populations that need it most from rural tribal hamlets in Murbad to the frontline officers of the Maharashtra Police.

In 2025, our advocacy efforts evolved to address the "whole person". We lead critical dialogues on often-stigmatized issues, such as menstrual hygiene for adolescent girls and emotional resilience for cancer patients and their caregivers. By championing early detection as a proactive health right and restoring dignity through prosthetic support initiatives, SUADHA is not just providing aid; we are advocating for a future where every individual has the agency to lead a healthy and self reliant life.

HEALTH ACTION

Free Health Check-up and Screening Camp for Maharashtra Police: Kolvewadi Police Station

Maharashtra Police Raising Day is celebrated annually on January 2nd (the Foundation Day of the Maharashtra State Police) to commemorate the formal presentation of the state police flag by the former Prime Minister, Pandit Jawaharlal Nehru, in 1961.

In honor of the dedicated officers who tirelessly protect the community, SUADHA NGO organized a Free Health Check-up and Screening Camp at the Kolvewadi Police Station, Kalyan (East), on January 7, 2025. This initiative was designed to support the well-being of the police staff.

A total of 83 male and female police personnel benefited from this comprehensive project.

Services and Participation

- Comprehensive health check-ups included Blood Pressure, Fat Analyzer, and early detection screenings for Diabetes, Osteoporosis/Bone Scanning, and Breast Cancer (for female officers).
- The camp was attended by Psychologist Ms. Arati Daryanani (Director, 'Inner Well Being Solution'), and doctors Dr. Amrita Singh and Dr. Anuj from Punarvasu Multi Specialty Clinic.
- Essential medicines were provided by Mouli Medical, Kalyan (East).

Youtube Link :- <https://youtu.be/8U6iq17Sf0o?si=F1CSctNTbyhrmpXg>

Key Findings from Evaluated Reports

Health Parameter	Status	Number of Personnel
Blood Pressure	High BP	6
	Low BP	10
Fat Analyzer	Overweight (as per height age)	14
Diabetic Detection	Diabetic	2
	Pre-Diabetic	13
Osteoporosis Detection	Osteoporosis	1
	Osteopenia	27
iBreast Screening (Females)	All women tested normal	-



HEALTH ACTION

Menstrual Health Hygiene & Adolescence Advocacy Program

On January 25, 2025, SUADHA NGO conducted two events: "Menstrual Health Hygiene Advocacy Program" at Navjeevan International School, Vangani, Thane.

In a strategic effort to dismantle social taboos and promote health equity, SUADHA NGO conducted an intensive advocacy program for 150 female students (Standards 5th to 9th). Led by dedicated Social Workers Ms. Geetha Nair and Ms. Tinku Mitra, the session moved beyond basic hygiene awareness to empower young girls with the agency and knowledge required to manage their menstrual health with dignity.

On the same day, we also conducted an interactive counselling session titled "Common Problems faced by Adolescent Boys" at Navjeevan International School, Vangani, Thane district. This focused, second session was designed for 100 male students from the 5th to 9th standards, fostering a safe and engaging environment for open discussion.

We express our gratitude to the School Principal, Mrs. Shardha Panmand, for facilitating this vital educational initiative



Our Full Body Cancer Screening Initiative

Early detection remains the most powerful tool in the global fight against cancer. In 2025, SUADHA NGO elevated its "Health Action" mission by transitioning from general awareness to a specialized, data driven screening model. Recognizing that late stage diagnoses are often driven by geographic isolation and financial constraints, we deployed a "Mobile Diagnostic Clinic" approach to reach underserved populations directly where they live and work.

By integrating state of the art, radiation free technology, such as the iBreast scanning system and high end diagnostic tools, we have successfully dismantled the barriers of fear and inaccessibility. Our Full Body Cancer Screening camps do not just identify risks; they provide an immediate "Health Map" for the participant through real time reporting and instant medical counseling. Whether serving frontline officers in urban police stations or women in the remote hamlets of Murbad, our goal remains the same to catch the "silent" signs of oncology before they become life altering challenges

Objectives of the Screening Program

- Utilizing pain free, non-invasive handheld scanners that provide immediate results, allowing for "on-the-spot" counselling.
- Prioritizing high stress groups and rural communities, including the Maharashtra Police and tribal populations in Murbad.

HEALTH ACTION

Preventive Health Check-Up Camp

On April 25, 2025, SUADHA NGO conducted a comprehensive Preventive Health Check-up Camp at Takichiwadi village, Murbad Taluka. This initiative was designed to bring life saving diagnostics and specialized screenings including bone health, vision, and oncology to the heart of the community.

This vital intervention was made possible through the separate and generous support of our donors. Each sponsor played a distinct role in ensuring these diagnostics remained accessible and affordable for the villagers of Takichiwadi.

We extend our heartfelt gratitude to:

- Zarak Steel Pvt. Ltd.: For their dedicated sponsorship and commitment to improving rural health infrastructure.
- Sir Kikabhai Premchand Trust: For their essential support and unwavering partnership in our clinical outreach.
- SI Group India Pvt. Ltd.: For their vital contribution and sponsorship that helped expand our reach during this event.

Through this collective support, we continue to bridge the gap in healthcare accessibility. This year, we moved closer to our goal of holistic community wellness by ensuring that life saving diagnostics are accessible and affordable for all. Here is a summary:

Diagnostic and Screening Focus	Impact and Reach
Blood Pressure & Weight	74 Monitored
Osteoporosis Screening (Bone Health)	59 Scans Conducted
Diabetes Care - Blood Tests & Check-ups	76 Early Detections
Oral & Dental	35 Consultations
Breast Cancer Screening	31 Women Screened

- The camp was attended by medical professionals including Dr. Reena Jagtap, Dr. Hemlata Lehe, and Lab Technicians Mr. Nitesh and Ms. Akshaya.
- We thank Mr. Sagar Kadav (Samajsevak) for organizing support, and community leaders, including Ex-Vice President of Zilla Parishad Mr. Subhas Pawar, for their attendance.



HEALTH ACTION

SUADHA NGO on March 22, 2025, conducted an Early Detection of Full Body Cancer Screening Camp specifically for members of the Brahma Kumaris organization.

The camp was successfully hosted at the SUADHA Well Women Clinic in Kalyan (West), with a total of 28 female members from the Thane district attending the comprehensive check-ups.

We are deeply grateful to Sir Kikabhai Premchand Trust for their generous support, which made the conduction of this vital screening camp possible. We also thank Brahmakumari Alka Didi, Brahmakumari Priyansha Didi, and Brahmakumari Rani Didi for their presence and enthusiastic participation.

Youtube Link :- https://youtu.be/QthAtfFqP_s?si=QhbrjRPsAlCy2hqv

Specialized Health Screening Impact

Health Assessment Category	Total Participants	Clinical Findings & Impact
iBreast Health	27	2 Suspicious Lumps detected
Diabetic Health	27	3 Pre-Diabetic cases identified for lifestyle counseling.
Osteoporosis	25	1 Osteoporosis & 8 Osteopenia cases identified.
Blood Pressure	27	2 High Blood Pressure cases flagged for monitoring.
Weight Management	27	4 Individuals identified as over-weight



HEALTH ACTION

Preventive Health Care Initiatives

On September 17, 2025, SUADHA NGO observed National Driver’s Welfare Day by conducting a comprehensive preventive health checkup camp for drivers and their families (10:30 a.m. to 4:30 p.m.) Services included:

- General medical examination (BP and Weight).
- Complete Blood Count (CBC) and Diabetic screening.
- Specialized screenings for Osteoporosis and Oral Cancer.
- Gynaec examinations for female family members.

Youtube Link :- <https://youtube.com/shorts/IFUXLKDCx0Q?si=GpzWjPE1dV2d4KDF>

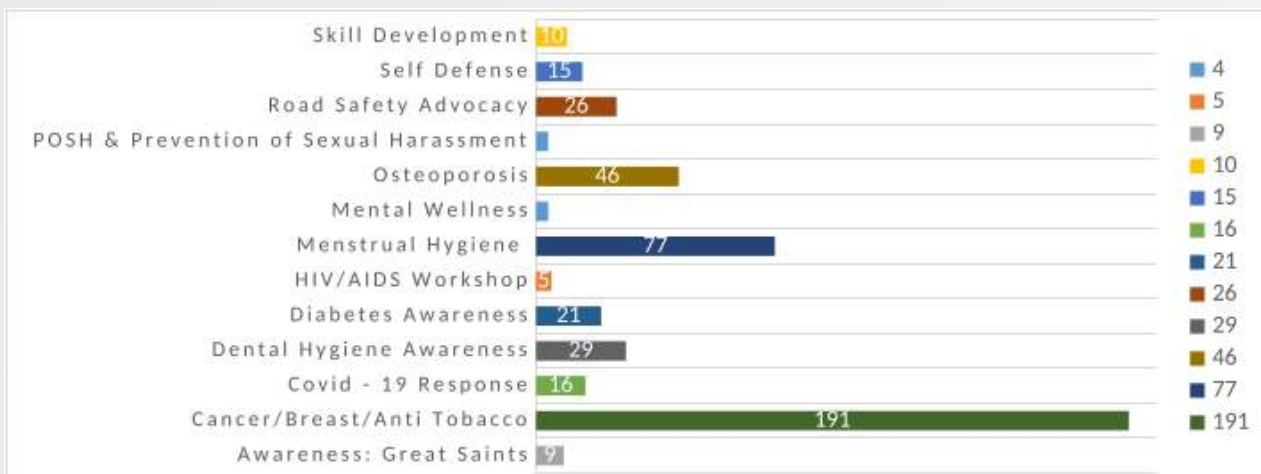
Category	Finding	Count
Blood Pressure	Normal : 4	High : 6
Diabetes	Normal: 9	Pre-Diabetic: 1
Osteoporosis	Normal: 6	Pre-Osteoporosis: 4
Dental Check-up	Normal: 7	Ulcer: 1 (2 Not Done)
Blood Report	Normal: 9	Neutrophilia: 1
Specialized Tests	iBE (Normal): 6	Pap’s Smear (Normal): 5



HEALTH ACTION

Evaluation Report

Since 2009 to 2025, SUADHA NGO has impacted with Total 453 programs of different Awareness and Advocacy Sessions in PAN India



Since 2017 to 2025, SUADHA NGO has conducted specialized iBreast Scanning Camps for the Early Detection of Breast Lumps across various communities.

No. of Camps	No. of Females	Positive Cases
134	6337	138

Details of Full Body Check-up for Early Detection of Cancer Screening Camps (2010–2025)

No. of Camps	No. of Women	No. of Men	Positive Cases
134	9865	664	132

Early Detection of Oral Cancer Screening Camp for the People (2010–2025)

No. of Camps	Total No. of People	Positive Cases
36	3603	189

HEALTH ACTION

Evaluation Report

Evaluation Report of Osteoporosis / Osteopenia Screening Camps (2010-2025)

No. of Camps	Total No. of People Screened	Total No. of People detected with Osteoporosis	Total No. of People detected with Osteopenia
36	8788	2456	2567

Statistical Evaluation Report of Diabetic Test Camps (2015-2025)

Total No. of People Screened	7685
Total No. of People Pre- Diabetic	203
Total No. of People Diabetic	208
Total No. of People Hypoglycemia	271
Total No. of People Normal	7003

Statistical Evaluation Report of Eye Test Camps (2018-2025)

Description	Total Count
Total Eye Checkup Camps Conducted	13
Total Number of People Screened	1721
Total Spectacles Distributed to Men	954
Total Spectacles Distributed to Women	126
Total Spectacles Distributed to Children	114
Grand Total of Spectacles Distributed	1194

HEALTH ACTION

Expanding Healthcare Access: Inauguration of SUADHA Ayush Clinic

On 9th September 2025, SUADHA NGO launched the **SUADHA Ayush Clinic (Dr. (Ms.) Jaywanti Thamke)** at our Saralgaon centre in Murbad. This initiative aims to provide holistic and individualized homeopathic care specifically tailored for tribal and rural communities.

The clinic is now operational every Tuesday and Saturday (2:00 p.m. to 5:00 p.m.), staffed by an authorized homeopathic doctor. In addition to expert consultation, patients receive free medicines. The launch was met with immediate success, benefiting 11 patients on the inaugural day itself.

To address the healthcare needs of the urban underserved, SUADHA also inaugurated an Ayush Clinic at NGO Office ,Kalyan (W). This facility replicates our holistic model, providing specialized homeopathic consultation and medicine to the local community, further bridging the gap in affordable healthcare.



Mental Wellness & Inner Well-being

A workshop on **Mental Wellness and Inner Well-being** led by **Arati Daryanani** for SUADHA NGO likely bridges the gap between physical health and emotional resilience. Arati Daryanani is known for her work in holistic coaching and emotional intelligence, focusing on "Inner Well-being" as the foundation for a productive and happy life.

This workshop serves as a vital bridge between physical health and emotional resilience. Led by holistic coach Arati Daryanani, the session focuses on "Inner Well-being" not just as a concept, but as the essential foundation for a productive, balanced, and happy life. By integrating principles of emotional intelligence, the program helps participants navigate external hardships through internal stability.

Strategic Importance for SUADHA's Mission

- For Patients: Healing the Invisible
 - For those battling cancer or chronic illness, the physical fight is only half the journey. This workshop addresses the "emotional trauma" identified in SUADHA's mission, providing patients with the psychological tools needed to manage fear, anxiety, and the stress of recovery.
- For Women: Empowerment from Within
 - Women are often the pillars of their households. By securing their own mental peace first, they are empowered to take on leadership roles within their families and communities with greater confidence and clarity.
- For Volunteers & Staff: Sustaining the Spirit
 - The frontline work of social upliftment is emotionally demanding. Focusing on inner well-being helps SUADHA's volunteers prevent burnout and cultivate the deep empathy required to serve marginalized populations effectively.

"Inner well-being is not the absence of trouble, but the presence of peace within the trouble." - Core philosophy for the session.

HEALTH ACTION

Restoring Mobility & Dignity: Prosthetics Support Initiative

At SUADHA NGO, we believe mobility is a fundamental right. This year, we intensified our efforts to support rural disabled individuals in the Thane district who have historically lacked access to artificial limbs.

Distribution Drive - February 26, 2025 Under the medical supervision of Dr. Aryan Kumar (Prosthetic Engineer), we successfully provided custom artificial limbs to two beneficiaries at our Saralgaon centre:

- Mr. Sudhir Jhunjarao (from Partalegaon): Received a Prosthetic Leg.
- Mrs. Kisan Hema Bhandari (from Saralgaon): Received a Prosthetic Hand.

Responding to high demand from villagers, we organized a comprehensive Disabled Assessment Camp at the Saralgaon centre, Murbad Taluka. While the spirit of the camp was high, it was also a sobering reminder of the challenges we face. While over 80 individuals expressed an urgent need for support, only 24 candidates were able to reach the venue.

It is with deep sadness we acknowledge that many others who remained stranded in the interiors of Murbad. Due to the severe lack of travel infrastructure and accessible transport, they were unable to reach us. Their absence underscores the critical need for better connectivity in our rural sectors.

For the 24 candidates who successfully reached the center, none of whom had ever received prosthetic support before measurements were taken to begin the fabrication of custom limbs using modern materials. We remain committed to reaching those who were left behind

Trials and Fitting – 1st June 2025 Following the assessment, we conducted trial sessions to ensure the perfect fit and functionality of the devices. Specifically, four individuals received trials for high quality orthosis and prosthetics:

1. Mr. Ganesh Shahane (44 years): Lt AFO Orthosis & Elbow Crutch.
2. Mrs. Neeta Gotiram Raut (41 years): Lt KAFO Orthosis.
3. Mr. Milind Balkr (41 years): Rt KAFO Orthosis.
4. Mr. Balchandra Tukaram Kader (47 years): Lt BK Prosthesis.



HEALTH ACTION

Patient Counselling & Holistic Support Program

For patients traveling from across India to seek life saving treatment at premier institutions like Tata Memorial Hospital, the journey is often fraught with anxiety, financial strain, and confusion. SUADHA NGO's dedicated counselors serve as a beacon of hope and guidance at the Sant Gadge Maharaj Dharmashala (CST, Mumbai). This year, a total of 56 patients were counselled.

Every year on World Cancer Day, SUADHA NGO representatives visit Gadge Baba Dharmshala (CST, Mumbai) to meet with patients and distribute biscuits and specialized nutritional foods prescribed for cancer patients, such as:

- High protein supplements and powders
- Multigrain cereals and porridge mixes
- Dry fruits (Walnuts and Almonds)
- Coconut water and electrolyte balances

Our commitment is consistent; our team also visits every Thursday of the month to provide ongoing support and ensure patients have the resources they need to continue their fight.

A Request for Your Support

Nutritional health is a critical pillar of cancer recovery, yet many underprivileged families struggle to afford prescribed diets. We invite you to contribute to our Nutritional Food Fund. Your donation helps us provide high quality, protein rich supplements and healthy meals to patients residing at the Dharmashala, ensuring they have the physical strength to endure treatment.

SUADHA NGO also organizes unique events to uplift the spirits of those in treatment. On World Cancer Day 2020, SUADHA NGO, in collaboration with film industry representatives and donors, organized a special event at the Sant Gadge Maharaj Mission Dharamshala in Dadar. This day included interactive activities, nutritious meals, gifts, and a movie screening to bring joy and normalcy to the patients' lives.

Additionally, on January 8, 2025, we hosted the "Ek Umeed - Alternate Therapy Forum" at the CST Dharmshala. The forum, attended by 65 participants, focused on reducing the side effects of chemotherapy and radiation through integrated approaches like yoga, homeopathy, and home remedies.

HEALTH ACTION

Patient Counselling & Holistic Support Program

As official representatives of SUADHA, our counselors provide more than just information:

- Assisting families with hospital procedures, file registrations, and treatment timelines.
- Conducting one on one sessions to help patients handle the stress of chemotherapy and radiation.
- Helping underprivileged families access medical aid, NGO grants, and government schemes.
- Training caregivers on liquid diets and post operative care, which is critical for thoracic and head and neck cancer patients.

By being present at the Dharmashala, our team ensures that no patient feels alone in their fight against cancer.

The forum's goal was to provide guidance on reducing the side effects of chemotherapy and radiation using integrated approaches. 65 participants attended the highly interactive session.

Key Highlights:

- Managing treatment side effects through alternative therapies.
- Prof. Dr. Ravi (Integrated Medicine), Dr. Pratap (Homeopathy Hospital, Vile Parle), and NGO M.D. Ms. Iva Athavia (Home Remedies) offered specialized advice on diet, yoga, and homeopathy.
- The program provided crucial knowledge and practical advice to patients and their families.

We thank Mr. Amol Thakur of Gadge Baba Dharmshala for his cooperation.

Youtube Link :- https://youtu.be/4InKX4mHt5k?si=8nli_j1at0tWL8s3



HEALTH ACTION

Our Commitment to Cancer Care

As we reflect on the milestones of 2025, our mission remains centered on providing a sanctuary of hope for those battling the immense physical and financial burdens of cancer. While the RKDC Charitable Trust continues to be a pillar of strength as our primary regular supporter for the Gadgebaba Dharamshala projects, the growing need for specialized care and daily sustenance requires a broader collective effort. **Our "Adopt a Cancer Patient" initiative and various sanatorium schemes are more than just aid programs; they are lifelines that ensure no patient or caregiver has to face this journey alone.** By bridging the gap between medical necessity and financial capability, we aim to provide dignity, nutrition, and a sense of home to every family under our care.

Support Category	Description	Cost / Commitment
Adopt a Child Patient	Comprehensive Medical Aid	₹8000/month (₹96000/year)
Daily Nutrition	Full-day meals (Breakfast, Lunch, Evening tea-snacks and Dinner) for 100 people	₹15000 (One-time)
Sanatorium Food Grains	Monthly supply for one patient	₹750/month
Family Accommodation (Patient's Family)	Food, boarding, and essentials	₹100/day (₹3000/month)

To ensure your generosity is witnessed first hand, we provide our donors with detailed monthly reports. These include the recovery status of adopted children and comprehensive fund utilization updates. Building on our success in 2019, where we supported 48 children at the Dharamshala, we look forward to scaling this impact with your partnership in 2026.

HEALTH ACTION

Battle Won: Satender Mahto's Journey Through Cancer

Mr. Satender Mahto, a 42 year old private sector employee and father of two, lives with his family in rented accommodation in the Badarpur area of Delhi. In 2022, his life took a difficult turn when he was diagnosed with oral cancer a diagnosis that brought immense physical, emotional, and financial challenges to his family.

His situation became critical following an incorrect chemotherapy cycle, which caused his health to deteriorate rapidly. Seeking specialized care, he was referred to Tata Memorial Hospital in Mumbai, where doctors recommended immediate surgery followed by intensive treatment. However, the high cost of this life saving medical care was far beyond his family's financial reach.



In this moment of crisis, the family reached out to the SUADHA NGO for assistance. recognizing the urgency, SUADHA intervened promptly by raising the necessary funds for Mr. Mahto's surgery and chemotherapy. The NGO also coordinated his emergency treatment at Jaslok Hospital, Mumbai. Beyond financial aid, SUADHA provided holistic support by arranging accommodation for the family in Mumbai and offering continuous emotional counseling throughout the treatment.

Over the course of six months, and with consistent guidance from the SUADHA team at every stage, Mr. Mahto successfully underwent surgery and completed his chemotherapy. Today, Mr. Satender Mahto is cured and has returned to his professional life. He is once again able to support his family, moving forward with renewed hope and stability. His recovery serves as a powerful testament to resilience and highlights the life changing impact of timely intervention and compassionate support.

HEALTH ACTION

Support for A Cause

Case 1:

Mrs. Mangal Kavale

In early July 2025, Mangal noticed a lump while showering. Her doctor scheduled an ultrasound for July 30, and the radiologist subsequently referred her for a mammogram. However, she could not afford the costs of the mammography or the necessary biopsy.

The biopsy results eventually confirmed that she had Grade 3 cancer, which had already spread to her lymph nodes. Mangal had sensed the diagnosis even before the medical confirmation and was subsequently scheduled for a mastectomy.

The complexities of cancer have taken a significant physical, mental, and emotional toll on Mangal. Due to the severe side effects of her treatment, she is currently bedridden and unable to work.

Mangal is a widow her husband passed away from a heart attack ten years ago. She lives with her three daughters and one school aged son. Before her illness, the family's sole source of income was a small tea stall she operated near her home.

SUADHA NGO has been supporting Mangal since her initial mammography. Providing regular emotional support and medical navigation. Her two daughters are now managing and run the family stall in her absence. For the past several months, the family has struggled to afford the continued costs of her treatment.



HEALTH ACTION

Support for A Cause

Case 2: Mr. Santosh Devidas Jagtap

Mr. Santosh Jagtap, 47, from Buldhana, is receiving treatment for thoracic cancer at Tata Memorial Hospital. After experiencing persistent chest infections, he moved to Mumbai to seek specialized care. He has already completed four cycles of chemotherapy and is currently awaiting his final cycle while staying at Gadgemaharaj Dharamshala.

The treatment has been physically demanding; Santosh is currently unable to consume solid food and relies on a feeding tube for nutrition. Beyond medical intervention, SUADHA's social workers have provided him with essential counselling to support his mental well-being. With an estimated treatment cost of 12 Lakhs, continued support is vital for his recovery.



Donors get back for Medical Aid support

Donor Impact & Benefits:

Your contribution to our Medical Aid programs provides more than financial relief; it builds a transparent and lasting bond with those in need.

Why Support SUADHA?

- Receive the patient's photograph, personal story, and family background.
- Stay updated with regular recovery reports showing the results of your generosity.
- We facilitate direct interactions with the families you support.
- Your kindness is honored across all SUADHA social media platforms.

Tax Exemption:

- Individuals 50%
- Company/ Corporate CSR credit 100%

EMPOWERING COMMUNITIES

Ration Distribution Program

While education is our primary bridge to the future, we recognize that a hungry child cannot learn. In 2025, SUADHA NGO expanded its holistic support system through the Community Ration Distribution Program, ensuring that the most vulnerable families had the food security required to keep their children in school.

Throughout the year 2025, SUADHA NGO remained committed to its mission of eradicating hunger by providing essential monthly groceries to underprivileged families and individuals. This initiative, driven by the unwavering support of dedicated donors and volunteers, ensures that vulnerable members of our community have access to nutritious food and basic necessities. From supporting single mothers and cancer patients to providing for children in institutional care, our ration distribution program serves as a vital safety net for those in need.

On 1st of every month SUADHA distributes ration to deserving families. Ration consists of Rice, Wheat, Oil, Sugar, Herbs Spices, Salt others grocery items Costing Rs.2050. During the year 2025, Suadha NGO implemented its ration distribution initiative to support vulnerable communities, **benefiting a total of 164 families and 425 children.**

The program was made possible through the generous and consistent contributions of:

- Ms. Sarita Kedia played a pivotal role by adopting the monthly ration needs of two vulnerable families
- Adv. (Ms.) Soni Patel, Ms. Meenakshi Sharma, and Mr. Vikrant Pathak, who donated ration every month to needy and deserving families.
- Adv. (Ms.) Soni Patel continues her steadfast commitment to the children of Satyavani Children's Home, Badlapur. Throughout the year, she provides monthly support in the form of essential ration and supplies. Expanding on this dedication, she also organizes an annual Diwali celebration, bringing joy to the children by distributing festive snacks and school stationery kits.

SUADHA NGO sincerely acknowledges and thank every donor mentioned above for their valuable support, which played a crucial role in strengthening food security and improving the well-being of families and children served during the year.

Grocery Support

Youtube Link :- <https://youtu.be/v-Oi-UQeVFg?si=0cXpGBk2Vmx7d3Kx>

Period	No. of Beneficiaries
2011 to 2025	29339



WOMEN EMPOWERMENT

SUADHA NGO Exhibitions 2025

Throughout 2025, SUADHA NGO maintained a strong presence in both corporate and public spaces through a series of strategic exhibitions focused on women empowerment. These events served as a primary platform to showcase unique, handmade products crafted by tribal women at our dedicated Rehab Centre. By hosting these showcases at premier corporate offices and retail venues, we successfully bridged the gap between traditional tribal craftsmanship and modern markets. Each event not only raised essential funds but also dignified the labour of these women, providing them with a sustainable path toward financial independence and social reintegration.

This year 36 Exhibitions were held and around 10,780 people attended the exhibitions at the following places

Exhibition Highlights:

- **International Yoga Day 2025 Fest (June 21):**
 - Focus: Promoting health and artisanal wellness products. Participating at the Yoga Fest organized at Seth Hirachand Mutha School, Kalyan, we reached over 300 students and parents. We extend our gratitude to the School Trustees and Ms. Sangita Tiwari (Yoga Teacher and NGO volunteer) for providing the premises and support.
- **Rakshabandhan Women Empowerment Mela (August 6):**
 - Focus: Celebrating traditional bonds through women led craftsmanship. Hosted by Lanxess India Pvt. Ltd., Thane, this event saw an overwhelming response from 600 attendees. We sincerely thank Ms. Antara Shekhar and her team for their warm support in spreading awareness for our cause.
- **Shaila Bazar 2025 (August 7):**
 - Focus: Showcasing high quality tribal handicrafts in a luxury retail environment. By invitation of Ms. Kajal Thadani, (Member Rotary Club of Bombay Central) we exhibited at Taj Vivanta, Cuffe Parade, dignified the labour of our artisans in a premier venue.
- **VAITARNA Hands of India Shravan Mela (August 9-10):**
 - Focus: Fashion centric promotion of indigenous handmade items. During this two day event at the Andheri Recreation Club, Dr. Manjula Jagatramka and Ms. Debosmita creatively utilized fashion show styles to highlight our products.
- **Shree Krishna Janmashtami Katha Exhibition (August 15-16):**
 - Focus: Community engagement through festive spiritual gatherings. We set up a stall at Ganraj Banquet Hall, Dombivli, thanks to the generous support of Mr. Purshottam Saraf, with special coordination by Advocate Soni Patel.
- **Indoco Remedies Corporate Showcase (August 22):**
 - Focus: Corporate social responsibility and employee engagement. Our exhibition at Indoco Remedies Ltd., Santacruz, was made possible through the support of Ms. Sharon Fernandes, Ms. Annika Pereira, and Mr. Jha.

WOMEN EMPOWERMENT

SUADHA NGO Exhibitions 2025

International Yoga Day 2025 Fest (June 21):



Rakshabandhan Women Empowerment Mela (August 6):



Shaila Bazar 2025 (August 7):



VAITARNA Hands of India Shravan Mela (August 9-10):



WOMEN EMPOWERMENT

SUADHA NGO Exhibitions 2025

Shree Krishna Janmashtami Katha Exhibition (August 15–16):



Indoco Remedies Corporate Showcase (August 22):



WOMEN EMPOWERMENT

Daan Utsav and the Diwali Festive Season

- **Centrum House NGO Mela (September 25):**
 - Focus: Strengthening the resolve of women artisans through corporate belief. We showcased creations at Centrum House, Santacruz, and are deeply grateful to Ms. Namrata Dilip Jashnani for her encouragement.
- **Daan Utsav Celebrations (October 3–10):**
 - Focus: The "Festival of Giving" and social reintegration. Throughout this period, we partnered with several leaders in the corporate sector:
- **Abhinandan Lodha Diwali Bazar (October 3):**
 - Focus: High traffic seasonal retail and livelihood support. Held at Lodha Excelus, Mahalaxmi, we thank Mr. Jonathan Vaz and his team for their continued belief in our mission.
 - **Abbott Pharmaceutical (BKC & Andheri):** Gratitude to Mr. Ansh Mirchandani, Ms. Jyoti Golatkar, Ms. Shruti Ravi, and Ms. Vaishali for fostering collaborations between NGOs and CSR leaders.
 - **TeamGlobal Logistics Pvt. Ltd. (Mumbai & Andheri):** We thank Mr. Mahesh Nigade and his team for their kind support during the Daan Utsav celebrations.
 - **Bajaj Electricals & Häfele India (October 10):** We appreciate Ms. Pooja Kasar (Bajaj) and Ms. Samridhi (Häfele) for providing platforms that connect compassion with creativity.
 - **IPCA Laboratories & Royal Sakhi (October 11):** Heartfelt thanks to Ms. Pranjali Save (IPCA) and Ms. Vaishali Pardeshi (Royal Sakhi) for celebrating entrepreneurship and the spirit of giving.

Illuminating Lives: Diwali Exhibitions 2025 - (October 13–20):

Our Diwali exhibitions this year were a resounding success, bridging the gap between our artisans and the corporate world. Over the course of two weeks, SUADHA NGO partnered with leading organizations to celebrate the festival of lights through impactful social commerce.

13th October 2025

Clover Infotech, Airoli - **Thanks to Ms. Sabina Texeira and her team.**

CitiusTech Healthcare Technology Pvt. Ltd., Airoli - Thanks to Ms. Chaitalee Chheda and her team.

14th October 2025

Ocean Network Express Line India Pvt. Ltd., Andheri, Mumbai - **Thanks to Ms. Shilpa Sharma & her team.**

Tata Croma, Andheri, Mumbai - Thanks to Ms. Ashwini Sakure and her team.

Youtube Link :- <https://youtu.be/9KmDi5fp2lg?si=k3RYNo1C7JK-w7pa>

WOMEN EMPOWERMENT

Daan Utsav and the Diwali Festive Season

Centrum House NGO Mela (September 25):



Daan Utsav Celebrations (October 3-10):

Abhinandan Lodha Diwali Bazar (October 3):



Abbott Pharmaceutical (BKC & Andheri)



BKC 6th October

Andheri 9th October

WOMEN EMPOWERMENT

Daan Utsav and the Diwali Festive Season

TeamGlobal Logistics Pvt. Ltd. (Mumbai & Andheri):



Bajaj Electricals & Häfele India (October 10):



Bajaj Electricals



Häfele India

IPCA Laboratories & Royal Sakhi (October 11):



WOMEN EMPOWERMENT

Daan Utsav and the Diwali Festive Season

Extended Diwali Corporate Circuit (October 13-20):



CitiusTech

Clover Infotech

Ocean Network Express



NELCO

NSE 16th October

NSE 17th October

WOMEN EMPOWERMENT

15th October 2025

Clover Infotech, Andheri, Mumbai - **Thanks to Ms. Sabina Texeira and her team.**

BDO, Raheja Titanium & Lotus Corporate Park, Goregaon (E), Mumbai - Thanks to Ms. Dipali Pant and her team

16th October 2025

Nelco, Mahape, Navi Mumbai - **Thanks to Ms. Michelle Bird, Ms. Manshwi Gharat, and their team.**

National Stock Exchange Ltd. (NSE), BKC, Mumbai - Thanks to Ms. Neha Sharma and her team.

BDO, Empire Complex & The Ruby, Goregaon, Mumbai - **Thanks to Ms. Dipika Pant and her team.**

17th October 2025

National Stock Exchange Ltd. (NSE), BKC, Mumbai - Thanks to Ms. Neha Sharma and her team.

Multi Commodity Exchange of India Ltd., Andheri (E), Mumbai - **Thanks to Mr. Rahul and his team.**

National Bulk Handling Corporation Ltd., Andheri (E), Mumbai - Thanks to Ms. Anju Kumar and her team.

20th October 2025

Central Depository Services (India) Limited (CDSL), Lower Parel (E), Mumbai - Thanks to Ms. Surbhi Singhvi, Assistant Manager, and her team.

The success of these exhibitions is a testament to the power of community. We extend our heartfelt thanks to our corporate hosts and the dedicated individuals.

Youtube Link :- https://youtu.be/h23PrAHca6o?si=L5JLDtWGN_Ah6htS

LEARNING FROM SAINTS, LIVING WITH PURPOSE

Building on our successful foundation, SUADHA NGO continues its dedicated initiative to educate school students through the Life Lesson sessions of Great Indian Saints. We believe that saints serve as ultimate role models and sources of inspiration, offering vital guidance on living a life rooted in faith, virtue, and meaningful contributions to society.

Core Pillars of Student Development:

Our "Life Lessons of Great Saints" program is built upon four foundational pillars designed to nurture the character and spirit of every student:

1. Cultivating Resilience through Role Models

- By exploring the biographies of Indian saints, students encounter relatable individuals who transformed personal hardships into a life of service. These stories serve as a powerful blueprint for students to overcome their own challenges, embrace virtue, and strive to make a lasting, positive impact on our society.

2. Character Building & Moral Education

- Studying the lives of these great figures allows students to internalize core values such as charity, hope, and social justice. Beyond academic learning, these sessions teach children the importance of standing up for what is right and making ethical choices in their daily lives.

3. Spiritual Connection & Inner Peace

- This pillar focuses on deepening the student's relationship with the divine and the concept of human service. Through the teachings and prayers of the saints, students find a sense of comfort and guidance, helping them realize they are never alone in their personal or spiritual journeys.

4. Community Belonging & Social Empathy

- The program fosters a sense of belonging by connecting students to a rich, historical tradition of believers and social reformers. By imitating the compassion of the saints, students learn to identify their own strengths, understand others better, and actively participate in the upliftment of their community.
- SUADHA NGO conducted a specialized Life Lessons Programme at Dahigaon Vibhag High School in Jamghar, Murbad Taluka, Thane. This session was specifically designed to bring the legacies of India's greatest reformers to the tribal youth.

1. Dr. B.R. Ambedkar: The Architect of Equality

A dedicated session was held for 55 students to honor the "Father of the Indian Constitution". Facilitated by Ms. Tinku Mitra, Mr. Mahendra Jadhav, and Mr. Shivaji Bhoir, the program delved deep into Dr. Ambedkar's life.

- Students learned about his relentless pursuit of knowledge despite facing severe discrimination



LEARNING FROM SAINTS, LIVING WITH PURPOSE

- The session highlighted his leadership qualities and his monumental work toward social equality and justice.
- By discussing his family background and his motto, "Be Educated, Be Organized, and Be Agitated," students were encouraged to use education as a tool for social transformation.

2. Smt. Savitribai Phule: The Pioneer of Education

We also celebrated the life and legacy of Smt. Savitribai Phule, recognized as India's first female teacher. This session reached 55 students, sparking a dialogue on the importance of courage and social reform.

- The session detailed her hardships in establishing the first school for girls and her unwavering commitment to women's empowerment.
- Students were inspired by her philosophy that **"Education is the most powerful weapon which you can use to change the whole community"**.
- The discussion focused on how her resilience paved the way for modern education, motivating students to value their schooling as a means to uplift their families and society.

We sincerely thank Principal Mr. Sandeep Pawar and the school teachers for their generous support in making these programs successful.

In our ongoing efforts to spread these teachings, we have conducted specialized sessions in 9 different schools across the Thane district of Maharashtra and Prayagraj in Uttar Pradesh.

The sessions focus on the lives and legacies of prominent figures:

Saint / Reformer	Key Contributions & Teachings
Dr. B.R. Ambedkar	Father of the Indian Constitution and Social Reformer; famously taught: "Be Educated, Be Organized, and Be Agitated".
Smt. Savitribai Phule	Pioneer Indian Lady Teacher and champion of women empowerment; taught that education is the weapon to change the community.
Lord Gautam Buddha	Teacher of the Four Noble Truths and the Noble Eightfold Path; emphasized: "Rule your mind or your mind will rule you".

16TH ANNUAL GENERAL MEETING SYNOPSIS

Date: 12th February 2025

Venue: 4th Floor, Jashraj Commercial Complex, Valipeer Road, Kalyan (West)

The 16th Annual General Body Meeting (AGM) of SUADHA NGO was successfully conducted on February 12, 2025, at the 4th Floor, Jashraj Commercial Complex, Valipeer Road, Kalyan (West).

The meeting was well-attended, with 60 people present from the three SUADHA NGO offices. Attendees included trustees, staff, volunteers, and donors.

Ms. Tessie Freddy, had elegantly anchored the event. She steered the proceedings with professional grace and kept the audience engaged throughout the diverse agenda. Under her coordination, the event maintained a seamless flow between formal business reports.

Guests and Dignitaries

- Chief Guests: Mr. Tushar Gangurde and Mrs. Kiran Gangurde from Capgemini Pvt. Ltd., who are also the Founder Members of the Zed Foundation.
- Guest of Honour: Mrs. Dhrutika Ben Shah, an esteemed donor of the NGO.

AGM Agenda and Program Highlights

The Annual General Body Meeting comprised both formal business and cultural events:

Formal Agenda

1. Welcome Address & National Anthem
2. Lamp Lighting ceremony and introduction/felicitation of Chief Guests
3. Self-introductions by all attendees
4. Presentation of Yearly Activities in 2024 (by Mrs. Monali Roy)
5. Financial Review: NGO Charity work, Funds Utilization, and Budget Approval for 2025–2026 (by Mrs. Rohini Mhase)
6. Details of Approved Yearly Activities in 2025 (by Mrs. Rinky Roopesh)
7. Felicitation of dedicated members
8. Presentation by International Social Workers (Ms. Yuka & Ms. Riona)
9. Cultural and Wellness sessions

Key Presentations and Reports

- Annual Activity Report (2024): Presented by Mrs. Monali Roy, Social Work Tribal Welfare In-charge.
- Financial Report & Budget (2025–2026): Presented by Mrs. Rohini Mhase, Joint Treasurer.
- Proposed Activity (2025): Delivered by Mrs. Rinky Roopesh, Secretary/Trustee.
- International Collaboration: Ms. Yuka and Ms. Riona, International Social Workers from Japan, presented a report on their work at Danke – Japan.

Cultural and Wellness Sessions

- Kathak Dance: Performed by Ms. Mahek Vijay Tribhuvan.
- Instant Mind-Body Healing: Conducted by Ms. Arati Daryanani, Director of Inner Well Being Solutions, including a guided practice for instant relaxation and inner calmness.
- Musical Interlude: Songs performed by Mrs. Sangeeta Tiwari and Mr. Vijay Tribhuvan.

16TH ANNUAL GENERAL MEETING SYNOPSIS

IV. Dedicated Member Felicitation

The following dedicated members were felicitated with a memento and a gift:

- Mrs. Virginia Danial Kiro
- Mrs. Meera Pandurang Limaye
- Mrs. Sangeeta Tiwari
- Mr. Sashank Dixit
- Mr. Shivaji Bhoir
- Mr. Gopinath Nair
- Mr. Sandeep Sutar
- Mrs. Sushila Bote

The program concluded following the celebratory lunch.



AVENUES OF PROJECTS

Sr.No	Project Details	Project Cost	Beneficiaries
1	Saraswati Madhyamik Vidyalaya, Kalyan, Thane - 65 sets of Desk & Benches	₹.3,42,742/-	210 Tribal Students
2	Ashramshala Shirole, Bhiwandi, Kalyan taluka 20 Blocks of Sanitation project- 10 Toilets + 10 Bathroom	₹.22,64,473/-	427 Tribal
3	Ashramshala Karav, Ambernath Taluka 60 Desk & Benches Sets	₹ 3,16,377/-	600 Tribal Students
4	Self Defense / Marshal Art Course for the Girls / Boys for 3 months Certification course at your door steps with minimum 20 to 30 people group by 3 Degree Black Master	₹ 3500/- per person for 3 months	At any age group
5	Bhuvan Gram Panchayat, Murbad Taluka- Borewell project	₹ 2,86,350/-	200 Tribal villagers
6	Support 4 Tribal Girls Marriage expenses. ₹.30,000/- per girl	₹ 1,20,000/-	4 Families
7	6 Units of Sanitation Project & Safe Drinking Water Facility for Little Star Academy, Lumding, Hojai, Assam	₹ 12,95,974/-	115 Tribal students
8	Ashramshala Chindechiwadi, Kasara, Shahpur taluka 20 Blocks of Sanitation project- 10 Toilets + 10 Bathroom	₹.27,85,481/-	361 Tribal Students
9	20 Blocks of Sanitation (5 Toilets & 5 Bathroom for Girls + 5 Toilets & 5 Bathroom for Boys) + Borewell + Pure Drinking water facility with Tank at the Mahabodhi Residential School, Tuichawng Village, Lunglei, Mizoram	₹ 33,78,736/-	265 Tribal Students
10	"12 Blocks of Toilets" for the Rural Collegestudents at Khardi, Shahpur Taluka in Thane district	₹ 16,87,958/-	1050 Tribal Students
11	10 Blocks of Sanitation & Safe Drinking Water Facility for Pilak Public School, Jolaibari Village, South Tripura District, Tripura	₹ 16,16,179/-	307 Tribal Students

AVENUES OF PROJECTS

Sr.No	Project Details	Project Cost	Beneficiaries
12	Livelihood Project Gopala - Income generating project for Tribal Women.	1st Year 1st Phase Expenses - ₹ 60,21,117/- and Tata Mini Van-₹6,25,000/- 2nd Year 2nd Phase Expenses - ₹ 56,48,211/- GO-Gas Plant - ₹10,00,000/-	Direct Beneficiaries 1st Year Income for the 25 Tribal women for - ₹2540/- Per Month 2nd Year Income for the Tribal women for 50 women - ₹7920/- Per Month Indirect Beneficiaries for 250 tribal family
13	Skill Development Training for Rural/Tribal youth group with 100% Jobs counselling . For 5 Courses :- 1) Driving Course + License (per head 2500/-) 2) Mobile Repairing Course 3) Assistant Electrician Course 4) Tailoring Course + Sewing Machines (₹ 10000/- per head) 5) CCTV Operate & Manage Course	₹ 10,00,000 /-	100 Rural / Tribal Youth group of Boys/Girls
14	Environment Protection-Water facility through Community Check Dams for the tribal villages in Fangulgavan Village Murbad Taluka	Total Expenses of the Project= ₹ 32,89,908 /-	For 463 tribal families
15	Environment Protection Water facility through Community Check Dams for the tribal villages in Mohili Village Shahapur Taluka	Total Expenses of the Project ₹67,77,530 /-	4150 Tribal Families
16	Livelihood Income generating program for deserving Tribal people as 7 Acres land Plantation / Farming	₹19,08,798 /- approximately	15 tribal people
17	School Building for the deserving Gyan Bharati English Academy, Dighali Dalani village, Barbaruah Block, Dibrugarh district, Assam	₹ 1,34,79,037/-	185 Tribal Students
18	6 Blocks of Sanitation project – 3 Toilets for Girls & 3 Toilets for Boys at Saraswati Madhyamik Vidyalaya, Kalyan taluka Thane	₹ 6,26,755/-	185 Tribal Students
19	Ashramshala Vasa, Palghar district - 150 Sets of Desk & Benches	₹ 7,76,820/-	435 Tribal Students
20	School Kits - Uniform, Bag and Shoes for deserving Shei Vibhag High School, Shahapur taluka, Thane	₹ 7,34,100/-	469 Tribal Students

AVENUES OF PROJECTS

Sr.No	Project Details	Project Cost	Beneficiaries
21	2 Classrooms for Sharda Vidyalaya & Junior College, Tokawade, Murbad,	₹ 14,11,200/-	747 Tribal Students
22	School Kits - Uniform, Bag and Shoes for 6 deserving Tribal School students in Palghar & Thane districts	₹ 47,02,868/-	3045 Tribal Students
23	School Kits - Uniforms, Bags & Shoes for 4 deserving tribal Schools in Raigadh district	₹ 34,40,355/-	2284 Tribal Students
24	Valvanda Tribal School, Jawahar taluka, Palghar district- 4 class rooms	₹ 13,70,024/-	310 Tribal Students
	Valvanda School 2 class rooms Jawahar taluka, Palghar district	₹ 8,07,395/-	310 Tribal Students
25	Hospital for Children & Women Maternity - with 100 Beds at Nyahadi village, Murbad, Murbad-Malshej ghat Highway, Thane district, Maharashtra, 170 km from Mumbai city	₹ 15,00,00,000/-	70 tribal villages around
26	10 Class Rooms, 10 Units Sanitation & 120 Sets of Bench + Desk for Pilak Public School, Jolaibari village, South Tripura, Tripura	₹. 85,99,175 /-	307 Tribal Students
27	School Kits ' for deserving Chatrapati Vidyalaya & Junior College in Sakhare village, Vikramgad taluka, Palghar district	₹. 6,99,414/-	470 Tribal Students
28	Plantation for 9 tribal schools, in Palghar districts	₹. 12,00,000/-	9 tribal school
29	Free Early detection Cancer screening camps with Breastscan for 4800 women	₹ 52,80,000/-	4800 deserving women
30	3 Taluka's Tribal school 5000 students FREE EYE Checkup and 30% Eye problems around 1500 Students Free Spectacle Distribution, ₹325/- per Spectacle with 12% admin cost	₹ 5,46,000/-	5000 Tribal Students
31	Project - Hamsari Sathi - Free Breast Scanning for the Women in 3 Northeast states, ₹.917/- per scan.	₹ 30,26,400/-	3300 Women
32	Ashramshal Khadavli, Kalyan taluka, Thane -66 sets of Bench & Desk	₹ 3,41,800/-	482 Tribal Students
33	Ashramshala Sakhre, Dahanu taluka, Palghar 200 Benches	₹ 10,54,592/-	850 Tribal Students

AVENUES OF PROJECTS

Sr.No	Project Details	Project Cost	Beneficiaries
34	Hospice For Terminally ill Patients & Senior Citizen Home for 250 people accommodation at Kanha village Lonavala, Maharashtra	₹ 25,00,00,000/-	100 Cancer/HIV Terminally ill patients free accommodation and 150 senior citizens
35	Environment Protection & Water facility through Community Check Dams for the tribal villages in Khuded Village Palghar Taluka	Total Expenses of the Project: ₹ 32,89,908 /-	1300 Tribal Families
36	World Cancer Day 4th February at Gadge Baba Dharamshala for 150 patients Parel & CST Centers,Breakfast, lunch dinner with Magic show/Musical events /Movie with Gifts distributions	₹45,000/-	150 Out station cancer patients with 300 their care givers
37	World Disable Day 3rd December for Disable 130 childrenSnacks with Magic show/Musical events /Movie with Gifts distributions	₹ 45,000/-	150 Out station cancer patients with their care givers
38	3 Library and 3 Toy Rooms on occasion of Daan Utsav	₹ 3,00,000/-	6 Tribal school children as per the school students
39	World No Tobacco Day 31st May at 3 ST BUS Depot-Kalyan, Shahapur & Murbad or as per the permission Free OralCancer camp Awareness lectures	₹ 1,54,560/-	1500 Free oral cancer camp targets from the ST Bus Depot
40	Tribal Girls Hostel for residential tribal school at Anudanit Ashramshala Zapwadi, Murbad Taluka in Thane district , Maharashtra	₹ 2,80,48,946/-	674 Tribal Students
41	Support unfinished School Building and 150 Sets of Bench & Desk" for tribal school Pranavananda Vidyamandir (run by Bharat Seva Shram Sangha), at Ajagarhtila Village, Khowai, Tripura State	₹ 64,61,845/-	250 Tribal Students

VISION 2026 & BEYOND

Project Gopala Diary - Empowering Tribal Livelihoods

As part of our Vision 2026 roadmap, SUADHA NGO is proud to announce a landmark milestone in our mission to foster rural self reliance. On 27th December 2025, we officially broke ground on the Gopala Farm Project at Sane Village, Shahapur.

A Sacred Start

The project commenced with a traditional Bhumi Pujan (Foundation Ceremony), invoking blessings for a prosperous and sustainable future. This initiative has been made possible through the visionary support of the Estate of Chandrasinha Vasanji Sampat and the Maharashtra Foundation, whose commitment to tribal welfare aligns perfectly with our core values.

The Gopala Farm Project is more than just a dairy farm; it is a holistic Tribal Livelihood Initiative designed to create a circular economy within the Shahapur Taluka. By focusing on the indigenous Gir Cow breed (Gir cow is a symbol of resilience and health), we aim to achieve the following:

- Providing tribal families with a steady, year round source of income through the sale of milk and dairy products.
- Creating direct and indirect jobs for local youth and women in animal husbandry, processing, and distribution.
- Utilizing farm by products (manure and urine) to encourage organic farming.

The Gopala Farm Project serves as a pilot model for our Vision 2026 goal of "Restoring Lives and Renewing Earth." By integrating traditional wisdom with modern dairy management, we are paving the way for a future where tribal communities are not just beneficiaries, but stakeholders in their own prosperity.

Key Upcoming Initiatives

1. Expansion of Tribal Outreach and Women Centric Programs

- We are deepening engagement in tribal belts, strengthening interventions in health, education, and livelihood. The SUADHA Rehab Centre continues to support women's emotional and economic rehabilitation, while the Gramin Kaushalya Vikas Kendra expands skill development opportunities for rural and tribal youth.

2. Project Life Line – Integrated Elder Care & Hospice Home

- Project Life Line is envisioned to be one of India's most advanced elder-care and palliative care facilities. Located near the serene hills of Lonavala, the centre will accommodate up to 270 residents, offering long term senior living, medical support, emotional care, and specialized end of life services under one roof.

3. Mission & Vision for Life Line

- Our vision is to create India's most trusted home for seniors and terminally ill individuals, where holistic care is delivered with dignity and compassion.
- Our mission is to provide integrated healthcare, comfortable living, spiritual support, recreation, and palliative care in a nurturing and respectful environment.

4. Hospital for Tribal Communities – Murbad

- A dedicated healthcare facility is being planned in Murbad to bring quality medical services closer to underserved tribal populations, closing the gap in primary care, maternal health, and emergency treatment.

OUR IMPACT

SUADHA NGO (Social Upliftment and Development for Health Action) is primarily focused on health, tribal welfare, and women's empowerment. Their workshops are designed to bridge the gap between healthcare access and social upliftment for marginalized communities.

Below is a structured guide to the types of content and topics typically covered in workshops conducted by SUADHA NGO.

- **Women's Health & Wellness Workshops**
 - These are central to SUADHA's mission, focusing on preventative care for "silent killer" diseases.
- **Breast Cancer Awareness:**
 - Step-by-step guidance on identifying lumps and abnormalities.
 - Understanding the importance of regular mammograms and clinical screenings.
 - Addressing myths surrounding cancer in rural and tribal areas.
- **Preventative Health Screenings:**
 - Educating on bone density, calcium intake, and posture, often paired with BMD (Bone Mineral Density) test camps.
 - Distribution of sanitary pads and education on reproductive health.
 - Managing hypertension, diabetes, and thyroid issues through diet and lifestyle.
- **Women's Empowerment & Skill Development**
 - These workshops aim to make women self-reliant through financial independence.
- **Vocational Training (Rehab Center Initiatives):**
 - Making paper bags, eco-friendly dustbins, and customized gift items.
 - Tailoring, embroidery, and stitching.
 - Basics of marketing handmade products and managing small-scale business accounts.
- **Safety & Rights:**
 - Practical martial arts and safety techniques for college girls and tribal women.
 - Educating women on their social and legal rights.
- **Tribal & Child Development**
 - SUADHA works extensively with tribal schools (e.g., in Murbad and Kalyan areas) to provide holistic support.
 - Identifying vocational paths for students after 10th and 12th grade.
 - Information on scholarships and government schemes for tribal education
 - Two-day training programs on specific technical or artistic skills.
- **Community & Environment Initiatives**
 - **Environmental Awareness:**
 - Workshops on the importance of green cover and how to care for saplings.
 - Awareness programs on sanitation, waste segregation, and community cleanliness.
 - **Road Safety Advocacy:**
 - Workshops for drivers on road safety rules, often combined with eye check-up camps and general bone scans.

THE PILLARS OF WISDOM

Our Advisory Committee

Swami PrashantAnand Maharaj	Bharat Sevashram Shagha
Dr. Swati Banerjee	Associate Professor, Chairperson Centre for Livelihoods and Social Innovation, TISS
Dr. Narendra Kakade	Asst. Professor, Chairperson Centre of Public Health, School of Health Systems Studies, TISS, Mumbai
Mr. Manahar Lilaramani	Director – Subhra Pharma Pvt. Ltd. & Clear Point Pharma

Board of Trustees

Ms. Iva Athavia	President, Managing Director - TISS
Ms. Rinky Roopesh	Secretary – Accounts Department
Ms. Virginia Kiro	Treasurer from TISS
Dr. (Ms). Meera Limaye	Jt. Secretary from Nirmala Niketan
Ms. Rohini Mhase	Jt. Treasurer – Accounts Department
Ms. Rohini Lilaramani	Trustee
Ms. Arati Daryanani	Trustee
Mr. Roopesh KT	Trustee

TEAM OF STAFF / MEMBERS

Ms. Rinky Roopesh	Administrator
Ms. Monali Roy	Tribal Welfare In charge
Ms. Rohini Mhase	Health Action Program in Charge
Ms. Bindu Hingwala	Public Relations Executive
Mr. Shivaji Bhoir	Social Worker & Field Coordinator
Ms. Tessie Freddy	Social Worker – Rehab Centre In charge
Ms. Tinku Mitra	Social Worker
Mr. Mahendra Jadhav	Public Relation Officer
Ms. Sarita Pawar	Rehab Centre Staff
Mr. Geetesh Nimade	Rehab Centre Staff
Ms. Sushila Bote	Rehab Centre Staff
Ms. Savita Shukla	Rehab Centre Staff
Ms. Hema Bhatt	Rehab Centre Staff
Ms. Neelam Kukreja	Social Worker
Mr. Vishnu G. Nair	Social Media Coordinator
Mr. Yogesh Diwedi	Web Master
Mr. Sanjay Katode	Self Defence – Master Trainer
Mr. Manoj Bhoir	SupremeTech Institute- Manager – Mobilizer
Mr. Sandeep Bhoir	SupremeTech Institute- Trainer
Mr. Gopinathan M. Nair	SupremeTech Institute- Trainer
Mr. Sandip Sutar	SupremeTech Institute – Trainer
Ms. Shailaja Vincent	TISS Advisor – Psychological Counsellor, Secunderabad
Dr. Daisy Abha K. Poddar	MBBS – Advisor Health Action- Delhi
Ms. Ratna Das	Coordinator – Kolkata
Mr. Abhishek Talukdar	Coordinator – Kolkata
Ms. Mamta Mishra	Coordinator – Bhubaneswar, Orissa
Ms. Sheela D. Sharma	Coordinator – Bharat Vikash Nayas Member, – Patna, Bihar
Mr. Biplob Baidya	Coordinator, Journalist, Coordinator – Agartala, Tripura
Ms. Tulip Das	Coordinator – Kolkata
Mr. Gopal Pradhan	Coordinator – Dibrugarh, Assam
Mr. Sudip Chakma	Coordinator – Mizoram

TEAM OF NGO MEMBERS

Prajapita Brahmakumari Ishwariya Vishwa Vidyalaya

Ms. Durgawati Choudhary

Ms. Sangita Tiwari

Ms. Sandhya Kumud

Ms. Harsha Shah

Ms. Mohini Tiwari

Ms. Sarita Kedia

Ms. Jyoti Singh

Mr. S.K. Singh

Ms. Bindu Hingwala

Adv. (Ms.) Soni Patel

Mr. Shashank Dixit

Mr. Aniruddha Roy & Ms. Aparna Roy (Canada)

HOW TO BECOME A MEMBER

Any individual who supports our cause can become an NGO member.

THE ANNUAL MEMBERSHIP FEE IS ONLY ₹ 25000/-.

The following benefits are offered to every registered member:

- Free Early Detection Of Full-Body Cancer / Osteoporosis / Diabetes Screening
- Member's Name Will Be Highlighted On Our Official Website & Other Social Media Communication
- Free "Member Pass" For Any NGO Cultural Event.
- Opportunity To Volunteer With Us.

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Ms. Ratna Darekar	Mr. Sai Nath
Mr. Vijay Patwa	Mr. Devashish Roy
Ms. Sonal Solanki	Mr. Dilip Roy
Mr. Sachin Suroshi	Mr. Dhiraj Bhai
Ms. Laxmi Nagore	Ms. Veena Naik
Ms. Chitra Toshar	Ms. Pooja Acharya
Ms. Mangala Ramesh Chavan	Ms. Harshita Shetty
Ms. Mohini Tiwari	Ms. Kavita Posam
Ms. Manik Mane	Mr. Mohan Mulchandani
Ms Aruna Bhalsod	Ms. Neelam Gaikwad
Ms. Pallavi Chouhan	Mr. Sarvesh Andinya
Ms. Savita Mulchandani	Ms. Sangita Mehrotra
Ms. Sangita Tiwari	Ms. Mrunal Soperkar
Mr. Pravin Kale	Ms. Sharda Gajere
Ms. Jyothi Singh	Ms. Sandhya Pawar
Mr. Dhiraj Bhai	Mr. Subhas Pawar
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Ms. Minal Thakur	Mr. Prem Shelar
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TEAM OF MEDICAL DOCTORS

Dr. Satish Kamat	Onco - Surgeon Medical Director - Asha Cancer Hospital, Thane
Dr. Sunita Kamat	M.B.B.S. Speciality Pediatric & Neonatal Surgeon
Dr. Sonal Bhalerao	Gynaecology
Dr. Shubhangi Palekar	Gynaecology
Dr. Trupti Poylekar	Gynaecology
Dr. Suchita Parab	General Physician
Dr. Reena Thomre	Gynaecology
Dr. Vinod Chouhan	General Physician
Dr. Satish Bhoir	Diabetologist
Dr. Pandurang K. Chaure	Pathologist
Ms. Swata Shah	Cytologist
Dr. Heeba Banwani	Oral Surgeon
Dr. Pradeep Koli	Eye Specialist
Dr. Bhumika Giri	Oral Surgeon
Ms. Nutan Yadav	Cytologist
Ms. Akshaya Kinalekar	Cytologist
Dr. Ravi Doctor	General Physician
Dr. Sushrut Limaye	Oral Surgeon
Dr. Ganesh Borse	M. D
Dr. Preksha Patil	Pediatric
Dr. Nilesh Bibhute	Orthopaedic
Dr. Sachin Patil	Neuropathic
Dr. Devyani Bangar	General Physician
Dr. Seema Marathe	Pediatric
Dr. Vitthal Vade	Ophthalmologist
Dr. Sashikant Patil	Optician
Dr. Ashok Londhe	General Physician
Dr. Yughandhara Thomre	Oral Surgeon
Dr. Pratik Bhoir	General Physician / Dermatologist
Mr. Abhishek Pandey	Blood Technician
Laboratory Association with Cytology Clinic	Cama & Albles Hospital, Mumbai
Dr. Rakesh Shukla - Blood Checkup	Health Care, Pathology Lab, Kalyan

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- ▶ Registered Society under **Indian Trust Act, 1860** with Registration No. **GBBSD 2666** dated **November 19, 2009**.
- ▶ Registered under **Section 12AA of the Income Tax Act, 1961** with Registration No. **TR/43768** dated **December 22, 2010**. Form No. 10AC Updated.
- ▶ Registered as **Public Charitable Trust** with Registration No. **F-40525 (Mumbai)** dated **December 10, 2010**.
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- ▶ **NITI Aayog / NGO Darpan Unique ID: MH/2017/0160329**
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