

# ANNUAL REPORT (2019-2020)

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*CENTRE FOR BLIND WOMEN & DISABILITIES STUDIES*

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NAB INDIA CENTRE



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# THE NAB INDIA CENTRE FOR BLIND WOMEN AND DISABILITY STUDIES

## HOW IT STARTED

**A UNIT OF NAB MUMBAI, THE NAB CENTRE FOR BLIND WOMEN & DISABILITIES STUDIES** was formed in 2002 in New Delhi, following the findings of the study 'Status of Blind Women in India' conducted by Asian Blind Union, Ms. Anuradha Mohit (Presently Director, NIMH) and Ms. Shalini Khanna (Presently Hony. Secy., NAB Centre).

**The Centre in Hauz Khas Enclave was based on the study and the 'Will' be queathed by its kind donors Smt. and Shri. Saradindu Basu with their bungalow in Hauz Khas Enclave, New Delhi, to NAB INDIA.** The Centre started in Oct 2002 with the help of a committee consisting the founder member, Ms. Devyani Sircar, then Hony. Secy. Genl. Dr. R.T. Vyas, then E.D Mr. Jaywant, Ms. Ela Mehta, Ms. Anuradha Mohit, the NAB Delhi President Sh. Jagdish Kapur and Ms. Shalini Khanna who was appointed the Asst. Director.

## VISION

The **vision** of the committee was to change the status of blind women in India provide rehabilitation, training, education, guidance and dignity in the lives of thousands of visually impaired girls and women, thereby empowering them to come out of the dark corners of their double disability.

## THE JOURNEY TILL HERE...

**Trainings, Education & Employment Support:** Over last eighteen years, the NAB India Centre has supported directly more than 2, 000 total blind women beneficiaries and around 11, 000 students with various disabilities PAN India to access Higher Education, gain Employment and become self reliant, and rehabilitated them to not only find gainful careers but also set up homes with successful marriages for many.

**Geographical Coverage:** The blind women come to the centre from different States of the country like Bihar, Uttarakhand, M.P., U.P., Rajasthan, Haryana, Himachal Pradesh, Punjab, Jammu, Tripura, Manipur, Meghalaya, Sikkim, Arunachal Pradesh, Nagaland, Assam, Karnataka and from the neighboring countries like Nepal.

**Researches & Disability Studies:** Since the centre has also increasingly focused on **Researches** in the field of Disability to bring facts to light, after it became '**Centre for Blind Women & Disability Studies**', the job mapping studies and international projects.

Another integral possession of a flat in Chitra Vihar, East Delhi has been extended by a living generous donor, **Mr. Bhatnagar** to NAB Centre for the welfare of more number of blind girl **from January 2013**. The centre is functioning as a '**Kamla Bhatnagar Employment and research Unit of the Centre**'. It has a Hostel for blind youth and has ongoing activities of packaging Training to make them employable in garments factories and export houses.

### **Community Based Rehabilitation & Outreach Programmes:**

We started new projects of Community Based Rehabilitation and Outreach Programmes in 2015 by sending our resource persons in communities/hostel for blind in Delhi-NCR to train persons with blindness on the skills of computer and handicrafts.

We further collaborated with other organizations working at grass route levels for persons with disabilities other than blindness in the district of Balia-Uttar Pradesh, Baksar-Bihar and Maharashtra. Through this collaboration, we worked on self employment ventures for the economic empowerment of PWDs back in their communities. Also, NAB India Centre has been dedicatedly working on introducing skill building trainings for persons with blindness in these organizations as its main agenda.

**Breast Cancer Detection training for blind women:** In its efforts to open new employment opportunities for the blind women, this training was brought from Germany to India in the year 2017. The first batch passed out in 2018 and presently working with CK Birla Hospital and Fortis Hospital for manual breast check of women under the supervision of Doctors. The second batch of trained blind women are interning with Medanta Hospital and Tata Memorial Cancer Hospital, Mumbai.

NAB Centre looks back on its successes and trials with a sense of progress and accomplishment. It is today proud to bridge the gap between education and empowerment, trainings and employments, between schooling and actual rehabilitation for the visually impaired girls. Several success stories continue to abound and this annual report aptly encapsulates NAB'S memorable moments through the year!

### **Acknowledgements:**

A very focused and committed group of volunteers, advisors and mentors work together with us to empower and awaken the visually impaired girls. The centre recognizes the efforts of its admirable dedicated team which works silently and tirelessly to change the lives of these girls, and helps to put them on a path of independence thereby building several success stories.

Not to forget our training partners of outreach programmes for their trust in our expertise and experience for the upliftment of persons with disabilities through contemporary skill building and life skill trainings. We thank them for collaborating with us to achieve the common goal of making the disabled population of the country as productive as like anybody else.

Our accomplishments, in the last 20 years, would never have been possible without the ongoing support of our sponsors and donors through the Corporates, Trusts and Foundations as well as the Individual Donors.

The august Managing Committee of NAB India, Centre For Blind Women & Disability Studies is mention worthy under the guidance of which NAB Centre has been able to come so far. The members with diverse backgrounds and stature have been regularly bringing expertise, cooperation and harmony which have been a pillar of strength towards all our efforts.

Last but not the least, we thank our parent organization `NAB India, Mumbai for their cooperation and support for NAB India Centre.

We thank you all with our heartfelt gratitude for putting your faith in us and helping us achieves our goals. We also look forward to your continued support and involvement in the coming years approaching the next decade.

**MR. AJAI MALHOTRA**  
**CHAIRMAN**

**MS. SHALINI KHANNA**  
**HONY SECY.**

## THE MANAGING COMMITTEE

Mr. S.K. Singh	Hony. Secy. General, NAB (I)
Mr. Ajai Malhotra	Chairperson
Mr. Manjit Singh Sawhney	Vice-Chairperson
Genl. C.K. Kapur	Vice-Chairperson
Ms. Pamela Bhandari	Treasurer Member
Ms. Shalini Khanna	Hony. Secy.
Mr. Gobind Shahani	Member
Ms. Anita Goyal	Member
Mr. Ramesh Batra	Member
Mr. Bhupal Singh	Member
Ms. Sulochna Mansi Agarwal	Member
Ms. Madhu Nagpal	Member

## I. MEDIA COVERAGE & VISIBILITY

### Media Coverage & Recognitions:

- A short documentary on “Dreams of blind girl trainees” at the centre was made and telecasted by Doordarshan Urdu.  
(<https://www.youtube.com/watch?v=YGXbiuNdJV4&feature=youtu.be>)
- **Ekam fest by National Handicapped Finance Development Corporation (NHFDC)**



From 2<sup>nd</sup> to 9<sup>th</sup> March 2020, the centre participated in Ekam Fest which was organized for the PwD Sector by NHFDC. Out of our handicrafts, spa and café stalls, the café stall by the blind was given special award and also the centre was observed one of the best NGO with innovative ideas

## II.SUMMARY OF LIVES IMPACTED THROUGH VARIOUS PROGRAMMES DURING 2019-2020

### 1. Total Blind Beneficiaries Benefited & Impacted under Various Programmes:

Sr. No.	Particulars	No. Of Beneficiaries
1.	Trainings (Through Direct trainings+ outreach programmes) (Delhi & Karnataka)	120
2.	Employments	16
3.	Internships	23
3.	Higher Education  (admitted as regular students in under grad courses in colleges of Delhi University)	15
4.	Scholarships for Higher Education	23
5.	Support for School Education as private candidates  (10 <sup>th</sup> & 12 <sup>th</sup> Grades)	05
6.	Hostel Facility to the blind trainees	63
7.	Working Women Hostel Facility to working blind women	07

8.	Annual Talent Enhancement Programme- Ujjwala	150
9.	Provision of Disability Certificates	28
10.	Wedding support to blind girls	01
<b>TOTAL</b>		<b>451</b>

## 2. Total no. of Staff Impacted through Upgradation Programmes

Sr. No.	Particulars	No. Of Staff Members
1.	Assistive Technology & Devices workshop at Connaught Royale (15-16) Nov, 2019	02
2.	Disaster & Emergency Response workshop by ACTED I Agency For Cooperation In Technical And Economic Development on 16 <sup>th</sup> November 2019	04
3.	Workshop on "Concept of visual impairment & empowerment through assistive technology	20
<b>TOTAL</b>		<b>26</b>

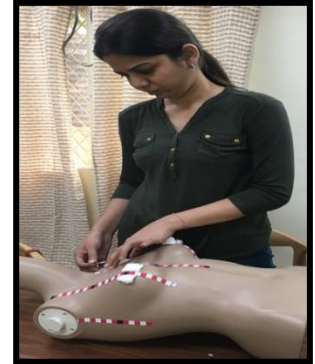
## 3. Total No. of Community Members Impacted through sensitization & Integration Programmes

Sr. No.	Particulars	No. of Participants covered	No. of Institutes/Corporates/Schools Sensitized
1.	No. of Volunteers enrolled & worked under <b>`Volunteer Management Programme</b>	133	
2.	No. of Institutes/ corporates/ organizations/ individuals associated as <b>`sources of volunteers</b>		23
3.	Awareness talks on breast care and breast cancer detection screenings done by blind MTEs under Discovering Hands Project	901	19
4.	No. of School teachers and students sensitized about the field of visual impairment	373	07
5.	No. of Clients covered with -`Japanese Medical Manual Therapy (JMMT)services by blind therapists under Talking hands Project	59	
<b>TOTAL</b>		<b>1466</b>	<b>49</b>

### III. NEW INITIATIVES & DEVELOPMENTS ON PROJECTS INCLUDING INTERNATIONAL COLLABORATIONS DURING APRIL 2019-MARCH 2020

#### 1. Discovering Hands (DH) Project:

A project brought by NAB India Centre from Germany in 2017 is a unique and distinct project in itself. It was founded by a German doctor-Dr. Frank Hoffmann.



- Under this project blind girls are trained to detect lumps/cysts or any other abnormalities in the breast using their highly sensitive tactile sense in their hands. Also, that this method of breast cancer detection by the blind girls is radiation free and extends comfort to a woman who is undergoing the breast check by another woman who cannot see.
- At the same time, the precious time of doctors is saved when MTEs assist doctor in the initial screening of breast for a patient.
- The whole procedure of breast check is documented by the blind MTE for each patient and a report is generated with all findings by the MTE with patient history, graphical presentation of findings for doctor's reference for further course of action.

#### a. Placements:



#### Blind Medical Tactile Examiners (MTEs) under Discovering Hands Project:

Out of 7 trained and certified MTEs in first batch under Discovering Hands Project above, 6 have been placed with Fortis & C K Birla Hospital. The certified MTEs are screening women breasts for any abnormalities under the supervision of doctors.



### b. Internships of 2<sup>nd</sup> batch of blind trainees:

Under second batch taken in May 2018 for training, around 6-8 blind girls were trained in the skill.

After intense talks and meetings, new avenue of internships have been cracked at `Tata Memorial Hospital, Mumbai. The interns are being closely monitored by DH staff in order to ensure their required grooming and professional development.

#### Our Proud Interns:



Farheen

Sakshi

Kavita

Ruby

Pranita

Yeshu

Number of interns	Names of interns	Interning at
3	Kavita, Farheen & Sakshi	Tata Memorial Hospital, Mumbai
2	Ruby & Pranita	Medanta Hospital, Gurugram
1	Yeshu	CK Birla Hospital, Gurugram

### c. Project Expantion plan at Bangalore and Kashmir:

During June 2019, visits and meetings at Bangalore with Enable India and at Kashmir with Help Foundation were organized. The purposes of the meetings were to talk about expanding the project to phase 2 locations after screening of the work done by these organizations. Positive outcomes are there for the collaborations.

- In order to achieve the above, 2 trainers from Enable India, Bengaluru and 1 trainer cum coordinator from NAB India Centre attended a `Training of Trainers programme at Germany between 19<sup>th</sup> Sep-17<sup>th</sup> October, 2019.

- 1 trainer from Bangalore and 2 trainers from Kashmir were trained in the skill of teaching breast cancer detection to the blind girls during a TOT programme during (JAN-Feb) 2020 at NAB India, Centre for Blind Women & Disability Studies.

**d. Partners' Meet:**

lunch was hosted by the centre which was attended by the German Partners, all the doctors associated with the DH project in India, the MTE's from both the batches, the trainers, the marketing team and the board members in the way of a partners' meet to discuss about the progress and challenges of the project on 12<sup>th</sup> Aug, 2019 at the centre.



**e. Conference with doctors:**

It was held in association with CK Birla Hospital at Leela Hotel: attended by well known prominent doctors like Dr Chintamani (Safdarjung Hospital), Dr.Rath (AIIMS), Dr Ravi Mehrotra(ICMR); Dr Pushpa Chandra, Dr Kanchan Kaur(Medanta), Dr Mandeep Malhotra(Fortis), Dr Deepak Jha (Fortis) Dr. Bhavna Sirohi , Dr. Aruna (CK Birla) and many others and German team consisting of Dr Frank Hoffmann , Ms. Steffi and Ms. Melanie.

**f. Awareness Camps, Talks & Conferences regarding `Breast Cancer Detection by MTEs:**

The same were done in order to create awareness in general public about this particular skill of blind women to detect breast cancer manually. The certified MTEs also screened and examined breasts under the supervision of doctors.

Month	Nature of Activity	Venue of Activity	No. of People Covered/Addressed
April 28 & May 5	Breast cancer awareness camp	at `The Palms Society , Gurugram, Haryana	43
May 24, 29 & 30	Awareness talks and Breast cancer screening camp at	`The Bayer House , Mumbai, Maharashtra	32 36
June 8	Breast cancer screening camp for ADTOI female staffs	NAB India Centre, Delhi	18
June 29	Breast cancer screening camp for	Delhi	12

	women residents of Mayfair Garden Colony		
13 <sup>th</sup> July 2019	Screening Camp	Spaze Privvy” Gurugram	17
17 <sup>th</sup> July, 2019	Awareness Talk	At CK Birla Hospital, Gurugram for FICCI	125
15-18 <sup>th</sup> July, 2019	Screening Camp	Monsanto, Bengaluru, Karnataka	77
31 <sup>st</sup> Aug, 2019	Awareness Talk	Westend Heights, Gurugram	65
7 <sup>th</sup> Sep, 2019	Screening camp	Westend Heights, Gurugram	18
27 <sup>th</sup> Sep, 2019	Awareness camp	Sector 82, Gurugram	12
28 <sup>th</sup> Sep 2019	Screening camp	NAB India Centre	12
15-18 <sup>th</sup> Oct 2019	Screening camp	Sharad Pawar Nursing College & Institute, Pune, Maharashtra	185
24-25 <sup>th</sup> Oct 2019	Screening camp	Cyber City, Gurugram	07
30-31 <sup>st</sup> Oct, 2019	Screening camp	Medanta Hospital, Gurugram	06
8 Dec	Screening camp	Sujal Hospital, New Friends Colony, New Delhi	06
12 Dec	Screening camp	Gurudwara Singh Sabha, G.K. Delhi	10
14 Dec	Screening camp	Santushti Apartments, Vasant Kunj, Delhi	14
(12-17) Jan	Screening camp	Indian Dental Association, Mumbai	56
5 Feb	Awareness talk	Graphic Era, Dehradun	150
TOTAL			901

## 2. Talking Hands Project:

Talking Hands was introduced in the year 2013 for the blind youth by NAB India Centre in India under the name `Japanese Medical Manual Therapy (JMMT).

- Considered a path breaking preventive therapy brought in India by the Special Needs Education School for the Visually Impaired (SNESVI), University of Tsukuba, Tokyo, Japan, in cooperation with NAB India Centre, New Delhi & National Institute for the Visually Handicapped, Dehradun for the training of blind population of the country to become JMMT therapists.
- The treatment is known to transform the quality of life from strenuous lifestyle, bad food habits, physical inactivity, wrong body posture and disturbed biological clock, by bringing balance to the nervous system.



**Details of JMMT Therapy given by blind therapists to the general public during the year:**

<b>MONTH</b>	<b>No. of OPD Patients with multiple visits</b>	<b>Conditions Treated</b>	
April	2	Joints pain, Cervical Back pain, Knee pain, Headache Back pain, Shoulder pain, Cervical	
May	6		
June	6		
July	11		
August	04		
September	03		
October	05		
November	04		
December	06		
January	05		
February	04		
March	03		
<b>Total</b>	<b>59</b>		

**Talking Hands Representation:**

The therapists got an opportunity to participate at the Ekam Fest, fair cum exhibition organized by NHFDC where the therapists presented and promoted their skills and techniques in Japanese Medical Manual Therapy during March 2020. . It was an exceptional exposure for the therapists. Many visitors found it interesting and helpful. They even showed interest to visit centre for further checkups.

### 3. NAB India Centre-Skill Set Council for Persons with Disabilities (SCPWD) pilot training project

The purpose of this assignment was to conduct end to end trainings for 49 adult blind individuals thereby ensuring meaningful livelihood engagement of skilled persons with Visual Impairment. NAB India Centre chose three trades namely Customer care Executive, Asst Spa Therapist and Packer basis the fact that they had *market/ industry demand*, *were scalable* and would ensure *mainstreaming* of VI PwDs.



- The Centre's role was to be in mobilization and registration of candidates, providing training facilities, development of course curriculum as per QP/ NOS,
- development of content, training of trainers,
- ensuring quality training,
- ensuring trainee data entry in the portal for SCPwD monitoring purpose,
- ensuring assessment & certification of candidate, preparation for job readiness of candidates, ensuring placement and any other task that will ensure successful completion of pilot training programme.

The pilots for all the above mentioned trainings were successfully conducted and a final report was submitted to SSCPWD with best practices, findings and challenges faced for future course of action.

The centre also partnered with NAB Bangalore, Karnataka for Customer care executive training and hence some blind beneficiaries were trained at NAB Bangalore too.

In addition to the above, helping in screening new job roles for people with visual impairment in various sectors-

- a. Apparel, made-ups and home furnishings- pressman and Washing machine operator for low vision people;
- b. Beauty & Wellness - Hair Stylist, Beauty Therapist, Yoga Instructor;
- c. IT-Ites-Domestic Biometric data operator, Domestic IT helpdesk Attendant, Junior Software Developer
- d. Field Technician- Other Home Appliance for persons with Low Vision

Also, working as a part of the Accreditation committee of the Council

#### IV. CENTRE'S REPRESENTATIONS DURING 2019-2020

- a. **Talk at Aditi Mahavidalaya:** The Hony. Secy. was invited by the Mahavidalaya for a talk to make faculty and students aware about "Understanding Visual Impairment and their Needs on January 24.

## V. AWARENESS CUM SENSITIZATION PROGRAMMES

During 2019-2020, 373 individuals from around 7 institutes were sensitized about the field of visual impairment and methods of rehabilitation by way of visits to various departments at the centre:



Date of Visit	Institute/Organization	No. of Visitors
17 <sup>th</sup> Sep, 2019	Ali Yavar Jung National Institute of Speech and hearing Disabilities	10 (8 Students & 2 staff members)
23 <sup>rd</sup> Sep & 3 <sup>rd</sup> Oct, 2019	Cancer Foundation	03
3 <sup>rd</sup> Oct 2019	AMITY University	04
(Oct-Dec) 2019	ANSAL University-(Low vision department)	20
11 <sup>th</sup> & 14 <sup>th</sup> Oct, 2019	IIT-Delhi	55
(Sep-Feb) 2020	SSCPWD-Trainers	251
18 <sup>th</sup> Nov 2019	Sharda University	30
TOTAL	07	373

**Awareness play by blind girls at Siri Fort Auditorium:** A team of around 8 blind girls performed a play with the theme `Say no to corruption` at Siri Fort Auditorium on the invitation of NAB, R.K. Puram during their annual event Medha on Dec 1, 2019. The performance was well received by the audience.

## **VI. FUTURE PLANS/ LOOKING AHEAD FOR 2019-2020**

1. To strengthen the Fund-Raising initiatives to start more new and innovative job oriented programmes for the blind for their economic empowerment in other parts of the country.
2. To develop more partnerships in other cities of the country to expand the training programmes for the financial sustainability of more blind youth
3. To strengthen and innovate the `Mobilization process to receive appropriate blind candidates for various training programmes for the centre and nearby communities in Delhi-NCR.
4. To continuously strive for creating more employment opportunities and to promote the advocacy related to issues pertaining to visual impairment for sensitization of general public for main streaming of the blind.



## **VII. TRAINING PROGRAMMES**

The centre has developed training programmes for skill building & employability enhancement of both educated and uneducated blind girls coming to the centre: to provide greater job opportunities for them. However, along with VI Girls, now VI boys are also being taken for some training programmes:

### **A. JOB ORIENTED TRAININGS**

1. CUSTOMER CARE EXECUTIVE (COMPUTER BASED) TRAINING
2. FRONT DESK /RECEPTION HANDLING TRAINING
3. HANDICRAFT & PACKAGING TRAINING
4. Assistant Spa therapist TRAINING

### **B. ENTREPRENEURSHIP TRAININGS:**

1. CAFÉ MANAGEMENT TRAINING

### **C. OTHER SHORT-TERM TRAININGS**

1. LIFE SKILLS (BRAILLE, MOBILITY & HOME SCIENCE)
2. PERSONALITY DEVELOPMENT THROUGH SOCIAL SKILLS WORKSHOPS & EXPOSURE TRIPS
3. ADVENTURE SPORTS and,
4. SELF DEFENCE

## A. LONG TERM VOCATIONAL TRAININGS: 4-5MONTHS EACH

### 1. CUSTOMER CARE EXECUTIVE (COMPUTER BASED) TRAINING

#### COURSES

1. **Basic:** 3 months- (MS Word, Internet & Scanning)
2. **Advanced:** 4- 5 months- (MS Word, MS Excel, MS PowerPoint, Internet & Scanning, Hardware's, Customer care skills)

**NO. OF BENEFICIARIES TRAINED** –50 in different batches

**SUCCESS / EDUCATION & EMPLOYMENTS/ CAPACITY BUILDING:**



Computer training with speech software

- **Employment:** 11 got placed in call centres, academic institutes, Non profits and Government jobs.
- **Higher Education:** 15 girls of (April-June) 2019 batch got admission in first year of graduation in different colleges (LSR, Miranda House, Daulat Ram, Inderprasth, Shyama Prasad Mukherjee etc.) in June 2019
- **Employability Enhancement:** 18 blind girls were able to graduate to the advance level of computer learning for Jan 2020 batch for better employability.
- **Computer learning as life skill:** uneducated and slow blind girls were imparted computer training as life skill during the year to induce an aspiration of learning English language, basic calculations and to attain some literacy to be able to enter into some vocation later.

#### **Other important developments:**

- **3 blind girls attended a workshop on `Android accessibility and were provided free smart phones with talkback feature through NAB, RK Puram in May.**
- **Smart Phone operation workshop:** On 13<sup>th</sup> November 2019, A smart phone workshop was organized for all students which was given by visually impaired users & experts.



Employer's session with the trainees

- The workshop was held at the centre by NAB, R.K. Puram in order to make blind girls and boys aware about the accessible apps that can be used during mobility on 21 Feb 2020 at the centre. 5 blind girl participants were awarded smart phones by NAB R.K. Puram in a ceremony held on 25 Feb 2020.
- 3 students from Customer Care Executive training Visited a Gurugram based call centre, saarthee for exposure with 1 staff member on 29<sup>th</sup> march 2019.

## 2. HANDICRAFT & PACKAGING TRAINING

The girls, who don't have the aptitude or interest to go for higher studies, are trained with skills of Here the trainees are engaged in making paper products, decorating diyas, , jewellery and other items and garments packaging to gain employment in export houses, or get into income generating work. On the completion of the training, when they are able to contribute towards production, they start getting Stipends too.



Exposure visit to a garment export unit

### COURSES:

#### **Packaging Training**

1. **Basic:** 3 Months- (Manual Stitching, Paper Bag Making, Shagun Envelopes/Greeting Cards Making)

2. **Employability:** 3 Months- (Jewellery Making, Diya Work/Corporate Gifts & garments Packaging and Finishing of Products)

**NO. OF BENEFICIARIES TRAINED** – 45 in different batches

### **SUCCESS: EMPLOYMENTS/STIPENDS/SALES OF HANDICRAFTS**

- **Employments:** 5 blind youth got employments in packaging department of `Spark Minda and a non profit.
- **Stipends:** Around 30 were able to get stipends on regular basis by way of exhibitions/orders proceeds after the training
- **Orders of Products:** Delivered timely orders of Diwali Gifts and jewellery to High Net Worth individuals.
- **Exhibitions cum Sale:** Apart from this, the girls handle various exhibitions of their products in hotels, corporate, banks and colleges for sale. This also acts as training for their confidence building and improved marketing and negotiation skills while dealing with clients.
- **Sale cum Exhibition of handicrafts products** by blind women: Select City Walk Mall, TAJ AMBASSADOR, STATE EMPORIA COMPLEX, received appreciation for the products made by blind girl trainees and good sales proceeds too.
- **Industry Exposure: Trainees were taken to**
- Spark Minda Visit
  - Daks India
  - Swani Sivananda Memorial Institute
  - PM Pro Faridabad
  - IMPAX V- Uttam Nagar



Learning folding of garments

### 3. ASSISTANT SPA THERAPIST TRAINING –

This training was started in 2012. Healing with their hands, with a special focus: the vi boys and girls are trained to develop this special ability to conquer and heal pains-to bring relief to paining muscles. The centre has a tie up with ITC Maurya Hotel and Japanese Medical Manual Massage specialists to groom its trainees in a more professional manner once they finish their basic training at the centre.

**Massages Offered:** Swedish, Thai, Deep Tissue, Acupressure and Reflexology.



Understanding the body with the help of models

**Curriculum Development:** The centre has developed the course curriculum for Spa and Massage Course with help of **America India Foundation**. The experts who have contributed to curriculum and pilot are faculty from Shehnaz Hussain, ITC Maurya Hotel etc.

In 2019, the course has been adapted as per the qualification pack of Skill Council for persons with Disabilities.

#### **COURSE:**

- 1. Basic:** 3 months - Relaxation massages, Grooming, Communication skills
- 2. Advanced:** 4-56 months- Acupressure, on job/ Employment training, Exposure with Clients.

**NO. OF BENEFICIARIES TRAINED (TOTAL): 27**



#### **SUCCESS:**

- **Massage services given by blind masseurs to the clients during the year**
- **The trained girls are working as free lancers and earning livelihood.**

#### **NEW DEVELOPMENTS:**

2 got internships at Gurugram based Salon and 1 got employment in the same salon.

#### **4. FRONT DESK/ RECEPTION HANDLING TRAINING:**

This training was started in 2006. Since, many visually impaired persons have a passion for communication work; this communication-based training is for increased employability of visually impaired people who have basic knowledge of computers.

The syllabus for this training has been facilitated by ITC Maurya Sheraton Hotel, New Delhi.



**Learning Reception handling**

#### **COURSE:**

- Training in real work situations at the reception of the centre.
- Dealing with clients on the phone, inter department transfer of calls etc by handling EPABX System.
- Maintaining database of numbers and addresses, messages on the talking computer.
- Usage of assistive devices like voice recorders, talking calculators and Braille slates for independent work.
- Coordination for visit: volunteers, donors & visitors.
- Coordination with other networking partners.
- Writing Skills: How to create a bio-data, Job application, leave application, taking approval Writing formal mails, Report Writing, Presentation of report using PowerPoint slides, How to take/write minutes of the meeting.

**DURATION:** 3 months

**NO. OF BENEFICIARIES TRAINED – 10**

#### **SUCCESS:**

- Many girls have found placements in offices, Hospitals, Pathology Labs, NGO's and other Work places.

## B. ENTREPRENEURSHIP TRAININGS: (NEW)

### 1. CAFÉ MANAGEMENT TRAINING

*This training was recently added in 2015 in order to develop entrepreneurship models for the blind who can cook independently as is evident from the success of home science training.*



#### **COURSE:**

- Setting up of a cafe
- Arranging work stations in a blind friendly manner for max efficiency
- Effectiveness in executing orders
- Food safety standards
- Nutrition planning
- Grooming and hygiene
- Communication Skills And client handling Problem handling abilities
- Prioritizing orders, time management and stress management
- Basics of accounts handling-daily and order specific
- Inventory management

#### **DURATION-3 MONTHS**

#### **NO. OF BENEFICIARIES-5**

**SUCCESS: THESE 5 BLIND GIRLS HAVE BEEN ABLE TO EARN STIPENDS FOR THEMSELVES THROUGH THIS TRAINING.**

## C. OTHER IMPORTANT SHORT-TERM TRAININGS

### 1. LIFE SKILLS TRAINING

This training is imparted to around 40-50 blind girls in different batches every year in the following areas:

**a. Mobility and orientation training** – the girls are trained to become mobile and independent. They are also taught self defense techniques to enable them to move about freely anywhere, even by public transport.

**NO. OF BENEFICIARIES TRAINED: 82**

**b. Braille literacy** – assists the visually impaired girls to access information and move a step ahead towards literacy.

**NO. OF BENEFICIARIES TRAINED: 38**

**c. Home Management** – training in housekeeping, shopping, cooking etc helps the girls to live an independent existence and thereby manage their homes successfully. This enhances their chances of getting married and build a life for them.

## **NO. OF BENEFICIARIES TRAINED:**

- I. In Home Science:47**
- II. In housekeeping-49**

**2. PERSONALITY DEVELOPMENT PROGRAMME** is absolutely essential for the blind girls as grooming help them to gain confidence, and to adjust and integrate in the mainstream environment with dignity.

Physical grooming, dressing sense, table manners, social etiquettes and sex education workshops are conducted for the girls who come from backward areas and are not literate.

This training makes it easier for them to be accepted by the society when they go out for employment or exhibitions.

- To develop an overall pleasing personality the girls are trained and exposed to workshops in
- Communications skills which help them brush up their conversational English, build their public speaking capabilities, group discussions
- Grooming lessons are given along with practical training, coupled with various exposure trips to banks, post offices, restaurants, markets etc. The girls are taught the importance and need for good manners, personal hygiene and cleanliness, and dressing up with appropriate presentation skills.
- Workshops are held by experts on topics like beauty and skin care, reproductive health, career counseling
- Excursion/exposure trips are undertaken for exposure and recreation.
- Hobby classes are encouraged and held for the girls in music, singing, dancing, yoga and meditation which allows them to relax, express themselves freely, and be in a state of happiness.

## **WORKSHOPS held during the year –**

- Physical Grooming Workshops
- Yoga & Meditation Workshops
- Communication Skills and Soft Skills Workshops
- Theatre & Music Workshops
- Dance Workshops

**NO. OF BENEFICIARIES TRAINED - 60**

### **3. ADVENTURE SPORTS:**



This time a group of 50 blind girls and staff members were taken to `World of Wonders (WOW) Amusement park, NOIDA on June 27, 2019. The whole day was filled with thrill and experience on various water slides and joy rides besides refreshments and food. A Huge thanks to the donors and staff for this successful event.

**NO. OF BENEFICIARIES TRAINED - 50**

### **4. SELF DEFENSE WORKSHOPS:**

- Apart from conducting self defence workshops for the blind trainees at the centre on every Sunday, A four days' workshop on `Self Defence` was organized (in association with American India Foundation) at the centre from (18 to 21) Feb 2020 where 40 blind girls were trained. This was found different, interesting and valuable by all the trainees for defending self against odds in daily life for promoting their own safety and security in unknown surroundings.
- On 3<sup>rd</sup>& 4<sup>th</sup> January 2020, 4 blind girl trainees participated in another self defence workshop at Amar Jyoti School organized by World Para royal sports academy



## VIII. SUCCESS STORIES



**Menka**



**Neha**



**Behtari**



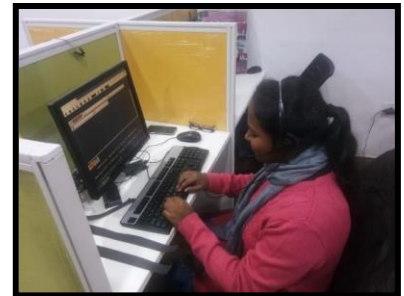
**Amit**



**Nitya Nand**

- i. **Menka:** Hails from Mumbai, was placed with Saarathee call centre in Gurugram in January 2020 after finishing her course in Customer care executive.
- ii. **Neha Jhunjhunwala:** Belongs to Rajasthan, got paid internship at Taj Mahal Hotel in their Spa after Spa & Massage training
- iii. **Behtari:** comes from Balia, UP: after finishing her training in Packaging, got placed in another NGO-Swami Sivananda Memorial Institute
- iv. **Amit Rajat & Nitya Nand :** trainees of Packaging Batch have been absorbed by 'Minda Sai', a company dealing in automotive parts

- v. **Mamta Priya** is a 28 year old girl belonging to Chandigarh. Mamta was born with Cataract and lost her vision by the time she turned 7 years. Later she underwent a surgery for cornea transplant; however her eyes got infected post-surgery. She still experiences occasional pain in her eyes along with frequent water secretion for which she is undergoing treatment from PGI, Chandigarh. Mamta has done her Graduation in Arts Stream and is currently pursuing her Masters in Sociology through Distance Learning from Punjab University. Mamta's family comprises her parents, a younger sister and a younger brother. Her father is a mechanic, her mother works as a caretaker in school and her sister and brother are both working. Mamta is a very confident and enthusiastic person. She came to NAB to get trained as a Customer Care Executive which she completed quite successfully and is currently working as Customer Care Executive with 'Saarathee'



- vi. Simu is an 18 year old girl with partial vision, hailing from Assam. She has completed her education up to Xth Standard. Though Simu was interested in continuing her studies; she couldn't do it because of the financial constraints at home. Her family consists of her mother and a brother. Her father had disowned the family before her birth and hence her mother is the only person who takes care of the household needs by working in a private company. Her elder brother too is a deaf blind person.



**Practicing their skills on each other**

Simu had congenital blindness till the age of 5 years after which her partial vision was revived after an eye operation. Despite her physical as well as social challenges, Simu is a very optimistic and forward looking girl. Simu came to NAB, Hauz Khas in the month of July, 2019 to get equipped with a skill and start earning for her family. At NAB, she learnt basic life skills and got trained to be a Masseur. She successfully completed her course and got placed as an Intern with Tangles – a Spa in Gurgaon. Besides massage, Simu also developed interest in Cooking while learning it in our Centre and was actively involved in our in-house Cafe. Simu has completed her internship and would join the company now.

- vii. Behtari hails from Gazipur (U.P.) and has completed her Xth Standard. She lost her vision completely just a few months after her birth. Behtari belongs to a family of lower-middle socio-economic strata. Her family comprises her parents, three elder brothers, a younger brother, a sister-in-law, three nieces and a nephew. Behtari's father works at a brick factory and her mother is a housewife. After strong persuasion from her fiancé, Mr. Vimlesh Bharati, also one of the trainees of Packer job role under the Pilot project, she joined the NAB India Centre, Hauz Khas. She had lots of apprehensions initially but learnt the skill, especially the practical part, quite well. Though theory was a challenge, she did pick up after some efforts by the trainers. Post completion of the course she was sent to an NGO, Swami Sivanand Memorial Trust in West Delhi, to hone her skills in packing. Here



**Behtari working in the packing unit at SSMI**

- viii. Rajni has always been a neglected girl child by her family and family members never thought of getting her married ever. Her inclination towards manual skills helped her to learn the skill of cooking at the centre and later was shifted to the café at the centre itself. In year 2019, she reached 40 years of age. A blind man who is working as a post graduate teacher in a government school was willing to marry a homely girl and approached the centre for this. The centre helped them to meet each other and their families to fix the things further. Both got married with centre's help on 30<sup>th</sup> Sep, 2019 at Arya Samaj Temple, Malviya Nagar. Rajni has taken up the responsibilities as a good home maker. We really appreciate the support of donors



**Newly Married Couple (Rajni & Amit)**

**IX. EXPOSURE VISITS & OTHER EVENTS FOR BLIND TRAINEES DURING THE YEAR**



**a. Grooming Workshops for the blind girls:**

- |   |                            |
|---|----------------------------|
| 1. Public Speaking:                       | June 25                    |
| 2. Hair Styling:                          | April 9                    |
| 3. Dress Sense:                           | May 7                      |
| 4. Table manners:                         | June 10                    |
| 5. Make up:                               | June 18                    |
| 6. Free Hair Cuts giving by `Tango Salon: | June 21 & 22               |
| 7. Personal hygiene                       | 30 <sup>th</sup> July 2019 |
| 8. Table Manners & cutlery usage          | 13 <sup>th</sup> Aug, 2019 |
| 9. Summer clothing                        | 20 <sup>th</sup> Aug, 2019 |
| 10. How to sign in print                  | 24 <sup>th</sup> Sep, 2019 |
| 11. Bags & purses as per occasions        | 1 <sup>st</sup> Oct, 2019  |

**b. Reproductive health workshops:**

- i. **Workshops on `Reproductive health for the blind girls** was held by IPAS (an organization working for women health) in May and on 26<sup>th</sup> Aug, 2019 at the centre.
- ii. **Another mensuration management workshop was** conducted by an organization Open Eyes for students on 5<sup>th</sup> March 2020. The session emphasized on the usage of sanitary napkins over the cloth pads. A menstruation kit was also given to each student

**c. Exposure events and visits:**

- i. Visit to Tactile Art Gallery at India Habitat Centre on Mar23, 2019
- ii. Visit to a musical concert held at India Habitat Centre with blind singers on June 25



- iii. 9 Students attended the Mahavir international music concert at PHD chambers with 2 staff members on 6<sup>th</sup> July 2019.
- iv. Musical meditation workshop: was held by `Audio Ashram for the blind trainees on 31<sup>st</sup> Aug, 2019 at the centre.
- v. Story telling session: 2 staff members from `Standard Chartered Bank` conducted a story telling session for the blind girl trainees at the centre on 10<sup>th</sup> October, 2019.
- vi. Financial Literacy workshop: organized for all students which was given by Ms. Rizwana Khatoon) an ex beneficiary & Manager (at a nationalized bank) on 7<sup>th</sup> November 2019.
- vii. Screening of the movie `MS Dhoni`: A group of around 24 blind girls trainees and staff members enjoyed the accessible screening of the movie `MS Dhoni (on the invitation of `Saksham-an NGO) at Raheja Mall, Guru gram on Nov 14, 2019.
- viii. Disaster & Emergency Response workshop: A `Disaster and emergency response preparedness in schools` workshop was attended by 4 staff members and 1 student which was organized by ACTED I Agency For Cooperation In Technical And Economic Development on 16<sup>th</sup> Nov at Raheja mall, Gurugram.
- ix. The blind girls gave musical performances at annual event of Concern India Foundation on Dec 6, 2019 at Lok Kala Manch, Lodhi Road and at IIT Delhi on March 1.
- x. On 1st February 2020, 4 students went for India Art Fair at NSIC ground Okhla and experienced tactile sculptures and paintings.
- xi. On 7<sup>th</sup> March 2020, a workshop was conducted by a group of Lawyers on Persons with Disabilities Act which was attended by all the students and the staff members. Few of the points shared were:
  - ☛ Their right of Equality with others.
  - ☛ That they had quota on jobs, higher education as well as scholarships.
  - ☛ Special Reservation preferences for them while travelling by Train or Bus.
  - ☛ Anyone taking advantage of their disability to be appropriately punished.
  - ☛ Loans by Bank
- xii. The blind girls sang at: Punjab National Bank event at Dwarka-15<sup>th</sup> Aug, 2019 IIT-Delhi-19<sup>th</sup> Sep 2019

**d. Other celebrations:**

- i. Independence Day-15<sup>th</sup> Aug
- ii. Teachers' day celebrations-5<sup>th</sup> Sep
- iii. Louis Braille day celebration: 3<sup>rd</sup> January
- iv. Lohri celebration: January 13
- v. Holi Celebration: March 9

## X. IMPORTANT SERVICES

### 1. Annual Festival cum talent enhancement programme `Ujjwala:



**CHESS**



**THEATRE**



**DANCE**

This time NAB India Centre celebrated its 17<sup>th</sup> anniversary on 20<sup>th</sup> October, 2019 with this fun filled festival Ujjwala for blind youth.

- Around 150 blind youth from different organizations from Delhi-NCR actively participated in events like Chess, Theatre Extempore, Singing, Instrumental Music, Dance, Laughter challenge and through entertaining games stalls.
- Refreshments to all & attractive prizes were given away to the winners of the competitions. Apart from this, awards were given to ex trainees of the centre for doing good in education and employment. For the second time, award was also given for the category of `Best Care giver
- The festival also had exhibition handicraft products made by blind girl trainees for the sale on the day.
- Around 50 volunteers from St. Paul's school, Lady Shri Ram College and IIT Delhi helped in putting up this festival.

We appreciate all the contribution we have received for this annual event from all our well-wishers, donors and volunteers

### 2. Volunteers Management Programme:

- We got support of around 133 volunteers from different walks of life during April 2019-March 2020

**On an average, around 10** volunteers registered every month. After the news of spread of COVID 19 in January 2020, the number of volunteers coming to the centre and registrations of new volunteers were negligible.

#### Volunteer Sources:

- **Schools:** St. Paul's, Modern, Tagore International, The British, DPS International
- **Colleges:** Dr. Bhim Rao Ambedkar, Jesus & Mary, Lady Shri Ram, Gargi, Kamla Nehru, Lloyd Law College, Lady Irwin college

- **Institutes & Universities:** IIT, Manav Rachna, IGNOU, Netaji Subash University of Technology, FLAME University, AMITY, Aditi Mahavidyalaya, New Delhi Institute of Management,

### 3. Annual Scholarship Programme:

With the kind help of donors, NAB Centre has been able to provide scholarships to its 23 girls studying in Delhi University during April 2019-March 2020. Girls were given either financial help or assistive devices (Daisy Players) Assistive devices to study) out of the fund.

### 4. Annual Integration activity for `Expedia Online Travel Company:

**Red Fort visit:** On `Care giving day` of Expedia online travel (one of the funders) spent a day with the blind girls of the centre by way of a visit to the monument `Red Fort on Sep 6, 2019. Both the employees of Expedia and centre's girls had a lovely time exploring the fort in an accessible fashion with the voluntary help from Expedia employees and walk leaders of another organization `Sehpedia`.



### 5. Farm House Picnic:

As an annual signature of donors Aggarwal's, the students and staff enjoyed at the farm house with lovely food, fun filled games, DJ and prizes on Jan 14, 2020.

### 6. Alumni meet:

There was an alumni meet at the centre in which quite a number of the ex-blind girls (now married, taking care of family & children along with jobs) turned up and shared their experiences. It was also attended by the Board members. They were also facilitated by the centre for their upward journey to success. The same was held on 11 Feb 2020.



## XI. FACILITIES

**1. MICROSOFT CYBER CAFÉ FOR THE BLIND:** Computer training, access to Internet, scanning, printing and CD writing facilities for the visually impaired.

**2. NAB Manthan MEDIA ART RESEARCH WING:** Theatre, Yoga and Fitness and Personality Development Workshops, Researches for the Blind.

**3. ADOSH MEMORIAL LIBRARY FOR THE BLIND:** Books are made available from different libraries for the blind women to read on computer, in Braille and in audio. Facilities available to record, scan and edit books on demand. Availability of Assistive Aids & Appliances on demand such as: Talking Watches, Talking Calculators, Talking Thermometers, Braille Slates, Braille Papers, White Canes, Signature Guides, Blind Friendly Games. Library is equipped with talking computers, Braille printer, Prisma - the low vision device, books in print, e-text and Braille.

**4. OORJA MASSAGE AND SPA UNIT** –In March 2012, the centre started training in therapeutic massages. Today the OORJA SPA is open to clients at the centre as well as is catering to home visits on demand, with fully trained masseurs.

**5. SERVICE OF VOLUNTEERS** is made available to students for studies Support for late blind and drop outs to resume studies through National Open School (NIOS), Central Board of Secondary Education (C.B.S.E.) as private candidates and through correspondence for graduate & post graduate level courses.

**6. SCHOLARSHIPS/SPONSORSHIPS FOR THE NEEDY STUDENTS:** Sponsorships are provided for the needy and deserving blind students for higher education.

**7. ROUND TABLE RECORDING LAB:** facilitating a no. of blind beneficiaries where they can get the recording done for their print books and other readable material both in audio and e text

**8. MEDICAL CAMPS & General Health Services:** held at the centre periodically in association with Sharda Memorial Charitable Trust, Delhi Common Wealth Association's Medical Centre, Rotary South Metropolitan, Inner Wheel Clubs, Dr. Shroff's Eye Care Centre, Dr. Pushpa Chandra, Dr. Lathuria and other individual doctors.



**Volunteer Service**



**Media Unit/ Studio**



**Hostel mess**



**Working Women Hostel**

**9. NAB DEVI WORKING WOMEN HOSTEL-** interim hostel for those who have been employed after training in Hauz Khas Enclave and another named **NAB Kamla Bhatnagar Hostel** in Chitra Vihar, Delhi.

**10. NEW NAB-J.C. DHAWAN HOSTEL BLOCK-** An increased & better accommodation facility for 30-35 blind girls on first floor in Hauz Khas with quality living, blind friendly infrastructure and nutritious food with home like environment under proper discipline. The hostel is equipped with well lighted & airy rooms, space for recreation, fridges, intercom, boilers, geezers, fans, coolers, TV with cable facility, exercise machines, etc. The unique feature is that the kitchen and hostel are self run by the blind girls with reasonable sighted help.

**11. NAB CONSORTIUM GUEST HOUSE:** for travelling executives engaged in blind welfare and other disabilities.

**WE ARE REALLY THANKFUL TO ALL OUR DONORS PROVIDING MONETARY OR IN-KIND DONATIONS TO THE CENTRE WITH SO MUCH LOVE AND UNDERSTANDING FOR THE UPLIFTMENT OF MANY BLIND GIRLS EVERY YEAR.**



