

ANNUAL REPORT (2022-2023)

BY: NAB SABITA SARADINDU BASU

CENTRE FOR BLIND WOMEN & DISABILITIES STUDIES

*(A UNIT OF NATIONAL ASSOCIATION FOR THE BLIND, INDIA-
MUMBAI)*

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NAB INDIA CENTRE



TABLE OF CONTENTS

NAB INDIA CENTRE-THE JOURNEY	3
THE MANAGING COMMITTEE	6
I. MEDIA COVERAGE AND RECOGNITIONS	7
II. SUMMARY OF NO. OF LIVES IMPACTED UNDER VARIOUS PROGRAMMES	8
III. NEW INITIATIVES & DEVELOPMENTS ON INTERNATIONAL & NATIONAL PROJECTS	9
IV. CENTRE'S REPRESENTATIONS	13
V. AWARENESS CUM SENSITIZATION PROGRAMMES	14
VI. FUTURE PLANS	15
VII. TRAINING PROGRAMMES	16
A. JOB & ENTERPRENEUR ORIENTED TRAININGS	17
B. OTHER IMPORTANT SHORT-TERM TRAININGS	21
VIII. SUCCESS STORIES	23
IX. EXPOSURE VISITS & OTHER EVENTS	25
X. IMPORTANT SERVICES	26
XI. FACILITIES	28

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 nineteen years, the NAB India Centre has supported directly more than 5,000 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 and Afghanistan.

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 with various national and international agencies.

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 girls and boys **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 worked with CK Birla Hospital and Fortis Hospital for manual breast check of women under the supervision of Doctors. The subsequent batches of trained blind women are interning as well as providing services with Medanta Hospital and Tata Memorial Cancer Hospital, Mumbai. Certified trained blind women MTEs are also providing breast screenings and teaching self breast examination to marginalized women from communities in the country.

“Combatting ill effects of the Pandemic COVID 19 for blind persons in the community”: Since April 2020 till 2022, India had been attacked by the Global Pandemic COVID 19 AND brought adversities to persons with visual impairment in terms of loss of job opportunities, lack of accessible technology to approach relief schemes and medical help etc. All this has contributed to lower economic status of blind persons. The centre had been striving to bring resilience around amongst 2, 500 blind persons and their family members in the community by way of providing ration support to their door step, skill building in handicrafts at their homes and home based orders for handicrafts made by them after getting the skill training and this way, restoring their financial strength.

Introduction of Solar energy and Waste management system in 2022: The centre is solar energized with 20 KV Solar PANEL SUPPORT FROM kind donors. Similarly, composting process has been started at the centre with support from ITC IN ORDER TO MANAGE THE In house waste.

Inauguration of “Blind Bake” café run by blind chefs in October 2021: We marked another new beginning on 30th October, when the Centre inaugurated the Blind Bake café.

The evening was curated to offer our guests an exemplary experience of sit-down cafe along with musical performances by the Blind artists. The same was opened for the residents of RWA and general public.

THE 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	Vice President, NAB (I)
Mr. Ajai Malhotra	Chairperson
Mr. Manjit Singh Sawhney	Vice-Chairperson
Ms. Pamela Bhandari	Treasurer Member
Ms. Shalini Khanna	Hony. Secy.
Ms. Anita Goyal	Member
Ms. Sulochna Mansi Agarwal	Member
Ms. Madhu Nagpal	Member
<i>Dr. C. Pandav</i>	<i>Member</i>
<i>Ms. Archana Capoor</i>	<i>Member</i>
<i>Ms. Madhu Bala Sharma</i>	<i>Member</i>

I. MEDIA COVERAGE & VISIBILITY

- a. **Café Promotion:** Four social media influencers stepped in on 26th April to highlight the skills of Blind Bake Café at their respective social media channels. They enjoyed the amazing food and also helped us promoting the café. The Café is now registered on Zomato now.
- b. **Promotion of Paper jewellery:** Audio video creation of handicraft items for facebook posts and stories and Instagram have been undertaken regularly.
- c. **Reels for Instagram:** To attract more followers we are using the tools of Insta reels for awareness generation regarding the Centre and its unique programs.
- d. **DIVYA KALA MELA BY NHFDC:**
On the invitation, the centre put up handicraft, café, pain relieving therapy and live cooking stall of blind bake in India Gate grounds from Dec 2-7. Registered good sales and received appreciations for the work by the centre.



- e. **RESIDENTIAL SOCIETY OF BRITISH HIGH COMMISSIONER:**
Handicraft stall with Christmas specific products was held at Residential society of British High Commissioner on December 16, 2022.



II.SUMMARY OF LIVES IMPACTED THROUGH VARIOUS PROGRAMMES DURING 2022-2023



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

Sr. No.	Particulars	No. Of Beneficiaries
1.	Trainings (Through Direct trainings+ outreach programmes) (Delhi & NCR)	76
2.	Placements and self-Employment	38
3.	Internships	22
4.	Scholarships for Higher Education	15
5.	Support for School Education as private candidates (10 th & 12 th Grades)	6
6.	Hostel Facility to the blind trainees	68
7.	Working Women Hostel Facility to working blind women	6
8.	Ration & other essential distribution to PWDs during COVID 19	10
9.	Wedding support to blind girls	2
10.	Participants for annual festival Ujjwala	60
TOTAL		303

III. NEW INITIATIVES & DEVELOPMENTS ON PROJECTS INCLUDING INTERNATIONAL COLLABORATIONS DURING APRIL 2022-MARCH 2023

a. New initiatives:

- Registration of the centre with Department of Social Welfare, Delhi Government in October 2022.



- **Inauguration of Simulated Call Centre by Certified Engineers India Limited (CEIL):** opened venues for in house advanced internship cum employment programme for visually impaired youth after basic training in customer care executive training.
- Inauguration of additional Solar Panels for saving electricity at the centre on December 14, 2022 with support from Inner Wheel Club (Main).



- Inauguration of electric roti maker in August with support from Rotary South Metropolitan.



- **CII supported scholarship programme:**

Confederation of Indian Industries (CII) provided scholarships to the centre to benefit 15 blind women to pursue graduation in different streams from Delhi University.

b. Café “blind bake”:

- The café is catering to 15-30 clients everyday including walk in guests (students, residents and foreigners)
- Catering to neighbourhood with tiffins on daily basis
- Participating in outside events and exhibitions during festivals and other occasions.

c. Discovering hands (DH) project:

- **Recruitment of new trainer**, Ms. Neha Pandey took place in August 2022 after her trainers’ training and assessment for DH project.
- New training batch started in September 2022 with 3 visually impaired girls
- One earlier trained and certified MTE, Ms. Meenakshi got placed in Breast Services Department at Medanta Hospital, Gurugram.

Training and Internship of previous batch:



- The final practical examination for 2 trainees in Delhi-Renu Yadav and Shabeena was held on 9th June and Shabina cleared the same.
- **Enable India, Bangalore** had started the training with 12 trainees in 2020 but because of the pandemic, the training got stretched to 2 years. Unfortunately, only 4 trainees completed the training and internship in March 2022 and the trainees underwent the final exam on 21st April 2022. Out of 4 trainees, only 3 trainees passed the exam and 1 passed a re-exam on 9th June, 2022.
- The examination panel consists of Dr. Frank Hoffmann (Founder), Ms. Melanie Fromm (Master Trainer- Germany), Ms, Sonal Prakash (Master Trainer- India) and Ms. Ashwini & Ms. Dhakshayini (MTE Trainers- Bangalore).
- **Internship:** Renu Yadav and Shabeena had started their 3-month long clinical internship from 10th March 2022 under the guidance of Dr. Kanchan Kaur (Director-Breast Services) at Medanta- The Medicity, Gurugram. The Nepalese trainees are still waiting to start their internship at Nepal Medicity.

Placement:

- 3 trainees from **Enable India, Bangalore** got the placement at Cyte Care Cancer Hospital Bangalore after successfully passing the final exam.

- One trainee Shabina will start providing her services as an employee in Breast Services Department at Medanta Hospital, Gurugram from August 2022.
- Another trainee from previous batch Meenakshi was placed at Medanta to provide her services in detecting breast abnormalities under the supervision of the doctors in their breast care department.

RESEARCH PAPER ON DISCOVERING HANDS PROJECT:

-Medical Tactile Examination for Early Detection of Breast Cancer in Indian Women: A medical research study for effectiveness, applicability and acceptability in the Indian setting- Under this research, 1338 examinations have been done. Quantitative data has arrived and is yet to be converted into article form to be published.

-Impact Assessment Study- Under this study, Bayer Prayas and Sattva Consulting conducted an Impact Assessment study for the DH Program. The aim of the study was to understand the effectiveness and impact of the project on the beneficiaries and the society. The study has been published by Bayer Prayas.

Awareness Talks and Camps:

- Awareness talks and screening camps were organised at 11 different locations in Delhi NCR & Bangalore with association with other organisations.
- 252 women were screened in Delhi and another 211 in Bangalore: total breast screenings in December-472.
- These camps were for the women from lower income sections to get free breast checks for their breast health.
- This has created a mass awareness for this unique service by blind women.

Also, An awareness talk was organized on 22nd July 2022 by Pink Toilet (supported by Plan India and Second Act), who invited NAB Discovering Hands India to introduce the concept of Tactile Breast Examination and generate awareness about Breast Cancer and Self-Breast Examination among the women of Mirdard community. Dr. Neha Sharma and MTE Neha Suri addressed the community and answered the personal queries as well.



d. Talking hands project:

- Pain relieving therapy benefited patients with 133 sessions during the year with health conditions like spasms, frozen shoulders, high BP, Paralysis, Diabetes to name a few.
- Various camps were organized in different corporate events, festival-oriented exhibitions and colonies to spread the awareness about this therapy by blind experts. The therapy was well received.

SPA Therapy at Moti Bagh: The visually impaired therapists provided pain relieving therapy to 34 individuals through 46 sessions to treat Frozen shoulders, back spasms and migraine pain etc.



IV. CENTRE'S REPRESENTATIONS DURING 2022-2023

a. **ASSOCHAM CONFERENCE:**

Ms. Shalini Khanna Sodhi (Founder Director) was an eminent speaker at the 5th conference on Empowering Persons with Disabilities through Accessible & Assistive Technology, Equal Opportunities and Inclusive Ecosystem at Hotel Royal Plaza.



b. **CII conference at Hotel Leela on 10th May:** Ms. Nitasha Kachru (Deputy Director) shared her view on placing visually impaired women in garment sector as centre is actively placing blind people in garment industry.



c. **Diwali Stalls during October 2022:**

Stalls were put up at Aerocity, EIL, Gulmohar Park, Indian Oil Corporation, PGCIL, Tata AIG, Asiad Village, Mayfair Garden, RWA Sarvodhya Enclave, Quintes Global, IOCL, E & Y, United Airlines, and HDFC Bank Noida, where Ujjwala's handicrafts and Blind Bake's dry munchies were sold while services and awareness of the centre's therapy.



V. AWARENESS & SENSITIZATION PROGRAMMES DURING 2022-2023

- a. **Spark Minda Felicitation Ceremony:** NAB India Centre Women was invited on April 4th to attend the felicitation ceremony of Minda's 10 day long Saksham initiative. A centre is opened for the persons with disabilities, where they can get assistance for artificial limbs, foot or any sort of disability documentation, including advisory support.
- b. **Exhibition cum sale at central Park of New Moti Bagh TYPE VII and VIII housing colony:** NAB India Centre for Blind women was invited to an exhibition at New Moti Bagh, usually a residential society of cabinet ministers and Judges and Civil Servants exclusively where products by the Blind women along with experiential Talking Hands therapy was hugely admired. The crowd was excited to buy the beautiful products made by blind artisans. There was a huge pool of crowd interested in experiencing the therapy by the efficient therapists.



- c. **Interactive Stall at Google:** Google invited NAB India Centre for Blind Women to present the different kind of tools and technologies used by visually impaired people as a sensitisation exercise for their employees. On this event we showcased tactile games, braille writing, computer application using JAWS and mobility experience. The event culminated into expression of interest by Google Employees to volunteer for the centre and providing financial support through volunteering activity.
- d. **Visit from students and teachers from shri ram school, gurugram:** Around 155 students and 15 teachers from Shri Ram School, Gurugram were sensitized about the field of visual impairment through their visits to the centre on December 9 and 16

VI. FUTURE PLANS/ LOOKING AHEAD FOR 2022-2023



- a. Turning vocational trainings into Training cum entrepreneurial models for sustainability.
- b. Replication of vocational trainings by the centre to other states by building new partnerships.
- c. Strengthening the visibility of the organization through leveraging various social media platforms.
- d. Strengthening fund raising initiatives to provide sustainability to the existing and futuristic programmes

VII. TRAINING PROGRAMMES

Due to THE OUTBURST OF Pandemic COVID 19 during 2021 as well, , for few months, we adopted the medium of online teaching of skills to the trainees. This gave both the trainers and trainees a chance to enhance their technical skills. And to work on new social media platforms for communication.

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 & ENTREPRENURAL ORIENTED TRAININGS

1. Customer Care Executive (computer based) training
2. Front desk /reception handling training
3. Handicraft & Packer's training under "Ujjwala project"
4. Pain relieving therapy training under "talking hands project"
5. Café Management training under "Blind bake café project"
6. Breast cancer detection training under "Discovering Hands project"

B. 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 Defense

A. JOB & ENTREPRENEURIAL ORIENTED TRAININGS:

1. CUSTOMER CARE EXECUTIVE (COMPUTER BASED) TRAINING

Since there are very few educated blind women, The Centre helps them to achieve higher education or better careers with better IT skills. With the help of speech software, this training enables trainees to read and write through computers and work on MS Word, Excel, Power point, Internet and Scanning and use it in work of **CUSTOMER CARE AND BANKING**.

- I. Targeting Jobs in More banks and BPOs
- II. Training in 3 batches in a year for 4- 5 months each or 400- 500 hrs including core skill, Mobility, smart phone usage, communication skills and requisite IT skills As per NSDC QP Placements of 60% of the girls or admission into professional higher education like Graduation, MBA, or MSW.

NO. OF BENEFICIARIES TRAINED IN A YEAR –50 in different batches

SUCCESS / EDUCATION & EMPLOYMENTS/ CAPACITY BUILDING:

Out of total 67, provided with Digital Literacy during the year:

- **Employment and job enrichment:** Around 12 got employment and required digital skilling to perform better at their already acquired work places. **Higher Education: Around 7 blind girls were supported through higher education by imparting computer skills to them**
- **Employability Enhancement:** Around 18 blind girls were able to graduate to the advance level of computer learning for better employability.
- **Computer learning as life skill:** Around 30 uneducated and slow blind girls and boys 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:

- i. August 11, the trainees of Customer Care Executive course students visited Sarathee, along with their trainers to get a broader vision on how a real time call centre functions and processes. An informative exposure visit to Sarathee where the women got an opportunity to interact with their current employees.
- ii. 14th September 2021 - Webinar organized by Eye-can solutions on usage of Eyecan- know what's around you application
- iii. 15 blind boys and girls were provided Android smart phones by NAB India Centre in support from "Bringing Smiles" Foundation, Gurugram on February 7 2022.

2. HANDICRAFT & PACKER 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.

NO. OF BENEFICIARIES TRAINED IN A YEAR – 45 IN DIFFERENT BATCHES

SUCCESS: EMPLOYMENTS/STIPENDS/SALES OF HANDICRAFTS

- **Employments:** Around 12 blind youth got employments in packaging department of companies like Radnik and Pee Em Pro.
- **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 and corporates.
- **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: at Offices of Engineering India Limited- Delhi & Gurugram, MMTC & MMTC Colony-Delhi and Surajkund Handicraft Mela- 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

3. PAIN RELIEVING THERAPY 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.

Pain relieving therapy is offered with a mix of Swedish, Thai, Deep Tissue, Acupressure and Reflexology.

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



Understanding the body with the help of models

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

NO. OF BENEFICIARIES TRAINED IN A YEAR (TOTAL): 27

SUCCESS:

- The trained girls are working as free lancers and earning livelihood.
- Therapy is provided by the trained therapists by way of camps outside the centre as well on payment basis.

Please note: For more details on the therapy, please refer to the section “Talking Hands Project” covered under the topic “ New Projects and developments on national and international projects” mentioned in the Table of contents above.

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.

NO. OF BENEFICIARIES TRAINED IN A YEAR – 15

SUCCESS:

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

5. 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 TRAINED IN A YEAR-5

SUCCESS:

THESE 5 BLIND GIRLS HAVE BEEN ABLE TO EARN STIPENDS FOR THEMSELVES THROUGH THIS TRAINING. ALSO, PRESENTLY WORKING IN THE “BLIND BAKE CAFÉ” SET UP IN THE CENTRE AND SERVING CUSTOMERS WITH FOOD ORDERS.

PLEASE NOTE: FOR MORE DETAILS ABOUT THE NEWLY LAUNCHED BLIND BAKE CAFE, PLEASE CONSIDER THE SECTION ABOVE “TABLE OF CONTENTS”- NEW PROJECTS AND DEVELOPMENTS ON NATIONAL AND INTERNATIONAL PROJECTS

6. BREAST CANCER DETECTION TRAINING

NAB India Centre brought “Discovering Hands” project from Germany to India in 2017. Discovering Hands is an innovative program developed by a renowned German gynecologist Dr. Frank Hoffmann to provide accessible breast screening for women under the age of 50 who are not covered under any preventive screenings. It is one of its kind of project in Asia, which trains blind and visually impaired women to use their superior sensory touch to detect any abnormalities in the breasts and early signs of breast cancer.

- NAB India Centre is the only organization in Asia, which trains blind and visually impaired women to become Medical Tactile Examiners (MTEs) who conducts a detailed, safe, repeatable and accurate clinical breast examination without any radiation or side effects.
- This is a training for 9 months, which includes 6 months of theoretical and practical training and 3 months of Internship under a doctor in a hospital setup.

NO. OF BENERFIARIES TRAINED IN A YEAR-5 AT DELHI AND 4 IN BANGALORE THROUGH OUR TRAINING PARTNER

B. 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.

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

d. 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.

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

No. of trained beneficiaries-60

3. ADVENTURE SPORTS:



Last 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:

15 days Training in Self Defence techniques by **Delhi Police** for the girls at the centre (Short punch, Upper, middle, Lower, both hand nakal attack, two finger eye attack, Palm thrust attack, Back side attack, Elbow attack, Palm chin attack, Back side attack were introduced by Special Police Unit for Women & Children Delhi Police, Delhi)



VIII. SUCCESS STORIES

a. A few employments:

- Nisha(Front desk executive) at Team 1 Consulting Noida, placed in Sep 2022.
- Meenakshi (Medical tactile examiner to detect breast cancer) at Medanta Hospital, Gurugram, placed in Nov 2022.
- Reena (MIS executive) at Interglobal, Gurugram, placed in Nov 2022.
- Shweta (Telecom executive) at Absolute Security Solutions, Delhi, placed in July 2022.
- Jageshwari (Finishing Department - Folding garments) at Pee Empro Exports P.V.T. L.T.D, Haryana, placed in Jan 2023.
- Marufa Bano (Measure) at ITC Maurya, Delhi, placed in Dec 2022.
- Manchan Sinha was placed as a packer assistant at Orient Crafts, NOIDA in Jan 2023



Renu Srivastav



Pushpinder



Geethika



Unzila

After Customer Care Executive training at the centre:

- Four girls placed: Renu from Uttar Pradesh, Pushpendara from Delhi, Geetika from Rajsthan and Unzula from Uttar Pradesh got placement at Sarathee Call Centre in Gurugram as executives.
- Pushpendara has also got engaged with one of her colleagues, Parma, a late blind boy who was placed by the centre many years back in this call centre. We are happy for both of them!
- Shweta got paid internship with Absolute Security company in Greater Kailash. Based on her performance, she will be considered to be employed in near future. This lead has been an outcome of a job mapping study conducted here by the centre.

After Packaging and Handicraft training at the centre:

Arvind, a totally blind boy has been placed in a Trophy making company (Pinnacle) in Gurugram. This has been the result of a job mapping study conducted by the centre for the first time here.



b. Stories of courage and hope:

i. KHATRA (from Afghanistan)



Khatra is a 30 years old pretty woman and comes from Afghanistan. She is uneducated

but according to her she was an activist and used to work in police force there. Due to her unapologetic actions to be a brave woman in that land, she attracted an attack of Taliban. At this time, she was one month pregnant as well. She was attacked with bullets and her right eye was taken out brutally with knife. She got operated however she lost her eye sight. At this time, she had second marriage after getting divorce from her first husband and had 4 children. Her first husband was quite elder to her and Khatra's father got her married with this man when Khatra was merely 12 years old.

When Khatra, was 8 months pregnant, she managed to come to India as a refugee with her second husband and delivered a baby girl here. An American lady helped her a lot with basic food, shelter and other essentials in India and also helped her with her eye surgery at Shroff charitable Hospital, Delhi.

From there, she was referred to the centre for learning to survive after getting blind. She used to cry a lot as she used to find herself helpless to take care of her baby as she has always been a sighted mother. It has been over 3 months that Khatra has been put on regular trauma handling, psychological counseling, basic living skills-braille, and mobility and cooking after getting blind. She is a keen and sharp learner and doing good in handicrafts in no time. She has also been put to learn English and Computer due to her intelligence as she has plans to move to America for better future for herself, for the new born and for her family. She also aspires to take out her left alone children in Afghanistan after moving to America for their dignified life.

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



a. Grooming Workshops for the blind girls:

Thanks to Ms. Anita Goyal (Member-Managing Committee) for taking varied sessions for the girls: Make up products and basic application, different kind of purses and footwear, hair styles, how to sign in print, to name a few. The workshop took place between July 2022 and December 2022.

b. Exposure Events:

i. Visits to Art galleries: The trainees were taken to India Art Fare on 30th April and to India Habitat Centre in June where they experienced the tactile artefacts and explored the different shapes and Madhubani Paintings.



ii. Picnic at Sunder Nursery with Expedia Employees: Girls have a fun filled picnic with Expedia volunteers on Sep 28 at Sunder Nursery. The volunteers escorted girls and executed an audio tour of the nursery for them. Post that created moments of fun through antakshri and musical events in the park with delicious food and beverages for all. This was a part of annual programme of Expedia called Global giving day”.



X. IMPORTANT SERVICES

a. Annual Festival cum talent enhancement programme `Ujjwala:

- Sulochna Mansi Annual festival “Ujjwala” was held at the centre on October 16th and 17th: with several performances by the visually impaired women of the centre, as well as games and art display by other differently abled people from outside the centre.
- Awards were also given to the visually impaired doing good in the field of education and employment sector. Care giver award was also given. Thanks to all our donors.



b. Volunteers Management Programme: Total Volunteers provided services during the year - 196 Resources of Volunteers

Sources of volunteers: LSR, IHC, Flame University, Aditi Mahavidalaya, Ramanujan College, Holy Child School to name a few.

Activities:

- Brain storming session on volunteer's process: Analyzing the pros and cons of volunteering. Understanding the roles and defining the tasks
- Developing research projects: Listed down different research projects for interns to carry out.
- Initiated the first research project on field work “Identifying the health challenges faced by VI couples.” This project was carried out by the MSW students of Rajagir College.
- Another project was assigned to the students of NMIMS college student to strategies and plan the marketing and promotion of Talking Hands project.
- Volunteers of EY and CTS are in connect to help us mobilize social media as well as crowd funding strategies.

General work given to the Volunteers:

- Form fill up of the trainees for competitive exams, colleges and employments opportunities

- Creating lesson plans for the trainers
- Exposure visit to Art gallery
- Case studies of the trainees
- Assisted one of the trainees in bank.
- Supported the café and handicraft team
- Supported in maintaining bills for Blind Bake Café
- Developing a first Aid Kit for all units
- Helping in courses download and enrollment in online library
- Assisting slow learners and devising methodologies to improve their skillsets.
- Helping in courses download and enrollment in online library
- Reading out books to the visually impaired students.
- Developing a business model for the upcoming simulation call center.
- Transferring database of donors to whatsapp contact list.

c. Visit to Tilonia:

Staff members were taken for an exposure trip to Tilonia near Jaipur, Rajasthan on Sep 8th and 9th. This organisation has been set up in the village, works with villages and community hands on, runs vocational trainings and education programmes for village women through an in-house skill building centre and school with sustainability model.

The staff members got a chance to witness and understand the perception, vision and marketing and promotion tools adopted by the organisation in order to maximize their reach to different stake holders.



d. Marriage Ceremony:

Marriage ceremony of two trainees was organised where the Centre witnessed the holy union of Ms. Jageshwari and Mr. Vinod(ex trainees). The marriage was held in the Arya Samaj Mandir where the two were blessed. Both have been trained by the centre in the skill of Packaging and got employed in factories.

XI. FACILITIES

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

2. NAB MANTHAN MEDIA ART RESEARCH WING: Theatre, Yoga and Fitness and Personality Development Workshops, Researches for the Blind apart from vocational training in breast cancer detection.

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. TALKING HANDS UNIT FOR PAIN RELIEVING THERAPY: Talking Hands unit for pain relieving therapy—In March 2012, the centre started training blind trainees in pain relieving therapy. Today the blind therapists is extending therapy to general public for their wellness And improved health.

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. MEDICAL CAMPS & GENERAL HEALTH SERVICES: held at the centre periodically in association with Sharda Memorial Charitable Trus, Madan Mohan Malviya Hospital and Kalu Sarai government hospital.

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.



Volunteer Service



Media Unit / Studio



Hostel Mess



Working women Hostel

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