



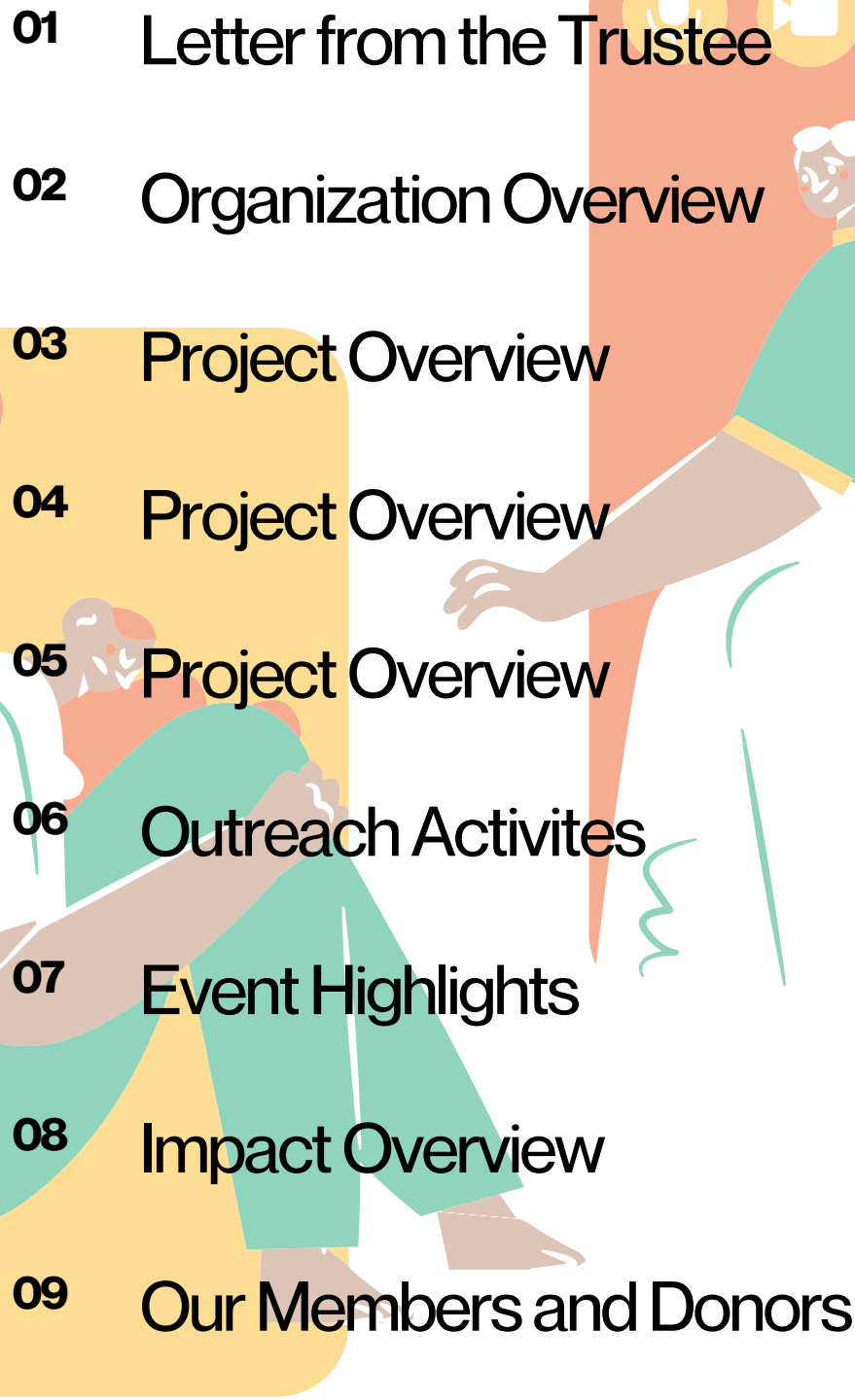
muktaa
Charitable Foundation



2024-25 ANNUAL REPORT

THE YEAR IN REVIEW AT
MUKTAA

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Letter from the TRUSTEE



**Dr. RUPA
AGARWAL**

Trustee, Muktaa
Charitable Foundation

As we continue our journey of creating impact, I am deeply grateful for the passion, resilience, and sincerity each one of you brings to our work. Every effort whether in the field, on calls, in training spaces, or behind the scenes contributes to the larger vision of making mental health and wellbeing accessible to all. It brings me immense joy to see how far we've come together and how each project reflects our shared values of empathy, integrity and commitment.

**6,00,000
callers**

OVER
SAMVAD HELPLINE



**4128
callers**

OVER
MUKTAA MENTAL HEALTH
HELPLINE



**10,000
students**

SCHOOL
COVERED OVER
SHALA



OUR
PROJECTS

SAMVAD

**MUKTAA
MENTAL
HEALTH
HELPLINE**

SHALA

ORGANIZATION Overview



Vision

India where all individuals thrive in safety, make informed decisions about their health and are empowered to participate in community wellbeing.

Mission

MCF aims to build an inclusive, high-quality public healthcare ecosystem, rooted in knowledge, community empowerment, and accessible services. We envision an India where all individuals are safe, informed, and actively engaged in their health and community well-being.

Project Overview



SAMVAD HELPLINE

Our helpline stands as a trusted bridge between individuals and lifesaving information. With over 6,00,000 callers reached across India, the helpline ensures clear information transfer and psychosocial counselling for chronic health conditions including HIV/AIDS, Tuberculosis, Oral Cancer, STDs, Substance Use, and COVID-19.

By offering timely support, validated guidance, and empathetic listening, we continue to empower individuals, families, and communities with the knowledge they need to make informed decisions about their health.

Helpline Number: 0788-788-3889

Project Overview



MUKTAA MENTAL HEALTH HELPLINE

Our Mental Health Helpline continues to serve as a safe, judgment-free space for individuals seeking emotional support and clarity in moments of distress. Whether they are facing relationship challenges, family conflict, academic pressures, workplace stress, trauma, or mental health concerns, our trained counsellors ensure compassionate listening and meaningful guidance.

This helpline stands as a vital resource for anyone in need of emotional first-aid, crisis support, or simply someone to talk to anytime, from anywhere.

Project Overview



SHALA

SHALA is our flagship school-based initiative aimed at empowering young adolescents through age-appropriate, culturally sensitive sessions on key developmental topics.

We facilitate engaging and safe conversations on puberty, menstrual and personal hygiene, mental health, addiction prevention, self-awareness, and communication skills, helping students build resilience, confidence, and informed decision-making.

Outreach Activities

At Muktaa, we actively engage in diverse outreach initiatives to strengthen our connection with communities and expand the impact of our work. Through awareness sessions, sensitization activities, stakeholder meetings, community events, and on-ground partnerships, we aim to make mental health and wellbeing accessible, understandable, and stigma-free. These efforts allow us to reach people where they are, build trust, share essential information, and create safe spaces for dialogue and support. Here are a few glimpses of our continuous work within the community.



Outreach Activities



EVENT Highlights

These events, organised by Team Muktaa, reflect the holistic and interconnected approach we bring across all our projects. From community awareness initiatives to capacity-building sessions, each activity is designed to strengthen our outreach, deepen engagement, and ensure that our support meaningfully reaches diverse groups. Together, these efforts highlight our commitment to mental health, wellbeing, and inclusive development at every level of the community.

SANVAD - AN NGO SUMMIT



SANVAD IS OUR NGO SUMMIT DESIGNED TO BRING TOGETHER DIVERSE ORGANISATIONS TO INTERACT DIRECTLY WITH STUDENTS. THROUGH THIS PLATFORM, NGOS SHARE THEIR WORK, EXPERIENCES, AND IMPACT, HELPING YOUNG PEOPLE UNDERSTAND REAL-WORLD SOCIAL ISSUES AND THE CHANGE-MAKING EFFORTS HAPPENING AROUND THEM. SANVAD ENCOURAGES DIALOGUE, AWARENESS, AND COLLABORATION BRIDGING THE GAP BETWEEN STUDENTS AND THE SOCIAL SECTOR.

YUVA PARISHAD - 2.0



YUVA PARISHAD IS A YOUTH-FOCUSED INITIATIVE WHERE CRITICAL PUBLIC-HEALTH TOPICS HIV/AIDS, TUBERCULOSIS, ORAL CANCER, STDs, AND SUBSTANCE USE ARE EXPLORED THROUGH INTERACTIVE FORMATS. THE EVENT COMBINES STREET PLAYS, CAPACITY-BUILDING SESSIONS, AND AWARENESS ACTIVITIES TO EQUIP YOUNG PEOPLE WITH ACCURATE INFORMATION, PREVENTIVE SKILLS, AND CONFIDENCE TO MAKE INFORMED CHOICES. IT IS A COLLABORATIVE EFFORT TO PROMOTE HEALTH LITERACY AND EMPOWER YOUTH COMMUNITIES ACROSS REGIONS.

EVENT Highlights

BAL MAHOTSAV



BAL MAHOTSAV IS AN ENGAGING EVENT WHERE CHILDREN PARTICIPATE IN DEBATES, ESSAYS, AND PLAYS CENTERED AROUND IMPORTANT SOCIAL ISSUES. THE FESTIVAL ENCOURAGES YOUNG VOICES TO THINK CRITICALLY, EXPRESS CREATIVELY, AND BUILD AWARENESS ABOUT MEANINGFUL CAUSES THROUGH FUN, SKILL-BUILDING ACTIVITIES.

PSYCON



PSYCON IS AN EDUCATIONAL EVENT FEATURING EXPERT TALKS ON A WIDE RANGE OF PSYCHOLOGY-RELATED TOPICS. IT IS DESIGNED FOR STUDENTS AND ANYONE INTERESTED IN UNDERSTANDING MENTAL HEALTH, HUMAN BEHAVIOR, AND EMERGING TRENDS IN THE FIELD.

IMPACT Overview



For healthcare providers, these sessions had a lasting impact in boosting their confidence, broadening their expertise and opening doors for further professional development opportunities.

- **Enhanced Knowledge and Skills** to deliver more accurate diagnoses, develop appropriate treatment plans and provide comprehensive care to their patients.
- **Improved Patient Care** in identifying and managing specific conditions, providing appropriate care, addressing high-risk situations, diagnosing abnormalities and making timely referrals if necessary.
- **Facilitated Collaboration and Networking** space for healthcare professionals to learn from each other and build a supportive community. Primary care providers from different regions can come together and exchange knowledge, experiences and best practices.
- **Guided Personal and Professional Growth** of participants with the acquisition of specialised knowledge and skills in specialised areas.

Our Employees and Board Members



It's really the people that make us who we are. The young and dynamic leaders who call MCF their home know exactly what they're good at and they put together their individual strengths, diverse backgrounds and emotional investment in the work they do to accelerate the creation of a quality and innovative healthcare ecosystem.

Our Employees and Board Members

OUR TRUSTEE BOARD

- Dr Prakash Mahajan
- Dr Rupa Agarwal
- Ashiwini Shinde
- Dr Anuradha Tarkunde
- Dr Snehal Neel Pathak
- Dr Jyoti Mahadev Shinde
- Ghanshyam Nanaware

- Adeeti Sinha
- Anam Sheikh
- Babita Kumari
- Bharat Dhanawale
- Deepak
- Deepali Godse
- Dhriti Agarwal
- Dhriaj Bhoj
- Divya Ahire
- Geetanjali K
- Hitesh Oswal
- Jitendra Kumar
- Joshua Christian
- Jyoti Kumar
- Ketaki Kelkar
- Madhuri Kumari
- Naj Praveen
- Niraj Sharma
- Nupur Akkalkotkar
- Rahul Das
- Ruta Sahastrabudhe
- Sakshi Kothpalliwar
- Sarita Kumari
- Shruti Khavate
- Shubham Kamble
- Siddhi Memane
- Shweta Chavan
- Umesh Mali
- Yogendra Chaubey

Our Volunteers



Our dedicated volunteers are the backbone of our organisation. With their passion, skills and commitment, they bring our programs to life and make a tangible difference in the lives of our programme participants. Their selfless contributions and active involvement demonstrate the power of collective action and the strength of our community-driven approach.

Our Volunteers

- Abhinav Lahoti
- Arpit Kothari
- Arun Sharma SBI Mullana Ambala
- Deepa Mukherji
- Deepashri Karandikar
- Disket Angmo
- Dr Anita Deshmukh
- Dr Anjana Rathor
- Dr Aprana Vaidya
- Dr Arati Thakur
- Dr Archana Choghule
- Dr Aruna Rao
- Dr Asawari Patil
- Dr Ashitha Y
- Dr Aswinee Kumar Sahu
- Dr Daud Husami
- Dr Deepa Darak
- Dr Dinesh Sukale
- Dr Gayatri Thatte
- Dr Geetali Ashutosh Bhat
- Dr Jaishree Sonis
- Dr K.U. Gujarathi
- Dr Kishor Mahajan
- Dr Kranti Birla
- Dr Kshitija Kumbhar
- Dr Kushal Mahajan
- Dr Madhavi Rajendra Shitole
- Dr Madhu Oswal
- Dr Manasi Pahade
- Dr Maya Bhat
- Dr Milind Desai
- Dr N Padmasri
- Dr Neelima Shinde
- Dr Nirupama
- Dr Padma Iyer
- Dr Padma Ranade
- Dr Palle Rama Akkamumba
- Dr Prajakta Ahire
- Dr Prasad Sonis
- Dr Pratibha Ghadge
- Dr Pravin Bagde
- Dr Pravin Darak
- Dr Rachana Gujarathi
- Dr Rajendra Deshmukh
- Dr Rajesh Raje
- Dr Rajeshree Gawade
- Dr Rajkumar Shantilal Shah
- Dr Reenakaru Ruprai
- Dr Reenakaur Singh Ruprai
- Dr Riyaj Shaikh
- Dr Shamsundar Madhekar
- Dr Sharmila Birajdar
- Dr Shriram Kulkarni
- Dr Shweta Jaiswal
- Dr Smita Charwad
- Dr Sonali Dhanwalkar
- Dr Sonali Honrao

Our Volunteers

- Dr Sonali Shimpi
- Dr Umesh Valvi
- Dr Vaishali Kataria
- Dr Vijayananda Hirematha
- Jahnavi Mukundan
- Jay Sahastrabudhe
- Mayur Wagh
- Minati Prava Das
- Pranjali Inamdar
- Shlaka Joshi
- Shobha Joshi
- Sonali Kulkarni
- Vrinda Patharkar
- Parag Bhine
- Rachna Dass
- Raj Kumar
- Sachin Chidambaran
- Shilpi Khandelwal
- Sreejith Mohan
- Sunita Gadre
- Shreya Bedekar

Our Donors

Till today, Muktaa has always been funded by individuals, foundations and entities that have a vested interest in our success and impact. Their trust in our work and financial support serve are not just a validation of our mission and work but also a reminder of the significance of the responsibility we have been entrusted with.

- Adkar Hospital & Research Institute Pvt.Ltd
- Amol S. Bandgar
- Arvind Ghodekar
- Arvind Kulkarni
- Ashok Harihar Gole
- Ashwini Shinde
- Bhalchandra Kadam
- Chaitrali Ashish Karve
- Chhaya Dondekar
- Deepak Dudhane
- Dhande Pathlab Diagnostics Private Limited
- Dhriti Agarwal
- Drishti Human Resource Center
- Dunbros Pharmaceuticals
- Epione Pharmaceuticals Pvt.Ltd.
- Evonext Healthcare Company Pvt Ltd
- Fulham (Inadia) Private Limited
- Genees Pharmaceutical Pvt Ltd
- Goodwill India Bachat Gat
- Grant Medical Foundation
- Jaishree Sonis
- Jayant Kulkarni
- Jyoti Shinde
- K V Gujrathi
- kasturi Shety Swati
- Kryptosis Pharma LLP
- Kshmataa Trust
- Madhavi Chouhan
- Mahesh Joshi
- Manasi Pawar
- Medivision Diagnostic Centre Pvt Ltd
- Meelan Hospicare
- Milaap Social Ventures India Private Limited
- Mili Joshi
- Hemant Joshi
- Santosh Jagdish Goyal
- Vandana Joshi
- Mushtaque Tamboli
- N.R.Baldota Foundation Trust

Our Donors

- Nalanda Charitable Foundation
- Namann Pharma
- Nandini Ashok Gole
- Narendra Borate
- Neela Kurlekar
- Nikhil Dattatraya Raut
- Nilubhau Limaye Foundation
- Nitin Bidkar
- Om Pathplogy Laboratory
- Padma Iyer
- Parag Bhinge
- Pawar Multispeciality Hospital and Diag Center Pvt Ltd
- Piyush Chaudhari
- Praful Madhav Rawate
- Pushpa Bansal
- Radhika Ghate
- Rajashree Gawade
- Ramesh Vaze
- Ravindra Narayan Walanj
- Reetu Manish Agarwal
- Rishabh Jain
- Roshacare Remedies
- Rotary Club Ghatkopar Charitable Trust
- Sachin V Yadav
- Sameer Shah
- Sampada Joshi
- Sanchomee Herboveda Pvt.Ltd.
- Sandeep Kirad
- Sham Madhekar
- Shubhda Kiran Walvekar
- Shyam Icchur
- Shubhangi Uday Gadgil
- Sitaram Gosavi
- Sneh Foundation
- Snehalat Agarwal
- Solar Herbo Pvt.Ltd
- Sudha Vasant Kanitkar
- Sunil Sudam Bhujbal
- Tushar Deshchougule
- Vaibhav Patil
- Venkateshwara Hatcheries Pvt.Ltd
- Vijay Kumar
- Vijay Patil
- Vijaya Gujarathi
- Vikas Nalate
- Vishvas Moghe

Future Outlook



Future Plan

- Launch more specialised modules on de-addiction medicine, mental health pharmacology, and first aid.
- Continue building asynchronous learning repositories and e-certification programs.
- Integrate mental health first aid and basic counselling training for general practitioners, aligning with MCF's mental health helpline strategy.
- Establish monthly online masterclasses and quarterly conferences to maintain momentum and support lifelong learning.

”

Join Our Mission

Of building an innovative
and quality public
healthcare ecosystem

DONATE NOW

Name: Muktaa Charitable Foundation

Bank: State Bank of India, Erandwane

Account No : 36048568325

Type: Current

IFSC Code: SBIN0004618

CONTACT US

Dr Rupa Agarwal

Secretary and Trustee

rupa.agarwal@mcf.org.in

+91-982-264-4886

