



Stepping into the new Era with Hope, Passion, and Zeal

Annual Report 2021-22



MUKTAA Charitable Foundation

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From the Trustees of MCF

Stepping into the new Era with
Hope, Passion, and Zeal

Muktaa Charitable Foundation is happy to share the annual report for the year 2021-22. The second wave of covid-19 in India was disastrous. But, with the help of science, technology, positivity, and togetherness we could keep moving and do the good.

Our Samvad helpline continued the counselling for the HIV patients. We were engaged in spreading the awareness about Covid-19 in rural as well as urban areas with the help of NGOs. With 'Pratham Education Foundation' our team was involved in First Aid-Expert Calls. Our Shala project which is aimed at adolescent education re-started since September 2021. Adopting online mode helped us to reach reach hundreds of the students under this beyond books project.

The year was remarking for the new initiatives viz. Gender awareness and Mental Health Helpline. Gender awareness online sessions started in collaboration with IQAC Cluster. We are planning to develop a short term certificate course which will be useful for college students. Mental health helpline project is also taking a shape. Our team members are dedicatedly spreading the word about mental health importance.

Since this year MCF widened the scope of sessions for the doctors. We organized online lecture series on De-addiction, Emergency medicines, Diabetes, Pharmacology, and Medical Practice Management. We are happy that the response was overwhelming. Staring of year 2022 was a time to go offline due to relaxed restrictions after covid-19. Hence we organized an offline De-addiction certificate course at B.J Medical College in collaboration with Rotary Club of Pune Katraj. It was a great feeling to meet everyone and having super response to the program.

In spite of challenges, problems, and worries all around, our volunteers worked passionately with hope in their eyes. We did a small gesture of thanks giving by arranging a small meeting in person. The team is growing and so do MCF. We extend our gratitude to all the well-wishers, supporters and donors for being with us and boosting our confidence.

Thanks and Best Wishes!

WHO WE ARE?

WHAT WE DO?

Muktaa charitable foundation (MCF) is a Pune based Non-Government organization. In 2005 a group of socially like-minded dedicated volunteers came together and worked in the field of health at different levels. This group led the path for awareness about HIV & AIDS by educating doctors through series of lectures. Realizing the need for creating awareness about this disease amongst public, in 2005 they launched Samvad HIV Helpline with trained counsellors, answering calls from callers about HIV, dispelling their doubts and creating awareness about the disease. In 2010, MCF was registered with Charity Commissioner Pune. Since then MCF has undertaken many ed projects to fulfil the need about health and health awareness.

MISSION:

1. To contain the epidemic of HIV, Tuberculosis, Oral Cancer and Addictions in society. Educating doctors, and public along with creating awareness about these diseases.
2. To make systematic disclosure to HIV positive children to ensure better life for them.
3. To create awareness and educate doctors, students and general public on Oral Cancer, HIV, TB, Other STD's, Hepatitis B & C, Addiction etc.
4. To educate children/ adolescents about life skills development.

VISION:

Serving Humanity Selflessly

AIMS:

- To organize knowledge update sessions for doctors/ counsellors on HIV-AIDS, De-addiction, First Aid, Diabetes
- To conduct the workshops/ lectures for children and youth on life skills, de-addiction, sex education, menstrual hygiene
- To conduct need based awareness campaigns e.g. Covid awareness sessions for general public as well as specific lectures for doctors
- To clear the doubts and answer the questions of HIV positive patients through Samvad Helpline

HIGHLIGHTS 2021-22

COMMUNITY OUTREACH

Samvad HIV Helpline	<ul style="list-style-type: none">• 17974 Calls at Bihar Helpline & 1065 Calls at Maharashtra Helpline• 7 new counsellors joined & underwent training
Covid-19 Awareness	<ul style="list-style-type: none">• Open to all sessions with Anunaad NGO & Pratham Education Foundation• Corona Samvad Helpline consisting of Doctors panel
Shala : beyond Books	<ul style="list-style-type: none">• Online sessions conducted for the school children• Broadcasting sessions through Akashwani & Yuvawani• Efforts towards online content creation
First Aid for All	<ul style="list-style-type: none">• ~16000 students/ youth reached in collaboration with Pratham• Offline session in Pune by the expert from Red Cross for athletes
Gender Awareness : Sakav	<ul style="list-style-type: none">• MCF delivered 3 online sessions in the course organized by H.V.Desai college and 6 sessions organized by IQAC cluster.• Sessions for knowledge update by experts
Mental Health Helpline	<ul style="list-style-type: none">• Aiming to support the population for their mental wellbeing• Groundwork is done and team is working on the substantial plan

SESSIONS FOR DOCTORS AND / OR PARAMEDICS

Skills that Win: Emergency Medicine	<ul style="list-style-type: none">• Emergency handling for the doctors• Aimed to empower rural doctors• 339 Participants benefitted
Rise & Shine: Medical Practice Management	<ul style="list-style-type: none">• Aimed at enhancing the skills needed for medical practice and necessary tools in the practice management• 162 Participants benefitted from the course
Moving to Masters : Diabetes Mellitus	<ul style="list-style-type: none">• In association with Diabetic Association of India• Knowledge update about new trends and research in Diabetes• Overwhelming response of 268 participants
Pharmacology & Beyond	<ul style="list-style-type: none">• In association with Pharmacology Dept., Bharti Vidyapeeth• Clinical medicines with a touch of pharmacology• 386 participants
Empathy to Impact: De-addiction	<ul style="list-style-type: none">• First offline certificate course after COVID-19 pandemic in collaboration with Rotary Club of Katraj-Pune• 205 participants attended the course at B.J. Medical College

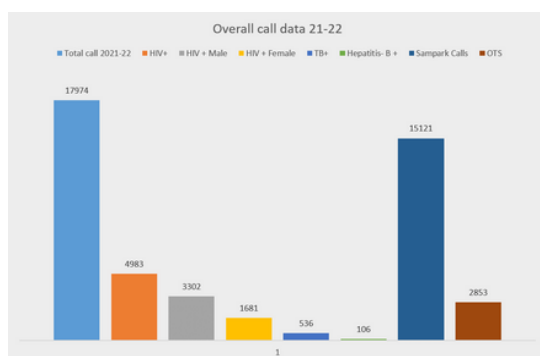
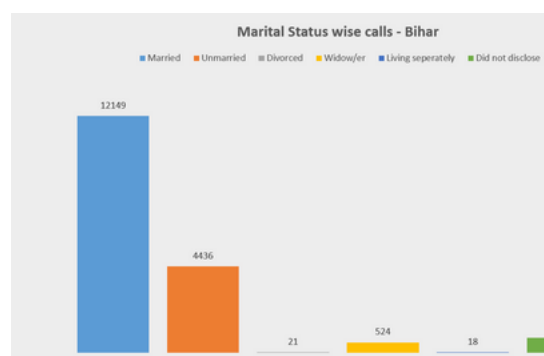
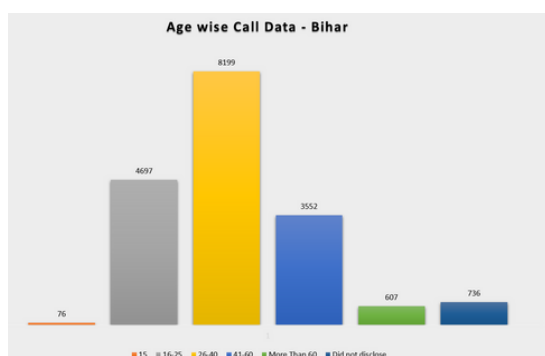
Program wise overview

Samvad HIV Helpline

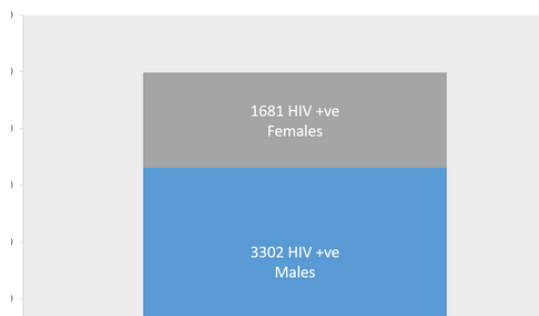
Samvad Helpline is the flagship project of MCF. The team of Samvad HIV Helpline is consisting of counsellors and master trainers in Bihar and Maharashtra. We maintain the call quality with regular trainings, feedback, and demo call sessions. In the difficult times of covid-19 focus was given on the training of Tuberculosis & HIV. Covid-19 awareness sessions was also the part of trainings.

The current team of counsellors is very efficient at knowledge of the domain and at the skills of counselling.

Average cost per call comes to _____ Rs. for Bihar helpline.



HIV+VE CALLS AS PER GENDER - BIHAR

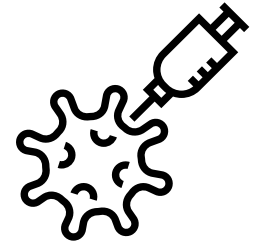


Shala Beyond Books

Shala is the adolescent education program of MCF, In 2021 user friendly PPTs were used to increase their utility during Online Workshops. Through Pune Aakashwani & YuvaWani MCF could conduct two sessions and reached many students from villages and remote places. MCF has conducted sessions in schools from city like Ahilyadevi, Modern School; Satyanarayan English School, Nav Mahashashtra school etc.



COVID-19 Awareness Sessions



Second wave of covid-19 impacted very badly throughout the globe. And hence spreading the science efforts continued this year too.

Webinar Sessions:

- Discussion about Covid-19: Facts and myths; Organized by Anunaad & Aarambh Foundation; Date: 10th May 2021; Expert – Dr. Prakash Mahajan & Dr. Madhu Oswal-Thakkar
- Organized by Anunaad, Aarambh Samajik Pratishthan & Prasanna Foundation 28th May 2021 (Dr. Madhu Oswal-Thakkar, Dr. Kalpana Sanap-Sangle, Sachin Sarolkar)
- Spandan Care Center, Pune; Savali Care Center, Kolhapur; and MCF organized Covid-19 awareness and doubt clearing session; Date: 9th July 202
- Covid-19 & Mental health by Eshwari Marathe
- Mucormycosis :The Black epidemic within the covid pandemic : Expert Dr. Piyush Chaudhari 25th May 2021
- Women in Covid pandemic: Dr. Girija Wagh 1st June 2021
- Alpha Beta Delta Omicron, What next : Dr. Piyush Chaudhari 16th January 2022 (Open to all)
- Variants, Management and Vaccines : Dr. Sanjay Pujari 18th January 2022 (Open to medical practitioners)

Corona Samvad Helpline:

The team of doctor volunteers was formed and they were trained to answer the calls related to any query related to covid-19, variants, vaccines etc.

There was not a good enough response for this helpline, but the team of doctors made all the possible efforts.

Team of doctors volunteered for the helpline -

- Dr. Gayatri Thatte
- Dr. Hemlata Patil
- Dr. Jayashree Sonis
- Dr. Padma Iyer
- Dr. Sujata Gokhale
- Dr. Jyoti Shinde
- Dr. Amrut Gundecha
- Dr. Neeta Gundecha
- Dr. Dhanashree Konde
- Dr. Anuradha Tarkunde
- Dr. Snehal Neel

Reach:
16000
Youth

First Aid For All

Emergencies can never be thought of and hence being attentive and ready helps to save the lives. MCF's journey for first aid started due to collaboration with Pratham education foundation, where MCF is an expert organization in this field.

Work nature:

Expert calls: In the year 21-22 we have reached to around 16000 youth though the expert call or doubt clearing sessions organized by Pratham. These calls are conducted in various Indian Languages, and MCF is growing with the team of Doctors from various states.

Content related inputs: MCF is involved in reviewing the content for First Aid developed by Pratham

In the offline mode MCF also organized CPR training for athletes group on 16th March 2022 where Dr. Rajkumar Shah from Red Cross Society, Pune introduced participants to CPR and also the types of bandages. At the end of the session participants also tried to do CPR on mannequin.



Certificate Course/ Sessions for Medical practitioners

Skills that Win

There are many problems faced by general practitioners in rural areas of India if compared to their urban brethren. For example non availability of hospitals with emergency facilities, ICU, specialists, and even no seminars for their knowledge update etc. Lack of facilities and skills can risk the life of the patients. And hence we at MCF undertook tried to reach the practitioners in rural areas with the idea of webinar on Medical Urgencies.

Speakers:

Dr. Sachin Yadav
Dr. Padmanabh Keskar
Dr. Pankaj Jindal
Dr. Swapnil Deshmukh
Dr. Prakash mahajan
Dr. Rajan Joshi
Dr. Sunil Umbranikar
Dr. Ashutosh Sabnis
Dr. Aruna Rao
Dr. Dilip Phalke

Chief guest :

Dr. Himmatrao Bawaskar

Coordinators:

Dr. Prakash Mahajan
Dr. Archana Chaugule
Dr. Jyoti Shinde



SNAPSHOT

21st April 2021 - 9th June 2021

Date

369

Registrations

Rise & Shine

It is always our endeavor at MCF to fill the gaps in medical education. The essentials of medical practice like time management, communication skills, computer skills etc are not taught in medical College, or even after passing out from the medical associations. Such skill set helps to increase the confidence, and it also helps to enhance own medical practice. Rise and Shine in medical practice management was focused on such skill set.

Unique features of this series were

1. This type of webinar designed for enhancement of medical practice management skills was conducted for first time ever.
2. Pearls of My Practice was a part where stalwarts from medical practice shared their knowledge and experiences whole heartedly.
3. Doctors were motivated to adapt new technology and to learn more about digitalization.

Speakers:

Dr. Sanjay Pujari
Dr. Prakash Mahajan
Chitaranjan Deo
Dr. Avinash Bhondwe
Dr. Anuradha totey
Dr. Pravin Darak
Dr. Jayant Navarange
Dr. Monika Nagare

Chief guest :

Dr. Jagdish Hiremath

Coordinators:

Dr. Prakash Mahajan
Dr. Jaishree Sonis
Dr. Padma Iyer



SNAPSHOT

22nd December 2021

Date

162

Registrations

Moving to Master Diabetes Mellitus

MCF in association with Diabetic Association of India (DAI), Pune organized a short-term online course of 30 hours duration from 2nd October 2021 to 24th November 2021. The course aimed at updating "General Practitioners (Family Physicians)" working at ground level to be updated with most recent applied research to benefit the patients with respect to Diabetes.

Speakers:

Dr. Bhaskar Harshe	Dr. Manisha Deshmukh
Dr. Himani Kulkarni	Dr. Mohan Magdum
Dr. Sonali Bhjane	Dr. Vasudha Sardesai
Dr. Ajit Dengale	Dr. Sucheta Iyyer
Dr. Kishor Shelgikar	Dr. Snehal Desai
Dr. Amit Walimbe	Dr. Anjali Bhat
Dr. Arati Shahade	

Coordinators:

Dr. Rupa Agarwal
Dr. Manasi Pahade
Dr. Aparna Vaidya



SNAPSHOT

2nd Oct 2021 - 24th Nov 2021

Date

268

Registrations

Pharmacology & Beyond

This was a course to learn Pharmacology from Pharmacology department of Bharti Vidyapeeth along with related basic Clinical Medicine from various stalwarts with roaring practice and excellent clinical knowledge.

Speakers:

Dr. Sanjay Lalwani	Dr. Dadasaheb Maindad
Dr. Sonali Suryavanshi	Dr. Gopal Gawade
Dr. Parikshit Prayag	Dr. Babhulkar
Dr. Bharat Purndare	Dr. Vaishali Chetan
Dr. Padmanabh Keskar	Deshmukh
Dr. Priti Dhande	Dr. Pujari Sanjay
Dr. Sachin Yadav	Dr..Sonali Suryawanshi
Dr.Bhagyashri Rajopadhye	Dr. Ranjana Sahastrabudhe
Dr Nikhil Raut	Dr. Anuj Darak
Dr.Jayshree Dawane	Dr. Ishwar Jhamwar
Dr. Swapnil Deshmukh	Dr. Rahul Kulkarni
Dr.Vijaya Pandit	Dr. Saple
Dr. Ameet David	Dr. Pallawi Khataavkar
Dr.Vijay Mate	Dr. Lawate Parimal
Dr. Prakash Mahajan	Dr. Sunita Lalwani
Dr. Sameer Mellankeri	Dr. Ashwin Porwal

Coordinators:

Dr. Gayatri Thatte
Dr. Kushal Mahajan
Dr. Rupa Agarwal



SNAPSHOT

16th Feb to 30th April 2022

Date

386

Registrations

Empathy to Impact

Addiction is a disease and MCF aims to prevent it or treat it. February 26th and 27th a two day offline certificate course in Addiction Medicine was conducted by MCF in collaboration with Rotary Club of Pune-Katraj. We were overwhelmed to see the response from distant areas like Beed, Madhya Pradesh. Total 205 participants were present for the 2 days.

Unique features of this course were

1) Along with doctors many counsellors, psychologists, MSWs attended this workshop offline two years after covid pandemic.

2) The study material and book on addiction medicine written by Dr Mahajan was given to all participants

Speakers:

Dr. Prakash Mahajan

Ms. Sonali Kale

Dr. Sameer joshi

Dr. Rohan Bartakke

Deepika Patil

Triveni Chiplunkar

Dr. Ninad Baste

Dwigen smarth

Dr. Swapnil Deshmukh

Dr. Bhalchandra kalmegh

Coordinators:

Dr. Prakash Mahajan

Dr. Archana Chaughule

Dr. Jyoti Shinde

Dr. Snehal Neel



SNAPSHOT

26th - 27th February 2022

Date

205

Registrations

New Chapters in MCF

Sakav : Bridging the Gender Barrier

MCF is involved in Gender Awareness and related sessions through its new initiative Sakav. In collaboration with IQAC Cluster organization MCF conducted 3 sessions with H.V. Desai College and after that 6 sessions with PAN India colleges. MCF is going to prepare 15 hours course on the same subject with the involvement of experts in this field.

Some sessions were also conducted for the volunteer team of MCF. Currently the focus is on the topics like, Need of Gender awareness; Difference between Sex and Gender; Social Construct and gender stereotyping; various terms related to Gender Sensitization; LGBTQA.

We are also trying to involve various other organizations working in the same domain.

Expert Speakers:

Dr. Snehal Neel

Dr. Seema Sonis

Dr. Rupa Agrawal

Dr. Swati Dyahadroy

Ms Vrunda Joshi

Prachi Dole

Achut Borgavkar

Volunteer Team:

Dr Gayatri Thatte

Dr Manasi Pahade

Dr Anuradha Tarkunde

Dr Kushal Mahajan

Dr Jayashree Sonis

Pranjali Inaamdar

Dr Sharmila Shinde

Ashwini Shinde

Dr Rupa Agarwal

Mental Health Initiative

There are many researches which show, how Covid-19 affected the mental health of the people. That made everyone understand the importance of mental health. MCF with all the positivity and support has decided to start a helpline for mental health. Dr. Rupa Agarwal has also delivered the some lectures on Mental Health and HIV. The team is getting formed for the same. And with all the good wishes we are hoping to start this helpline soon.

Glimpses 2021-22



Backbone of MCF: Volunteer Team



Dr. Ammar
Dr. Aruna Rao
Dr. Anjana Rathod
Dr. Arati Thakur
Dr. Kranti Birla
Dr. Amrut Gundecha
Dr. Shabana Menon
Dr. Gawade Rajashree
Dr. Kushal Mahajan
Dr. Madhavi Shitole
Dr. Aparna Vaidya
Dr. Maya Bhat

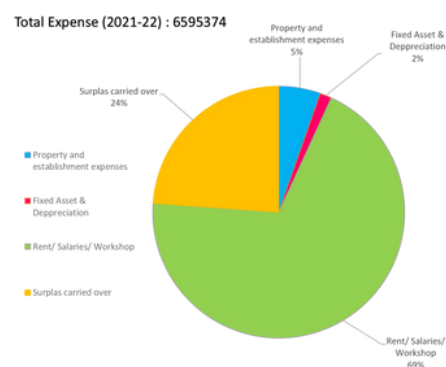
Dr. Rachana Gujarati
Dr. Rajesh Raje
Dr. Riaz Shaikh
Dr. Padma Iyer
Dr. Gayatri Thatte
Dr. Arun Sharma
Dr. Akshitha
Dr. Rena Kaur Ruprai
Dr. Geetali
Dr. Ashwini Kumar Sahu
Dr. Sonali Honrao
Dr. Jayashree Sonis

Dr. Archana Choughule
Dr. Prasad Sonis
Dr. Manasi Pahade
Dr. Rajendra Deshmukh
Mr. Ashok Gole
Mr. Parag Bhinge
Mr. Bharat

Financials 21-22

<i>Spent On</i>	<i>Expense</i>
Property and establishment expenses	353752
Fixed Asset & Depreciation	98259
Rent/ Salaries/ Workshop	4568912
Surplus carried over	1574451
Total Expenses	6595374

Total Expense (2021-22) : 6595374



Our Donors

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 Aurobindo Pharma Ltd
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 Dr.Manasi Pahade
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 Dr.Prakash Ramgude
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 Dr.Rupa Agarwal

Dr.Satish Agarwal
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 Overseas Healthcare Pvt.Ltd
 Dr.Ashwin Porwal HUF
 Rotary Club of Pune Katraj
 Charitable Trust

Collaborative Partners

Pratham Education Foundation

Whitecode Technology Solution Pvt Ltd.

Meet Our Team



Dr. Prakash Mahajan
President

Family Physician, Dermatologists, HIV specialist and working in deaddiction.
Authored 3 books for doctors. Trained 700+ doctors in HIV medicine.

Dr. Rupa Agarwal
Secretary

BHMS | CCH | Certified CHART course in HIV Management | Heartfulness Meditational Trainer
President General Practitioners Association 2020-21



Ashwini Shinde
Treasurer

Graduate in the science stream | Founder volunteer of Samvad Helpline.
Facilitator for many activities of MCF, Social worker

Dr. Anuradha Tarkunde
Hon. Trustee

Retired Government medical practitioner | Founder Volunteer of Samvad Helpline | Voluntary counselor
and medical expert for the topics such as First Aid, Menstrual Health & Hygiene, Health Awareness



Dr. Jyoti Shinde
Hon. Trustee

BAMS | Family Physician since....
Fitness enthusiast, Marathon runner, Yoga trainer

Dr. Snehal Neel
Hon. Trustee

BAMS | DYEd. | Counselor, Faculty for Yoga and Psychology
Proprietor, Abhivyakti Health and Education Services | Avid Traveler, Writer.



Mr. Ghanashyam Nanaware
Hon. Trustee

Co-Founder | CMO at White Code Technology Solutions Pvt Ltd. Pune
Enthusiastically working in social sector

Dr. Kushal B. Mahajan
Board Member

BHMS | Family Physician since 15 years.
Sports Enthusiast (Basketball, Volleyball, Cricket, Badminton), Trekker, Social worker



Mr. Ashok Gole
Board Member

Retired Merchant Navy Officer (Captain)
Involved in many activities of MCF as a trainer, facilitator, guide. Generous Social Worker.

Thank you
to all our donors
and volunteers.

We couldn't have
done it without
your generous
support.



contact@mcf.org.in



<https://mcf.org.in/>



Muktaa Charitable Foundation,
c/o Dr. Rupa Agarwal, 49-50 Himali CHS.,
Near Mhatre Bridge, Erandawana, Pune
411004



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