



www.maitriindia.org



identity dignity respect





ABOUT MAITRI

Maitri (Sanskrit): Loving-kindness, compassion and friendship

Maitri is a developmental humanitarian NGO based out of New Delhi, India which was founded in 2005 by Gen (Retd.) Bhopinder Singh and Winnie Singh.

The organization was born out of a felt need to fill in the gaps in awareness about essential health impacting information such as STI's, HIV/AIDS and TB for the uniformed services and their families.

Since 2007, Maitri has expanded its areas of reach through a variety of programmes which include domestic violence awareness, victim support and victim to survivor program (with a special focus on the uniformed services and their families) Maitri also promotes respect, dignity, and support for abandoned elderly widows in Vrindavan (Mathura, India). Some of our other initiatives include improving the health and welfare of vulnerable migrant populations like rickshaw pullers and the homeless, and providing educational opportunities for slum children in Delhi with a nutrition programme. We also organize HIV/AIDS awareness campaigns supported with a voluntary counseling and testing centre.

We believe that:

- A healthy home is a happy home
- No woman (least of all a mother) should ever have to live in destitution and humiliation
- Women have the right to live with respect and dignity even in the sunset years of their lives.

STATEMENT OF PURPOSE

Maitri is committed to facilitating citizenship rights, basic services, dignity and respect for the most vulnerable populations in India with a focus on:

- Abandoned and destitute widows in Vrindavan
- Violence against women (domestic violence)
- Migrant workers and their families (rickshaw pullers and homeless)
- Empowering women and children from economically challenged families from Delhi slums



INITIATED : JULY 2010**LOCATION :** VRINDAVAN

Counted among the holiest of India's holy cities, Vrindavan, Mathura, in the north Indian state of Uttar Pradesh is also well-known as the city into which an estimated 15000 Hindu widows (Source: National Commission for Women) have made their home. Widows, who have been turned out, by their own kith and kin even before the last embers of their husbands' funeral pyres have died.

Maitri is presently working with more than 500 widow mothers in ashrams (shelter home) in Vrindavan, and plans to scale up the care and support to 2,500 widow mothers by 2015.

The widow mothers, the beneficiaries of Project Jeevan, receive a free daily mid day meal to form a healthy and nourishing diet with supplements to address the specific needs of geriatrics.

Widow mothers are also provided with basic and specialized healthcare during regular multi-spe-

EVALUATIVE ASSESSMENT

- Provision of a free mid day meal, sarees twice a year to 500 widows
- Extensive liaisoning with State Government of UP to obtain voters' identity and ADHAR cards
- Basic health care every day and multi speciality health camps at regular intervals. Most of the multi speciality doctors offer their services to the widow mothers pro bono.
- 47 beneficiaries with cataract-impaired

BROAD OBJECTIVES

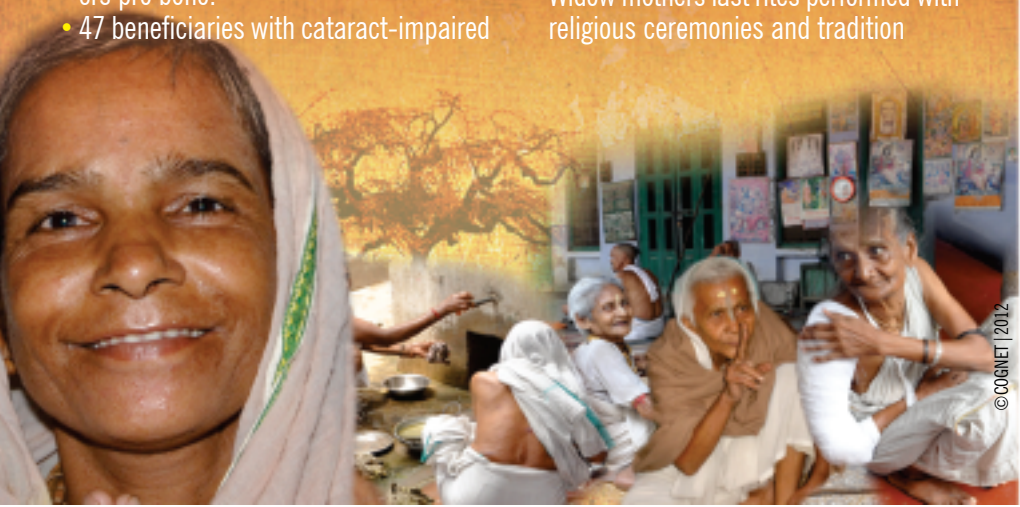
- Promoting respect and dignity.
- Nutrition, health & socio-economic status for Vrindavan's widows.
- Empowered beneficiaries with independence, self-respect & educating them about their rights.

cialty health camps conducted through Maitri's network of partners. Maitri facilitates cataract surgeries, cancer treatment and other serious diseases treatment for which they need medical attention or hospitalization.

Maitri works to ensure that the widows get the benefits of Government schemes like widows pension of ₹ 300.00 per month, Swadhar Yojana under which they receive ₹ 550.00 per month from the Government towards their food etc, Aadhaar card (Social Security number and card) and a Below Poverty Line ration card. These cards and enrolments allow the widow mothers to access various government benefits plans including subsidized medical insurance, medical treatment and rations.

Maitri promotes respect and dignity for the widow mothers by giving them opportunities for income generation that include activities like making paper and cloth prayer beads, incense sticks etc.

- vision have been provided cataract surgery
- Two widows are being provided with cancer treatment
- Income generation opportunities to augment income and encourage the widow mothers to be self-reliant, with the objective of restoring dignity and respect.
- Widow mothers last rites performed with religious ceremonies and tradition



INITIATED : MARCH 2009

LOCATION : NATIONAL

Research studies show that cultural traditions play an important role in occurrence of domestic violence against women. It has been observed that women without family support are more vulnerable to violence than other women.

Project Samvedana adopts a multi-pronged, multi-layered approach aimed at addressing the issue of domestic abuse and sexual violence directed towards women, with special focus on families of uniformed personnel which includes Army, Navy, Air Force, Para-Military, and Civil Police.

Maitri's aim is to educate and create awareness on understanding domestic violence for women, while removing the stigma against women who are victims or survivors. Through these workshops, Maitri helps women identify coping mechanisms while at the same time open channels of communication with their

BROAD OBJECTIVES

- To promote happy homes and healthy families
- Provide an understanding of Domestic Violence and its health implications including STIs/ HIV
- Create awareness of the myths and stigma against women over domestic violence and sexual abuse

partners to work on long term solutions that will contribute to a happy and healthy family. Maitri sensitizes officers and soldiers from all uniformed services about cultural pitfalls and to recognize and address symptoms of domestic violence in their personal lives.

Maitri's goal is to make men and boys an active partner in bringing a social change and end Domestic Violence.

Project Samvedana promotes healthy and happy home, and responsible behavior through workshops on domestic violence and its impact on the health of the family including STIs and HIV/AIDS, general health and hygiene.

Maitri offers free counseling and mediation services to survivors of domestic violence and their families. The organization also facilitates legal services for those who opt for legal solutions.

EVALUATIVE ASSESSMENT

- Over 25,000 personnel and families of uniformed personnel, have been reached by Project Samvedana, directly and indirectly.



INITIATED: JANUARY 2011

LOCATION: DELHI

BROAD OBJECTIVES

- Identify High Risk Migrant Workers to work with them on issues of health and encourage health-seeking behavior
- Reduce STIs and HIV with responsible behaviour
- Provide Citizenship Rights like Voters card, Beghar Card (Homeless Card), Aadar Card (Social Security Card and Number) and opening of bank accounts
- Liaise with government & other bodies for HIV/AIDS awareness and provision of Citizenship Rights

Project Awaaz is a public health intervention to sensitize and educate high risk migrant workers like rickshaw-pullers, itinerant workers and their families about infectious diseases like TB, HIV/AIDS, malaria, and other sexually transmitted infections (STIs). Most of the rickshaw pullers and other migrant workers in the target area are homeless, with little or no access to basic rights such as shelter, clean drinking water, food or healthcare. Outreach in the form of workshops, seminars and street plays are carried out periodically to impart awareness of health risks. Sensitization meetings are regularly held and take place in the form of one on one, group, and stakeholder meetings. Condom use is promoted through demonstrations and non-traditional outlets (NTOs) have been established in various parts of the intervention area. Health camps are organized periodically to address and manage STIs and other diseases. HIV tests are encouraged and

conducted at ICTC and ART centers.

Assisted by a TI Project by the Delhi State AIDS Control Society (DSACS), Project Awaaz now offers counseling, advocacy, and medical services at Drop-in Centers spread across Central Delhi. The Drop-In Centers are staffed by counselors and other qualified doctors/ volunteers who perform medical examinations and administer medication to the relevant segment of the target population and their families.

The project also aims to provide Citizenship Rights like Voters Card, Beghar Card (Homeless Card), Aadar Card (Social Security Card and Number) and opening of bank accounts for the migrant and homeless populations. The Citizenship Rights will allow the beneficiaries access to many Government plans including subsidized medical insurance, medical treatment, and food and rations.

EVALUATIVE ASSESSMENT

- Over 10,000 individuals have been registered
- Awareness meetings are held every Tuesday and Thursday
- 43 clinics and 29 outreach programs conducted
- 3,184 persons treated for various medical conditions at clinics
- 1,302 HIV tests conducted
- 3,151 individuals benefited through

Health & Social Counseling

- Organization of high-risk groups through cluster approach as self-help groups
- Assistance and facilitation to bona fide beneficiaries to obtain Universal ID Cards for better social security
- Linking itinerant workers with group health insurance schemes like the Rashtriya Swasthya Bhima Yojana.



INITIATED : APRIL 2007

LOCATION : NEW DELHI

A two-stage poverty-alleviation project aimed at augmenting education & livelihoods among under-privileged women and children from urban slums.

Maitrigrām provides mentorship and supportive education to students (aged 4~17) in subjects that include English, Hindi, and Maths considered essential for employment. Older students are also provided support in science and economics, and career counseling. Annual scholarships of Rs 6,000 each has been awarded to 16 of the most meritorious students to keep them from dropping out of school. One of the goals of Maitrigrām is to promote education of the girl child through scholarships.

In 2011, a nutritional supplement pro-

BROAD OBJECTIVES

- Mentor underprivileged children & impart supportive education and leadership to students
- Provide free mid day snacks(milk, fruits, biscuit)
- Promote girl child education
- Offer scholarships to meritorious students as incentives to stay in school to complete their education
- Provide vocational training to impoverished women for livelihood promotion

gramme was started to provide students enrolled in the tutorial program with a nutritious snack/milk drink to promote better diet and health, that encourages better focus on academic performance.

A Vocational Training Centre provides underprivileged womenfolk a course in training as seamstresses. Upon satisfactory completion of the course, participants are awarded diplomas that enable them to secure employment or avail of soft loans to set up their own tailoring or embroidery units.

Batch sizes are currently limited to 20 because there are just 10 sewing machines; efforts are under way to raise funds for procuring more machines so that batch sizes can be increased.

EVALUATIVE ASSESSMENT

- Number of trainees currently enrolled under the Vocational Program: 15
- Total enrollment in Vocational Training Program since inception: 400
- Number of diplomas awarded in Vocational Training Program: 25
- Students currently enrolled at the Children's Tutorial Centre: 85
- Total number of students in Children's Tutorial Centre since inception: 350
- Scholarships awarded to meritorious students enrolled for the Tutorial program: 38



HIV COUNSELLING & TESTING CENTRE

INITIATED : AUGUST 2009

LOCATION : DELHI CANTONMENT

BROAD OBJECTIVES

- HIV testing and counseling services to Antenatal patients –wives of uniformed personnel and other members of the wider community from cantonement and surrounding areas.
- Provide counseling services.
- HIV education and awareness.

The ICTC, at the Delhi Cantonment Board Hospital, is being run under the guidance and supervision of one Medical Practitioner with one counsellor and testing expert. The practitioner offers its services to patients that mostly come from areas in Delhi Cantt and West Delhi. The centre receives patients from other states like Haryana and Uttar Pradesh for HIV testing and counselling.

INSTI kits are used to for testing for HIV. This is a one minute testing kit. All testing is done free-of-cost by trained staff. Maitri refers any patient tested positive for HIV to the Deen Dayal Hospital, Safdarjung Hospital, Lortt Carery Care Home and Base Hospital, Delhi Cantt.

The Lortt Carery Care Home provides facilities

to HIV positive patients, including temporary residence, medication, and facilitate employment. Other HIV positive patients, referred to Government hospital, are provided treatment from the ART Centre.

Maitri while counselling and testing, also follows-up with people living with HIV and their families. The centre also offers condom distribution and demonstration.

Maitri maintains high levels of confidentiality during counseling. Pre and post testing counseling is given to all patients being tested. The patient's family is also counseled once he/she has informed her spouse/family to deal with stigma and other related issues

EVALUATIVE ASSESSMENT

- Total number of people tested for HIV:5336. 23 patients tested positive.
- Pre and post testing counseling
- Domestic Violence Counselling
- Referral and follow up system.
- Awareness of HIV through IEC material/Health camps and Nukkad Natak (Street Theatre)



HOW CAN YOU MAKE A DIFFERENCE?

Maitri is proud of its internship programme where students, generally in college, work full-time in the office for one semester (approx. 3 months). Interns perform a variety of writing and research-oriented projects in addition to having the opportunity to see and work directly with India's most vulnerable populations. Interns in the past have worked with adolescent children in Shillong, destitute

Maitri seeks skilled and enthusiastic volunteers of all ages. Volunteers may contribute to different projects depending on background and skill level. Most volunteers help tutor

Many people are anxious to help with our cause, but may not know how. Due to the diverse demographic that Maitri serves, we welcome contributions in cash or in-kind. Maitri supporters may make monetary donations, engage in sponsorships, or even spread Maitri's message around their local communities. We also accept in-kind donations of sewing and school

widows in Vrindavan, and slum populations in New Delhi.

Maitri in collaboration with the Hinckley Institute of Politics, University of Utah (U.S.A) since 2008, has created a unique international programme whereby each semester 2-3 students from Utah participate in an internship with Maitri in India.

school children from the slums. Volunteers symbolize the spirit of generosity and compassion, and are integrally woven into the fabric of everyday life at Maitri.

materials for our skills training and education programmes, as well as, blankets, clothes, medicines, and supplies for Project Jeevan. All donations are tax exempt under section 80 G(5)(vi) of the Indian Government Income Tax Act, 1961 and the United States Internal Revenue Code, 501(c)(3).

project we would be happy to provide you information about individualized sponsorship options.

SPONSOR A PROJECT

While general donations are appreciated we recognize your need to donate to a specific cause. If you wish to sponsor a specific Maitri

YOU CAN MAKE A DIFFERENCE BY DONATING TODAY!

WIDOWS OF VRINDAVAN

- Sponsor a widow for 12 months: ₹ 12,000 (\$219 USD) per widow. Includes: a daily meal, summer and winter cloths, nutritional supplements, and health benefits.

FIRST GENERATION LEARNERS

- Many slum children are first-generation learners putting them at a huge disadvantage. Select children in the Children's Tutorial Centre receive scholarships of ₹ 6,000 from Maitri to help them continue their studies.
- Give a child an educational scholarship, ₹ 6,000 (\$110 USD) per child

FOR ANY OTHER INFORMATION PLEASE CALL:

Mobile No: +91-98101-32908

Telefax: +91-11-2412-2692





Maitri is registered under the Societies Registration Act of India, 1983 and the Foreign Contribution Regulation Act (FCRA) of India, 1976. Individuals | organizations making monetary remittances to Maitri are issued receipts entitling assesses to tax rebates, while filing their returns, under Section 80 G(5)(vi) of the Income Tax Act, 1961 and 501(c)(3) of the Internal Revenue Code.

J-92 | ANANT RAM DIARY | R K PURAM SECTOR 13 | NEW DELHI 110 066 | INDIA

☎ +91-98101-32908 | e-mail: winnie.singh@maitri.org

DESIGN | LAYOUT © 2012: SANJAY SHARMA COGNET SOLUTIONS | SHILLONG | MEGHALAYA