

Help us by supporting HEALTH IS WEALTH PROJECT

PROJECT BY OMGMT



OM GAGANGIRI MAHARAJ ASHIRWADIT TRUST



OMGMT.ORG

Story & Background



The women in our area suffer from various physical ailments due to the harsh life of living in the outback of rural India. They are the forgotten people of India, living far from modern infrastructure and conveniences. In the 10 km surrounding Ganeshpuri of Thane District, Maharashtra, India, there are approximately 20,000 families or 120,000 people. Although it is only 100 km from Mumbai, the financial capital of India, this area is undeveloped and the people suffer from a lack of work, education, transportation, and government facilities and resources. About 48% of these families are illiterate, unskilled, landless, and live below the poverty level. They are suffering from easily treatable diseases and a lack of food. The majority of the hamlets are situated in inaccessible areas and are devoid of electricity and fresh water. They mainly depend upon daily wages to make both ends meet, often the most difficult work to be found, brick making. They are unaware of government programs and other opportunities.



Challenges of our Catchment Area

Children are the most vulnerable to malnutrition. In the early ages of development of their body, mind, and personality, their need for good nutrition is extreme. But due to poverty and its secondary effects, these children have been deprived of the important nutritional building blocks for physical health and mental development. Severe malnutrition leaves children vulnerable to disease.

The subject of menstruation in South Asia and its underlying issues are a social taboo that brings about shame. More often than not, women of any social strata are uncomfortable openly discussing what is perceived as a private, unclean matter. Lower-income women, in particular, follow certain social exclusion trends that include not being able to visit a place of worship, not bathing, sleeping separately from their family, not eating certain foods, and in extreme cases, not being able to leave their dwellings. A WaterAid study in Nepal shows that 89% of women abide by some form of social exclusion or restrictions during menstruation.

Female sanitation facilities are inadequate and suffer the most due to the long tradition of taboo attached to menstruation. Using sanitary napkins can considerably change the face of female sanitation across South Asia. International organizations, private NGOs, and social enterprises have been working towards developing adequate female sanitation awareness and facilities in the region. For example, through their WASH projects, WaterAid has implemented programs to provide hygienic sanitary napkins to girls and women from underserved communities.

The history of Malnutrition among children has been long-standing. Our local Aungwari teachers have in the past asked us to assist in teaching topics of good nutrition and prevention of malnutrition. The young women of small tribal hamlets have little access to learning good nutrition and how to make tasty food for their families.



HEALTH & HYGIENE EDUCATION

Mohini Rao has long been a school headmaster and brings years of experience coordinating educational experiences for students of all ages. Some of our team of Health educators are composed of local young women who graduated from the Rama Krishna Mission vocational program, Community Health Worker. This class was developed in Mexico for those areas where there are no doctors. Others in our team attended a six-week yoga teacher training at Kaivalyadhama Yoga Institute in Lonavala, Maharashtra. Our team received training from the health educators at Mahan Trust in addressing malnutrition.

Strategy to Help:



- OMGMT developed a program for educating women, families, and school children regarding various aspects of health. Our education team goes into rural and forest villages holding programs on all of the following topics: 1) Health is Wealth- a program to promote pride and ownership of one's health and body (based on our Chiropractor advisors Vismai and Jyoti Schonfelder's program of the same name); 2) water hygiene (based on CAWST's water hygiene education); 3) personal hygiene, feminine hygiene, and cleanliness; 4) sex education and family planning; 5) good nutrition (based on an instruction from Dr. Ashish Satav of Mahan Trust), and 6) good nutritional cooking.
- Tribal People, living in India for a millennium, have no knowledge of yoga. Yoga is taught in 13 schools throughout the community on a weekly basis. With six yoga teachers, OMGMT can provide weekly yoga to up to 2500 students.
- Good nutrition classes with additional cooking classes are taught for 3 months in four villages each month.
- 25 impoverished families who are handicapped, widowed, or without the finances to feed themselves are given a month of common foods such as lentils, oil, masala, wheat, and other common items.



BUDGET



One Time Yearly Expense

Name	Description	Amount	Notes
Mohini Rao	coordinator	30,000	
Deepak Dhadorae	Yoga Teacher	3500	2 days a week
Vaishali Vad	Health & Yoga Teacher	8000	Full time
Lalita kale	Health & Yoga Teacher	8000	Part time
Pooja Kuwara	Health & Yoga Teacher	8000	Part time
Priti	Yoga Teacher	2000	In training
Traveling	Bike maintenance, petrol	5000	
Breakfast	Early morning yoga	3000	20 rps/6 person, 25 days
Good Nutrition Cooking classes in 4 villages	Groceries for weekly classes	5000	
Food baskets (550rps/each)	25 impoverished elders, handicapped & widows	13,750	
SUBTOTAL	PER MONTH	86,250	RUPEES
YEARLY	12 months	10,35,000	RUPEES

Yoga Mats		3000	6 X 500 rps
Stationary	Books, paper, pens	10,000	
Yoga Banners	Asanas photos	4500	15 schools X 300= 4500
			OMGMT & Svaroopaa headline
Yoga Uniforms	Pants, top	6000	6 X 1000 = 6000
Speaker	Blue tooth	5000	
Portable Projector		15000	
Intl Yoga Day	Banner, prizes, refreshments, handouts	25,000	
Feminine Hygiene	500 pads	5000	
TOTAL		73,500	RUPEES
GRAND TOTAL		11,08,506.	

RS- 11,08,506

CONTACT US

Are you really ready to Help ?



OM GAGANGIRI MAHARAJ ASHIRWADIT TRUST

Contact us on +91 8329786196

Visit our website on omgmt.org

Mail us at info@omgmt.org

Our Bank Details

Om Gagangiri M A Trust

Bank Account - 21230100029295

IFSC-FDRL0002123

(Federal Bank)

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