MEHAR BABA
CHARITABLE TRUST

mbct
ANNUAL IMPACT REPORT
2021-22

MEHAR BABA
CHARITABLE TRUST

Hassan Singh Mejie
Managing Trustee

Ajit Singh Chatha IAS (Retd.)
President Governing Board,
Retired Chief Secretary Punjab

Surinder Paul Kaur IRS (Retd.)
Former Chief Commissioner of Income Tax NWR,
Vice Chairman Income Tax Settlement Commission
and Ombudsman Electricity, Punjab

Jatinder Cheema
Barrister & Solicitor and State President,
NCR of Sri Sathya Sai Organisation

Alfred Singh Mejie
Businessman, Dubai

Dr Puran Singh Jassi (Retd.)
Director, Family Welfare, Punjab
Current Regional Health Consultant, IGNOU

Maj Gen Surat Singh Sandhu
Development Professional

Thakur Singh Mejie
BE Electrical & Electronics
Aston University, UK
Businessman

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Commissioner The Law Reform Commission
of Nova Scotia, Canada (Harvard)

Dr T P Singh
University of Utah, USA

ADVISORS

Dr Kavita Marriya (Retd)
Principal Home Science College, Chandigarh
Professor Clothing and Textiles IIS University, Jaipur
Member Inner Wheel Club, Chandigarh

Sarupinder Kaur Mejie
Advisor, MBCT

Dr. Amandeep Kahlon
Advisor, MBCT

Dr Sukhdev Singh Sidhu (Retd.)
Director, Medical Education, Punjab

Dr Surjit Verma
Public Computerized Laboratory, Rajpura

Amareshwar Singh Guraya
Logistics

Balraj Singh Mejie
Businessman

Charanjit Singh
Adj. Prof. Shoolini University

EXECUTIVES

Robin Gupta
General Manager

Hema Panesar
Finance cum Program Manager

Design : CorePR

Our Vision
Empowered and self sustaining Rural Community

Our Mission
To develop women and youth by imparting skills through vocational & computer training, health care, social awareness and sports activities.

Our Values
Passion for 'Sewa' (Selfless Service)
Ethical, Transparent & Accountable Functioning.

IMPACT

Women Empowerment

4,887
WOMEN TRAINED

Youth skills Development

6,567
YOUTH SKILLED

Village Health Management

48,408
BENEFICIARIES FROM HEALTH CARE

BPCCDP

9
MODEL VILLAGES DEVELOPMENT

Hockey Nursery

126
Players Under-14 BEING TRAINED

BOARD OF TRUSTEES & ADVISORS

Transforming Lives of the Villagers through Women Empowerment

We are thrilled to share the remarkable progress made by MBCT in the pursuit of women's empowerment through digital literacy. Thanks to your unwavering support, we have successfully trained over a thousand women, enabling them to navigate the digital landscape with confidence. This achievement signifies a significant step towards bridging the gender gap in technology. We are deeply grateful for your contributions that have fueled this change and look forward to your continued support as we strive to empower even more women in the coming years.

On behalf of MBCT, I deeply appreciate the support extended by the Embassy of the Federal Republic of Germany for seeing a worthy cause and choosing us to be the recipient of their generosity to make our humble initiative grow big. As we reflect on our journey of empowerment, it's clear that none of our achievements would have been possible without your dedication. The path to change is not without challenges, but your unwavering commitment to our NGO's vision has carried us through. With digital literacy, hockey development, and vocational training as our pillars, we're witnessing first-hand the profound impact of your contributions on the lives of women and communities. With renewed determination, we look ahead to the future, confident that together, we will continue to catalyze change and create opportunities for those who need them the most.

The heart of our NGO's mission lies in empowering women from rural communities through vocational training programs. It is with immense pride that we report the successful completion of another year of skilling village women. These programs have equipped hundreds of women with practical skills, opening doors to financial independence and self-confidence. The continuous support of collaborated project of High Commission of Canada in India and the INUS Global Charity, USA has made these opportunities possible, enabling these women to rewrite their life stories. As we move ahead, we envision an even greater impact, and we extend our sincerest thanks for being our partners in this transformative endeavor.

Hockey has always been more than just a sport for our NGO; it's a means of fostering growth and resilience among the youth. Over the past year, our efforts to build a hockey nursery have borne fruit as we've witnessed the transformation of local youngsters into passionate players. Through your generous donations, we've been able to provide proper coaching and equipment, nurturing these budding athletes. We're excited to see the potential these children hold and express our heartfelt gratitude for standing by us in this journey of sporting empowerment.

Thanks for making us a catalyst for fueling transformation in the lives of rural women.

2021-22

MBCT Honours

On the occasion of Independence Day Function held by the District Administration in Bassi Pathana, **Thakur Mejie, Trustee**, Mehar Baba Charitable Trust, receiving letter of recognition for the contributions of Mehar Baba Charitable Trust during the COVID-19 Pandemic. The award was presented by **Gurpreet Kaur w/o Gurpreet Singh GP, MLA and Yashpal Sharma PCS, SDM, Bassi Pathana.**

International Women's Day

"Woman of Substance" Award to Hema Panesar & Shruti Nigam of MBCT

Celebrating Int'l Woman Day at Sri Guru Gobind Singh College, Sector 26, Chandigarh the Chief Guest Preeti Bhardwaj, Vice Chairperson, State Women Commission, Haryana and Prof. Navjot Kaur, Principal SGGS College for Women presented the trophies recognising MBCT's efforts in taking up the cause of rural women and empowering them through various skill training programs and developing entrepreneurship skills in the rural women artisans of District Fatehgarh Sahib, Punjab. #IWD2022

'Women of substance' were feted and a panel discussion on gender equality was held as part of the International Women's Day celebrations at the college.

Village Mobilization

An End-to-End Solution

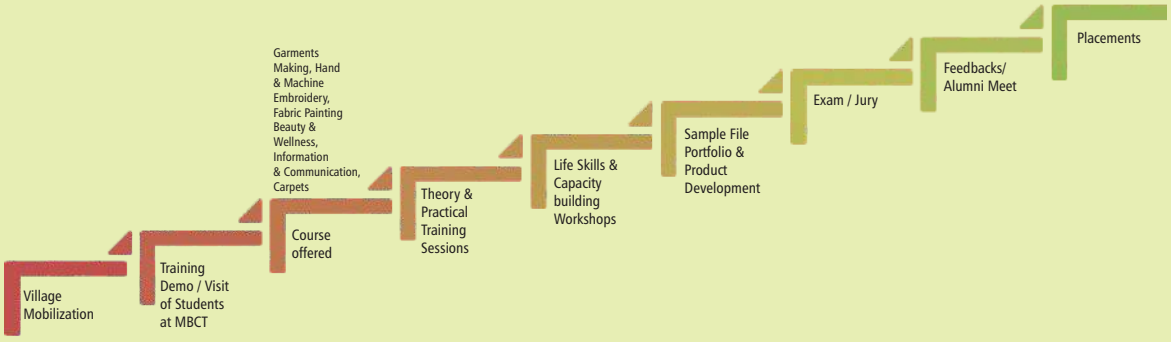
Empowering through Employment and Entrepreneurship

The MBCT Learning Model has been structured to complete the cycle of social-economic development through capacity building, starting from identifying the geographical area of a village, MBCT initiates outreach programs for mobilization and awareness by engaging with village leaders and other influencers.

Various Skill building programs are undertaken to train the youth and women to make them capable of either getting employment or starting their own entrepreneurial journey. MBCT has a strong network of organizations that mentor and offer employment opportunities and internship as well as helps them in setting up their own enterprises.

Village Mobilization work in progress at village Rally by MBCT volunteers

MBCT Training & Employement Generation Methodology



Living their Dreams

women empowerment

In the year 2021-22, 207 women/ girls were trained in vocational training centre. MBCT is committed to uplift every woman to discover her fullest potential. A comprehensive approach covering personal growth and life skills, vocational training, financial literacy, opens up newer vistas for women to be self-reliant, boosting their confidence and improving their quality of life.

4,887
Women trained in various skills training programs

75%
Women earning their livelihoods

16
Boutiques

12
Beauty Salons in Bassi Pathana run by MBCT Alumni

40
Self Help Groups formed

Workshop on Hair Keratin Treatment by Kanan Seth from Harman'z Salon and Academy, Fatehgarh Sahib. Participants were taught about tips and process of keratin treatment, smoothing, rebounding and spa for hair care.

Skilling for a Better Tomorrow

Har Haath Hunar, Har Ghar Khushi

MBCT vocational training centre for students

Since its inception, MBCT had an avowed objective to empower women, who had remained tied to their hearths. Young girls dropped out of school for various reasons, the primary one being the patriarchal mind-set of the people to keep them engaged in domestic chores only. Education was their least priority and making them work was a taboo. This barrier is broken as the faith of the people grown over years of service by MBCT.

MBCT has shown them the way and brought girls to its well-equipped Centre in Bassi Pathana, to teach them newer skills and make them self- reliant.

No. of Women Trained in 2021-22

55	Cutting & Tailoring / Inline Checker
46	Embroidery: Hand & Phulkari work
77	Beauty of Skin Care & Hair Dressing
29	Textile: Weaving/ Painting & Crafts

The Awards Ceremony

50 Students of MBCT who appeared for the SOSVAN for training in Cutting & Tailoring and Skin & Hair care were awarded Diploma Certificates on successfully passing the exams.

Preserving Phulkari

A Self Help Group of Rural Women Artisans

phulkari makers
BASSI PATHANA

To enhance earning capacity of the trained rural women, MBCT supports a Self Help Group viz. Phulkari Makers of Bassi Pathana for reaching out to the global market.

Phulkari Makers Self Help Group exhibited for 3 days at the Chandigarh Horse Show hosted by The Ranch, Near Oberoi Sukhvillas, New Chandigarh. ***MLA Shri Gurpreet Singh*** *GP visited PMBP stall (Right)*

Ms. Caroline Rowett*, Deputy High Commissioner of England UK in Chandigarh along with* ***Jahanvi Sharma*** *winner of the DHC for a day-contest, visited Mehar Baba Charitable Trust Bassi Pathana, on 18th October.*

The Phulkari Makers of Bassi Pathana is a financially independent self help group which evolved organically out of the vocational training initiatives at Mehar Baba Charitable Trust in the year 2008.

The Phulkari artisans draw on the empowering narrative of Phulkari as a symbol and celebration of life to encourage the women of rural Punjab to acquire new skills through reviving old talents.

The group is working with 130-150 women artisans and offers ethnic Contemporary designs in phulkari bags, stoles, dupattas, apparels, home decor, giftings stationery, lifestyle accessories etc.

Preserving and Reviving Traditional Phulkari craft

***Surabhi Malik** IAS, Deputy Commissioner, Fatehgarh Sahib, along with **Shri Yashpal Sharma PCS,** SDM,Bassi Pathana visited SHG Phulkari Makers Bassi Pathana.*

*On the occasion of **World Youth Skill Day**, MBCT trainees attended & celebrated the session by **Prime Minister Narendra Modi** on the theme **'Learning to learn for life and work'***

INSPIRING STORIES

They Make Us Proud!

Dalvir Kaur from Bassi Pathana had interest in making a career in sewing and stitching, and had the deep desire to work in some big company to change her own life and that of her family. She enrolled in cutting and tailoring course at MBCT under SOSVAN Scheme and learnt the craft on industrial machines. After completing six-months course, she got a job in Active Clothing Company in Badali at Rs.9,500 per month. "My thanks to MBCT for changing my life", she exclaimed.

Bhupinder Kaur belongs to Shaheedgarh, working in a salon fascinated her and when she approached one to learn the skill of being a beautician, she was asked for a hefty amount which she could not afford. She learnt about the free beauty course at MBCT in which she enrolled herself for and completed it with utmost sincerity and passion.

Today Bhupinder is independent, self-employed entrepreneur. "I started my work from home using the Beauty Kit that was given to me after completion of the course. I am happy that I'm earning Rs.5000 every month."

Making Youth **Employable**

With the aim to make youth employable, MBCT skilled 112 youth in Basic Computer Skills & Soft Skills during 2021-22, Till date 6,567 students have been trained in various skills programmes.

MBCT's women empowerment programme enables free skills training including product material; the learners graduate with a portfolio of their work. Soft skills training including personality development, interpersonal communication, business & marketing as well as customer service enabling women to explore a range of employment opportunities.

Under **CFLI grant Project Digital Empowerment of Rural Women of Punjab.** an Orientation session of Batches under Phase 3 was conducted. The session started with an ice breaking activity. Further, the par temperature were given a brief of the module: schedule and topics to be covered. Later the session was conculded with a team activity "building a tower". From this activity, they learnt the importance of working as part of a team, leadership roles and strategies and planning in a team work.

Health literacy helps women emerge more confident and capable to start own ventures. Qualitative support is provided through linkages with industry, alumni meets, private enterprise exposure & hand holding for own businesses. MBCT has helped more than 75% women to become self-reliant.

MBCT Trainer taking session on Microsoft Office (Ms word) with the students of computer learning centre.

Sandeep Singh, Bassi Pathana
Course : Computer Basic.
Placement : Working as Computer Operator, Punjab National Bank, Bassi Pathana, Fatehgarh Sahib. Punjab
Earning: Rs.15,300/- per month

Simranjeet Kaur, Vill. Baher
Course : Computer Basic.
Placement : Data Entry Operator at Ludhiana Courts under Advocate Charanjeet Singh.
Earning: Rs.10,300/- per month

Digital Empowerment of Rural Women of Punjab

International Partner INUS GLOBAL CHARITY Power to Empower

Activity supported by the Canada Fund for Local Initiatives

Activité réalisée avec l'appui du Fonds canadien d'initiatives locales

Project Supported by Canada

The project aims at increasing the social status and decision-making power of women in rural Punjab, India, through a program of economic empowerment and skills training by helping women navigate through the new digitized world through a revolution in learning process at the grassroot level.

Canada Fund for Local Initiatives (CFLI) has supported MBCT in empowering women looking at its extensive reach in the villages of Fatehgarh Sahib.

Phase 3 (Sustain) CFLI Digital Marketing and E- Commerce training workshops for local women entrepreneurs.

This Project, "Digital Empowerment of Rural Women of Punjab" has been extensively accepted by the women in villages.

MBCT was selected for the Canada Fund for Local Initiatives (CFLI) project 2020-22 **"Digital Empowerment of Rural Women of Punjab"** with a grant of **CAD $36,268 (INR 20.16 Lac) for a period of 16 months** to be implemented in the villages of District Fatehgarh Sahib.

The Trust initiated this project in collaboration with the High Commission of Canada In India and the INUS Global Charity, USA.

The aim of the project is to improve the social status, economic empowerment, skills and decision-making power of 500+ rural women belonging to 50+ village clusters of District Fatehgarh Sahib, Punjab.

Digital Empowerment:

Key Project Activities

From Training the Trainers to sensitisation of village women, empowering them through the process of familiarisation with various digital tools to make their small enterprises grow, MBCT has even prepared 30 master trainers to help villagers harness the power of digital media.

Phase 1
(TEACH)
4 months

Training of Trainers on Online Content Sharing
Training of 18 professional Master Trainers on basics of computer skills and digital training methodology. Development of content and online application for e-learning for rural communities.

Phase 2
(REVIVE)
6 months

Online Vocational Skills Training to the rural communities.
173 local women were trained on Vocational Training Courses via digital learning on various vocations like Hand Embroidery / Phulkari / Cutting & Tailoring / Beauty Therapy/ Fabric Painting and Papercrafts.

Phase 3
(SUSTAIN)
6 months

Digital Marketing & E-commerce Training for local women entrepreneurs.
Trained 30 professional master trainers and 486 local artisans and business owners on Digital Marketing tools and E-commerce platforms.

Mehar Baba Charitable Trust
International Partner INUS Global Charity Power to Empower
Activity supported by the Canada Fund for Local Initiatives
Activité réalisée avec l'appui du Fonds canadien d'initiatives locales
Project Supported by Canada

Embassy
of the Federal Republic of Germany
New Delhi

Scanning New Horizons in **Sports for Youth**

MBCT Hockey Nursery Bassi Pathana has re-commenced its hockey training activities during 2021-2022

This was made possible with the support and cooperation of the **Embassy of Federal Republic of Germany** to 126 players in the age group of 4 to 16 years.

The objective of the cooperation is to encourage sports in rural areas, especially for Girls. MBCT Hockey Nursery is imparting training to hundred trainees while following the COVID-19 safety guidelines.

LEARNING FROM THE WORLD-CLASS PLAYERS

Tokyo Olympics and the hockey fixtures gave the students opportunity to see the performance, tactics and skills of international hockey players in this world arena.

At Hockey Nursery, special arrangements were made with giant screens and tv sets for the children to watch the hockey matches under the supervision of their hockey coaches and experts, who explained the moves, and discussed with the trainees the techniques which were also demonstrated to them for quick understanding.

MBCT Hockey Nursery setup a 'Selfie Stand', which generated interest not only the players but also the community. The villagers and local dwellers showed keen interest in the training of children; the Tokyo Olympics, and the way their little wards were getting trained in this international sport.

Special Performance Measurements

Manpreet Singh

Ranjit Singh

Paramjit

For the program. three intern Coaches from the National Institute of Sports (NIS), Patiala, joined for two months (6th Sept. 2021 - 6th Nov. 2021) to conduct Special Performance Measurement Tests.
They advised every player to improve their strength, movements, and flexibilities.

Fateh MARATHON

Catching Them young

22 Trainees of MBCT Hockey Nursery participated in the 2-km Marathon Walk organised by Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib

Participants of Marathon Walk at Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib (Above)

*In Under-14 category MBCT's **Sangeeta** secured **1st position,** while **Simran** secured the **2nd position** (Right)*

WINTER

Hockey Tournament

24-30 December 2021

Jogging and running by the trainees

MBCT Winter Hockey Camp was held from 24-30 December 2021 at Bassi Pathana. Inaugurated by **Mr Harkanwaljit Singh, Additional Deputy Commissioner (Development)** Fatehgarh Sahib. **Mr Mohinderjit Singh BDPO FGS** and **Mr Gurpreet Singh GP MLA Bassi Pathana** were the Guests of Honour at the inaugural.

This was the 11th annual Winter Hockey Camp organised by MBCT Hockey Nursery which was supported by the Principal ITI, and the Embassy of the Republic of Germany.

It was a 7 days camp in which all the 145 MBCT hockey nursery players and many alumni of the Nursery participated.

Every day the camp was visited by a dignitary who inspired the students and admired the adept stick-handling of young boys and girls at a tender age.

Winter Hockey **Tournament**

Catching Them **young**

Visit of Harkanwaljit Singh ADC Development Fatehgarh Sahib

Winter Hockey Tournament (WHT) is one of the signature events of MBCT Hockey Nursery for the last 11 years. This year WHT not only brought field hockey into focus in the state of Punjab but also people from different rural areas came to see children performance.

On every day of the 7 days tournament, we had special guests who met and interacted with the children, and inspired them, by their presence. Prominent amongst those who visited the Winter Tournament were:

Olympian Mr. Rajpal Singh Hundal, SP Fatehgarh Sahib
Mr Yashpal Sharma, SDM, Bassi Pathana,
Mr. Vimal Goel, Branch Manager, SBI Bassi Pathana Branch.
Mr. Jang Singh Assistant Branch Manager
Brig. J S Arora, former Director, Sainik Welfare Board, Chandigarh;
Dr. Surjit Verma, an ardent supporter;

laurels to HOCKEY NURSERY

Several alumni of MBCT Hockey Nursery who graduated from here brought glory to the Nursery as well as to their respective Colleges by winning medals in the **Punjabi University Hockey Tournament** held at Faridkot from 21st-23rd November 2021.

Gold Medals: Sumanpreet Kaur and **Manjit Singh** won Gold Medals in their respective categories.

Three more selected during 2021

Catching Them young

Three more students of MBCT Hockey Nursery have been selected by the Sports Authority of India (SAI), and other Government-run hockey academies, during 2021.

Harmanpreet Kaur
has been selected at Sports Complex, CIS Mohali.

Navjot Kaur
got selected at SAI HockeyAcademy NIS, NS Patiala

Simran
got selected at SAI Hockey Academy Sector 42, Chandigarh

ON GROUND TRAINING

Part of the curriculum was to give the trainees an exposure to attend various hockey camps, participate in the trials, and learn through hands-on experience.

*The trials of **Surjit Women Hockey Academy** for the selection of U-19 Hockey Girls was held on 28th September at Lyallpur Khalsa College Jalandhar.*

As the training moved back from virtual and at-home, to more rigorous on-ground training, the young players enjoyed working on their stamina and skills with their experts.

Keeping Rural Punjab **Healthy**

48,408
people benefitted
as of March 2022

MBCT Health Outreach Programme in villages identifies the people at risk through regular checkup clinics especially for diabetes and hypertension

Defeat Diabetes

Under Rotary India Team's "***Defeat Diabetes Campaign***", Mehar Baba Charitable Trust and Rotary Club of Sirhind organized a Diabetes Awareness Camp at MBCT Community Development Centre Bassi Pathana. The team of community health doctors from School of Public Health- PGIMER including Dr Nikhinesh Ladha, Senior Resident, Gopal Singh & Roshan Bhawa along with MBCT Rural Health Mission Team.

Covid Vaccine Drive

A MEGA COVID VACCINATION DRIVE was held at Mehar Baba Charitable Trust, Bassi Pathana. This mega vaccination drive was spearheaded by our young Leader, Charanjit Singh Channi, Chief Minsiter of Punjab. The SMO Bassi Pathana Dr. Sukhwinder Deol and team of doctors vaccinated 60 persons with Covishield vaccine at the MBCT Community Centre, Guru Nanakpura Mohalla, Bassi Pathana.

Child Health Care

MBCT had been looking at the holistic development of every child starting with the trainees of hockey nursery. Not only their physical prowess, but also their strong mental faculties, were also taken care of. Besides, regular health checkup sessions were organised to measure Haemoglobin (HB) Testing, Height & Weight Check-up. There was major emphasis on nutritious diet too, and parents of each trainee was regularly updated about the health parameters.

Village Health Management Program	Commenced	Camps	Beneficiaries
Health Awareness Road Show	2007	295	24,242
Special Health Clinic	2008	382	582
Eye Camps (OPD's)	2005	33	14,581
Cataract Eye Surgeries	2005	33	3,032
Breast & Cervix Cancer screening Camp	2009	3	742
Multi Speciality Camp	2006	14	4,188
Special Medical Case	2007		23
Pulse Polio Camp	2008	11	1018

** Statistical data as of 31 March 2022*

Enhancing **Women's** Health & Wellbeing

A PROJECT OF

(3020 NCPST India 30297 Year 1 of 3 New Colombo Plan Short Term 2020-21)

NEW COLOMBO PLAN MOBILITY PROGRAMME PROMOTING GENDER JUSTICE THROUGH ENGAGEMENT, EDUCATION AND EMPOWERMENT.

Mehar Baba Charitable Trust (MBCT) is proud to collaborate with the Western Sydney University WSU on the New Colombo Plan project (2021) entitled 'Promoting Gender Justice Through Engagement, Education and Empowerment' an Australian Government funded initiative. The project was successfully implemented with the help of constant encouragement, guidance and mentorship by Dr. Renu Narchal, Associate Dean Engagement, School of Psychology, Western Sydney University, Australia. The project has enabled innovation and strengthening of partner bonds among the two institutions: students at WSU and rural women in Bassi Pathana.

New Colombo Plan Program- Go Global Online Delivered online in 2021

The project focussed on the importance of women's health and well-being by raising awareness about self-care. 14 students from varied ethnic, and socio-economic backgrounds from the School of Psychology, Western Sydney University and from Centre for Human Rights and Duties, Panjab University Chandigarh worked together to raise the importance of health, self-care and overall well-being of young women at Mehar Baba Charitable Trust, Bassi Pathana.

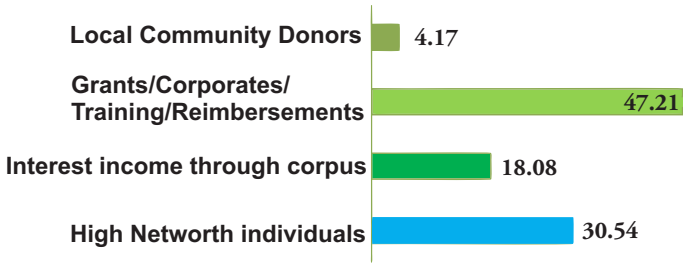
A huge transformation in personality development, body language and self-confidence were observed among the interns MBCT. At the same time participants from WSU and PU got an opportunity to experience the life and cultural influences in lives of communities at the grassroot level.

Financials

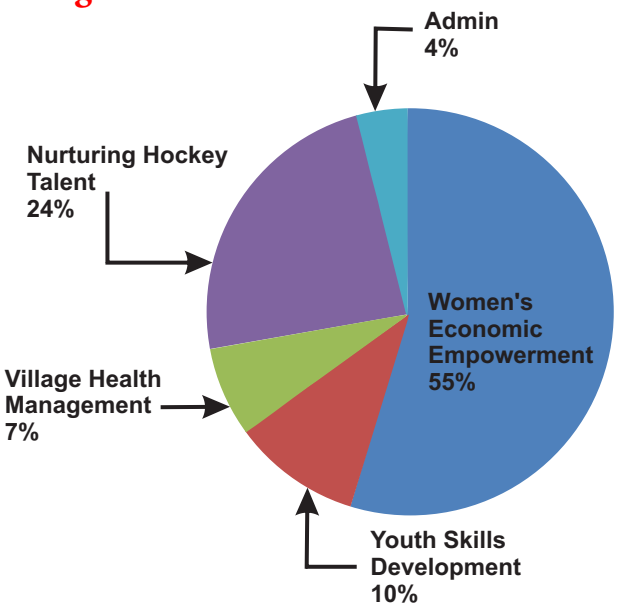
INFLOW:

Details of Funds Received during 2021-22

Inflow
Details of Funds Received in 2021-22



Outflow
Utilisation of Funds during 2021-22



Abbreviation:

CFLI: Canada Fund fot Local Initiative
LKNS-VTC: Lala Kanwal Nain Saluja School of Fashion Designing - Vocational Training Centre
SCSS-LC: Sardar Gopal Singh Shergill - Learning Center
BPCCDP: Bassi Pathana Community Collaborative Development Project
NABARD/PMKVY: National Bank for Agriculture and Rural Development/ Pradhan Mantri Kaushal Vikas Yojana

MEHAR BABA CHARITABLE TRUST

Supporters & Sponsors

Empowering WOMEN

187 villages

Ensuring HEALTH FOR ALL

Skilling YOUTH

Building HOCKEY Players

MEHAR BABA CHARITABLE TRUST

Mehar Baba Charitable Trust

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