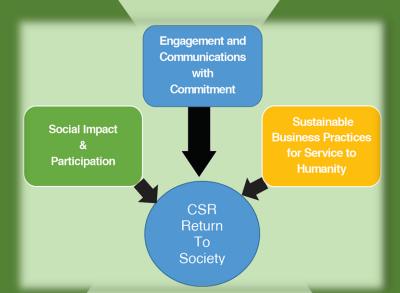




C S R ACTIVITIES REPORT 2022-23



"Everybody can be great because Everybody can serve" -Martin Luther King Jr

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1. Our Partners







































2. CSR Introduction

Core values of Sipra group have been to encourage every employees, family members, community members and society members at large.

Sipra group is in operation since 1978. We work through our Trust and other NGO's (Non-Government Organizations), who have expertise in specific areas. We also work with like-minded principals and organization who make positive contribution in the lives of people.

3. CSR policy

To formalize the above activities and to comply with Government Laws as per companies Law 2013,

Sipra Group CSR activities are being pursued in C S R committee which has been constituted on 8th November 2014.

The committee has framed a C S R policy. The policy covers the followings.

- ➤ Scope / list of C S R activities in compliance to schedule VII
- ➤ Enlargement of Scope of C S R activities without prejudice to above C S R activities.
- > C S R vehicle for implementation
- Monitoring & assessment





4. C S R Activities during the year 2022 - 23

5. Yoga & Yoga related activities

Ancient Indian Science and Art of Yoga has been useful over the years. Our C S R activities are engaged with various Yoga training, Yoga education, Yoga science investigations & participation with many NGO's & institutions. Some of these are listed below:-

5.1 YOGA Training

This activity is in Association with Kaivalyadhama & Anum Foundation. It is through **MERA SAPNA** project for **Vaidu community's, Zhilaparishad School's children & Vaidu Ladies**, The program of training has started from October 2022.

International day of Yoga (IDY), 21st June has been celebrated with compliance to Government Protocol issued by GOI, ministry of AYUSH. This mission annual goal is spelled in the Protocol, which is summed up as follows in the Protocol

ॐ सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु। मा कश्चित् दुःख भाग्भवेत्॥ ॐ शान्तिः शान्तिः शान्तिः॥









5.2 YOGA for Vaidu women

Activities are conducted twice a week. During afternoon 2.30pm to 4.30pm on every Tuesday & Saturday - at Jogeshwari , Marol

Adult population from backward communities are now able to read and write and keep up with current events, communicate effectively and understand the issues that are shaping our society. Literacy skills are crucial for the realization of individual potential, increased empowerment, and economic, social, and political participation.

Total no of women enrolled with us was 220, when we surveyed and registered for the Adult Literacy program.





Beneficiary '	Vaidu Ladies	Beneficiary Vaidu & Zhilaparishad Children		
Jogeshwari	Marol	Jogeshwari	Marol	Virar
120	100	100	40	250
Total	220	Total 390		00
Grand Total	610			

Case Story

Meena Dharma Thapad is a mother of 3 children and is also active in adult literacy program.

Her elder daughter is blind in spite of it the daughter is doing yoga regularly from last 3 years. Daughter wanted to join yoga, but villagers taunt her, Daughter sent her mother for class. When the mother told me about her daughter. Yoga teacher went to meet her personally by looking at her love and courage to do something. When she had eyesight she saw yoga on TV and she remembered that and was continuing to do so her younger sister helps her out in practice before going to work. some basic asana and she did them all so well that it was really difficult to say that she was blind.

She was very happy and thankful their eyes were filled with those happy tears she said that yoga gives her energy and makes her feel her inside peace. I learned that we should never lose any of our hopes God is always watching us.







5.3 Celebrated International Day of Yoga on 21st June, 2022 Rotary Club of Bombay in association with Kaivalyadhama

1) Zilhaparishad Marathi School, Chikhaldongari, Virar (west)

Yoga Teacher: Mrs. Priti Pawar Number of Student: 125





2) Tribal students of Project Chalaang at Jogeshwari & Marol

Yoga Teacher: Mrs. Priti Pawar Number of Children: 300





3) Tribal woman or Adult Literacy Programme at Jogeshwari & Marol

Yoga Teacher: Mrs. Priti Pawar Number of woman: 150









4) G. K. Marg Municipal School, Lower parel, Mumbai

Yoga Teacher: Mrs. Vaishali Rane Number of Students: 85





5) Sant Kakkya Marg Municipal School, Dharavi, Mumbai

Yoga Teacher : Mrs. Priti Pawar Number of Students :250











6. EDUCATION & SCHOLARSHIP

6.1 Courses for Yoga Education Fund (YEF) Scholarship Scheme

The Yoga Education Fund came into existence in the year 2007 in the memory of "Shri. Rameshwar Prasad Nevatia". The objective to encourage young men and women into basics of Yoga science in all its pure and pristine form. This so that they can pursue their life's mission in the multiple disciplines of Yoga science or take yogic practices to common man. They do this by spare time teaching, while they have a career for their living.

This scholarship is only for **PG Diploma in Yoga Education** (PGDYEd), for the year 2022-23.

Selection of 2 Male and 2 Female students.

Criteria: - 1. Economically needy

- 2. General academic ability
- 3. Imagination and creativity
- 4. Motivation and initiative
- 5. Ability to work with others
- 6. Potential to succeed in a Yoga program

The selected candidates for YEF scholarship for the year 2022-23

Name : Mr. Mitrajit Bhowmikfrom Tripura, Agartala, India Qualification : B.P E D

Name : Mr. Abishek R from – Madurai, Tamilnadu, India Qualification : Mechanical Engineer









6.2 Scholarship for our Driver's 2 children through Divine Life School,
Nallasopara. Support of Annual school fees for education, whose names mentioned as below:

1. Mst. Aryan Rajesh Sinha Std: IX

2. Mst. Sushmita Rajesh Sinha Std: VII

- 6.3 Scholarship for our Employee's children through "SVKM'S NMIMS

 Mumbai. Support of studying MBA (OM) Course, whose Name Mr.Lawrence

 Gnanmitra Mariyappanoor
- 6.4 Support of Study materials for 127 students for 10th Standard of S.G. Barve

 Nagar Municipal Secondary School, Ghatkopar Mumbai, who are expected to
 appear for the Board exam during the month of March 2023







7. MERA SAPNA PROJECT

B.B.Shah Trust has started a Study Circle for Vaidu community children, in association with Kaivalyadham & Anum Foundation. Activities are conducted daily between 10:30 to 1:30pm for entire week except Thursday at Jogeshwari & Marol, Study circle started from October 2020 Teachers are getting trained and these learning are being implemented in respective classes. The improvements are quite visible.

Total beneficiary 450 children

S.No	Particulars	Remark
1	Yoga	2 days in a week
2	Spoken English	2 days in a week
3	Drawing	1 day in a week
4	Singing	1 day in a week
5	Art & Craft	1 day in a week
6	Dancing	1 day in a week
7	Science	2 days in a week
8	Geography	1 day in a week
9	Life-Skills	1 day in a week
10	Regular Study	Daily

Achievements

Earlier Children spent their time aimlessly playing marbles, cards and climbed trees in Jogeshawari & Aarey, vanicha pada. They were afraid of coming to Mera Sapna sessions with proper intervention of our teachers they have started coming to class on regular basis and are learning to respect time. They have started having fixed time for playing, attending sessions and doing their homework.

We use community centre to conduct our classes. Being a common space it was used by individuals from the village to consume drugs and ganjas in the evening. Our teachers along with some students visited individuals at homes to make them understand the importance of education and negative effect of the existing behaviour. It took us time but we are seeing positive results as the anti social activities have reduced and hope for it to complete stop in the near future.





English



A student has fear to communicate in the English. We are starting with Basic English classes. Eg. Small word making, myself etc. This will give encourage to students to speak in English. Spoken English class is conducted twice a week.

Art & Craft

Art teaches children to be more aware of themselves and others. Creating art teaches focus and perseverance. Art helps children express their emotions in a positive way. From our classes we got to know that some students are very good in drawing. We will be keeping track on those students and will give them necessary support.



Science



We strongly believe Science is one of the Important channel of knowledge generates solutions for everyday life. Science helps us to answer the great mysteries of the universe. We taught them about the properties matterwhere anything which occupies space and have mass is matter, further we discussed three types of matter, solid, liquid, and gas and their properties, Heating and cooling a substance may change it from one state to another, when a material changes state, its smallest units, called molecules, behave differently





Geography

A One of the importance topic Geography introduced in Mera Sapna officially from December 2021, as geography helps to explore and understand space and place – recognizing the great differences in cultures, political systems, economies, landscapes, and environments across the world, and exploring the links between them, same time it helps to understand the physical world, such as land, air, water, and ecology. It also helps to understand human environments, such as societies and communities, this also includes economics, social and cultural issues, and sometimes morals and ethics, we are seeing excellent growth in students in terms of understanding their surroundings and its impacts on their life and how they can be part of the change, They are happy that introduced additional subject Geography making lots of difference



Life-skills



Children were explained to treat people and things with kindness and care. If we want to show respect, then they must avoid saying hurtful words to others. Short role play between teacher-student and parent-children was conducted by different groups to help understand the importance of RESPECT

Dance

Dancing and singing is also a great way for children to use their time and develop skills when they are not in school. Students can't always communicate their feelings through words, so it's useful for them to have a healthy outlet for their emotions. We have some students who are good singers and dancers too and with the help of our classes we are encouraging their passion for dancing & singing.







Math



Learning Numerology with the activities. The diverse Types of numbers have Indian Numbers, Roman Numbers, Hebrew Numbers, Aegean Numbers etc.

Sports & Games

Students have instructed to lock themselves in different patterns, and the other person from the team have come to solve that. Through this we have improved the problem solving skills and team-work.











8. HEALTH

8.1 Support for providing Machine for Hearing impacted to Mr. Khanderao Chaudhary, senior citizen for Fishermen Family, living at Macchimar Nagar-



8.2 Health Awareness program for our Employees at Nashik & Sinnar Unit







9. ENVIRONMENT and WATER

9.1 Donating Sanitary Napkins to 400 Tribal & Underprivileged women

The Rotaract Club of Hinduja College along with Rotary Club of Bombay organised "PERIODS OF SHARING 2.0 (Phase 1)" ~ A year long initiative changing & impacting lives of 400 Tribal & Underprivileged women.

The event was conducted at two venues, Jogeshwari & Marol. The Team discussed about Menstruation, Hygiene to be maintained, Myths & Facts about periods & situation when one should visit a doctor. Women there, were encouraged to speak more boldly about Menstruation











Picnic at Resort, Virar for Mera Sapna Project – Teachers





Our Trustee, Shri. Vandan Shah is a Member of Centennial year Organizing Committee , Kaivalyadham, Lonavla









10. Baldeodas Bhagirathi Shah Trust - Partnership

Objective

- 1. To give assistance for Evaluation, Study, Investigation, Research, Development & Application of human values. Based on either ancient or modern techniques and in every possible manner.
- 2. To sponsor for Study of investigation into research in various philosophic systems eastern and western in particular Yoga system and its ramifications.
- 3. To donate for activities of anatomy and other physical sciences and systems relating to human body and mind.
- 4. To support economically for Social sciences in any manner concerning human values.
- 5. To support financially for promotion of the results of such study for the benefit of mankind.
- 6. To found establish undertake & sponsor, manage conduct run and/or contribute from time to time to :-
 - I. Schools
 - II. Research centers
 - III. Clubs / Charitable trusts
 - IV. Libraries
 - V. Hospitals

Whether existing, new or that may come into being hereafter.

- 7. To promote and encourage and /or establish and conduct centers or institutions to aid integration of modern and ancient sciences of all kinds for developing technologies of the ancient times with or without any aid of modern technologies.
- 8. To establish and conduct centers for collecting date from the researches.
- 9. To appoint professional people & workers such as research workers field workers laboratory workers etc.
- 10. To admit students either free or at concessional rates to the various institutions and centers or classes conducted by the trust and also to admit to give stipends to deserving students and aids to deserving patients and seekers.
- 11. To purchase all equipment's /premises / other related study materials for educations & Yoga science for distribution.
- 12. To carry out implement the objects either independently, jointly or in collaboration with other trusts or bodies similarly engaged and having similar objects.

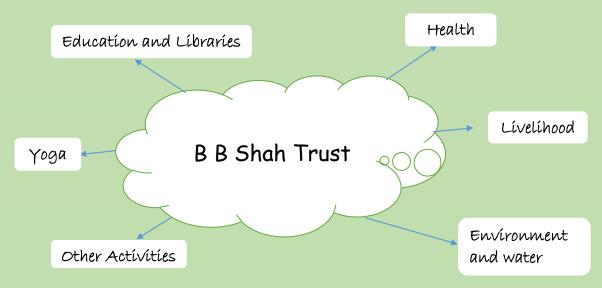
In view of present trends **C S R** projects are also undertaken for the donors with their name, logo etc., displayed where ever necessary to derive the benefit cycle.







10.1 SERVICES - Focus



YOGA:

Scholarship for Yoga teachers qualification, Yogic therapy & Yoga practices, Yoga training, etc.,

EDUCATION and LIBRARIES

Provision of School fees, Tuition fees, books and stationery, Expenses for maintaining Library activities for Senior citizens, BMC school, etc.,

HEALTH:

Access to medical care, basic needs, health.

LIVELIHOOD:

Create awareness and sensitization among children and adults alike on various social, civic, health and environmental issues.

ENVIRONMENT and WATER:

OTHER ACTIVITIES:

Specialized events with their expertise utilization and their reach to community.

General Information:

The concept of corporate Social responsibility (C S R) has been introduced in the companies act 2013 (section 135) from the schedule of activities given in the Act. The following activities can be related to the activities of Baldeodas Bhagirathi Shah Trust, being done regularly since several year. These can be related to the following areas in general

- Promotion of Education
- Promoting gender equality and empowering women
- Ensuring environment sustainability
- Employment enhancing vocational skills
- Social business project
- •Other matters as may be related to above.





11. List of Beneficiary Institutions for year 2022-23

Sr.N	Name of Institution / Trust	Purpose	Number of beneficiary
	YOGA		Deficition
1	Kaivalyadhama	Yoga Training for Vaidu Community children & Z.P. School students	550
2	Kaivalyadhama	Yoga Training for Elder Woman	250
	EDUCATION & SCHOLARSHIP		
3	Kaivalyadhama	PGDYEd Yoga Teacher course	4
4	Anum Foundation	Study for Vaidu community children (Mera Sapna project)	450
5	Divine Life School	School fees for Students	1
6	Mother Mary's English High School & Junior College	School fees for Student	1
7	Mr. Lawrence G. Mariyappanoor	VFX Career course fees	1
8	S.G.Barve Nagar Municipal Secondary School	Study Materials for X std students	127
	HEALTH		
9	Senior Citizen- Mr. Khanderao Chaudhary	Providing Hearing Machine	1
10	Sipra Engineers Pvt Ltd	Health Awareness program for Employees	500
	ENVIRONMENT and WATER		
11	Vaidu Community (Ladies)	Distribution- Sanitary Napkins for Underprivileged women	400
		Total	2285





12. Awards received by Director & Trustees



Support & Contribution of Senior Citizen activity Centre of Dharma Bharati Mission



Appreciate certificate & trophy for unstinted support to the cause of Hunger-free India, from Dharama Bharati Mission (DBM)



Award received from Vandan Shah on behalf of Ekta Shah Appreciate certificate & trophy for unstinted support to the cause of Hunger-free India, from Dharama Bharati Mission (DBM) (09.02.19)



Award for Best coordinators of Rotary Club of Bombay (RCB) – Cancer committee For Appreciation for engaging in the Rotary movement of serving humanity and helping with RCB club projects to felicitate the objectives of Rotary. (20.06.2017)



Award for Appreciation for all support and help given to Cancer Patients Aid Association (CPAA) From: CAPAA (20.06.2017)



Award for outstanding service by Rotary partner & Best committee (elderly care) From Rotary Club of Bombay (25.06.2018)



Appreciate certificate & trophy for unstinted support to the cause of Hunger-free India, from Dharama Bharati Mission (DBM) (10.02.18)













Appreciate certificate for Corona Warriors support to the Vaidu Community during COVID difficult time, Through Maharashtra Vaidu Vikas Samiti



Certificate of Appreciation From Sanjay Nagar Rahiwasi Seva Sangh



Award for One Time Presidential Award for Excellent Work in Club service A Rotary Anne from **Rotary Club of Bombay** (2020-21)





Our Trustee Ekta Shah, Angels of Mumbai - support to the Vaidu Community **Through Anum Foundation**

of Mumbai





The Free Press Journal is back with its fourth edition of the 'Angels of Mumbai' initiative, but with a twist. This time, it will be a year-long programme. Like every year, we will ask prominent Mumbaikars to nominate someone they are grateful to; whose small act has made a big difference in their lives. The focus is on gratitude for the invisible and seemingly insignificant actions that sustain the world. This is the first set of nominations. The next ones will be out in July, October and December.



ungel: Dr Yoga Nambiar, social reformer, founder, lamTrans indorser: Neeta Pawar-Chalke, secretary-convenor of labitat Forum, president of non-profit Mashaal in Pune





Angel: Ruben Mascarenhas, founder & director, Khaana Chahiye Foundation









Angel: Anoop Parik, founder, The Next Page Community Foundation Endorser: Shaheen Mistri, founder and CEO, Teach For India



Foundation and managing trustee of Friends of Max Endorser: Meher Marfatia, author and publisher





Angel: Prashant Sawardekar, former political party union worker Endorser: Teesta Setalvad, human rights activist, senior journalist and co-founder of Citizens For Justice And Peace



















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13. Board of Trustees

Name	Designation	Address	Contact	Qualificati on
Vandan Shah	Trustee	2 Prabhat, 28 B, Road, Churchgate, Mumbai – 400 020	9867142200	ВЕ
Ekta Shah	Trustee	2 Prabhat, 28 B, Road, Churchgate, Mumbai – 400 020	7738760230	MBA



Our Trustees Mr. Vandan Shah and Smt. Ekta Shah were honored by Vaidu Community







SIPRA - BBST

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