

## *District Grant Final Report*

### *P-4701: National Association for Blind Women*

***Describe the project. What was done, when and where did project activities take place?***

#### **Describe the project:**

District Grant project P-4701: National Assoc for Blind Women, entailed a partnership between La Jolla Golden Triangle Rotary Club (District 5340) and Rotary Club of Delhi South Metropolitan (District 3010). Project beneficiary is National Association for Blind Women (NAB) based in Delhi, India.

The NAB center welcomes blind women from all walks of life - urban and rural, both educated and uneducated, to their second home and in some cases their only home! It teaches them both modern and contemporary professional skills/crafts, with the objective of enabling them to gain employment, take up higher education and regain their career after a gap (due to late onset of blindness). This training at NAB helps them rediscover themselves and give them a new lease of life!

#### **What was done:**

The District Grant, P-4701, involved funding for two specific areas for the National Association for Blind Women:

- A Blind Bake Café – a fully equipped café, independently managed by visually impaired women trained at the center. Goal of NAB is to create such avenues for Visually Impaired women in self-employment by making them entrepreneurs in the long run.
- Discovering Hands – involves training blind and visually impaired women for Tactile Breast Examination to become Medical Tactile Examiners (MTEs), to screen breasts for any lump or abnormalities with their special tactile abilities.

Funds (\$5,500.) allocated for the Blind Bake Cafe were used to enhance the infrastructure-

- install pavers to replace worn out and muddy lawn area;
- install awning over the service counter to shield cold storage, food and perishable goods from the Sun
- a commercial grade oven to increase capacity to meet demand for the bestselling food item: pizza!
- provide tables and chair for outdoor seating.

Funds (\$2,500) allocated for the Discovering Hands program were used to provide a portable setup consisting of three rooms and a portable therapy bed. This setup will enable the creation of private screening areas in the community, allowing women to undergo screening in a more secure and comfortable environment.

## ***When and where did project activities take place?***

### **When:**

Period of Performance: 23 December 2023 – 30 April 2024 (Rotary Year 2023 – 2024)

### **Where:**

National Association for Blind Women & Disability Studies, L-25, Hauz Khas Enclave, New Delhi, India.

## ***How many people benefited from this project:***

Work accomplished under District Grant P-4701: National Association for Blind Women would aid in benefiting the NAB Center in a significant way to meet its mission: Change the life of blind women in India by empowering with skills and training that help them lead a life of dignity and socio-economic independence.

### **Blind Bake Cafe:**

Because of a previous joint partnership (between La Jolla Golden Triangle Rotary Club, Rotary Club of Delhi South Metropolitan and NAB), and this district grant, NAB was able to create a showcase café in a picturesque lawn setting at its Hauz Khas, Delhi, where 4000 blind girls have been trained in various cooking courses. A dedicated team of 6 girls now completely manages various aspects (cooking, serving, manage, etc.) of Blind Bake café, while earning Rs. 15,000 to Rs. 18,000 per month. Success of Blind Bake Café has been noticed by others. For example, a five-star hotel, Taj Mahal, Delhi, has recently launched a Blind Bake Café branch at its facility that caters to 700 employees of all ranks. Another location of Blind Bake Cafe will soon be launched at yet another five-star hotel in Delhi. I feel that in future this trend of expansion will continue to empower Visually Impaired women in self-employment by making them entrepreneurs in the long run.

### **Discovering Hands:**

The NAB Discovering hands India program, has been organizing breast health camps in lower income communities since December 2022. The aim of these camps is to provide accessible breast health screening to women who may not have access to such services due to lack of awareness and high charges of screening tools available in hospitals.

The trained MTEs (Medical Tactile Examiners) from the NAB India Centre have performed more than 1000 screenings (detecting 3 cases of breast cancer) per year. Funding from this District Grant toward a creation of portable setup consisting of three screening rooms and portable therapy bed, will allow women to undergo screening in a more secure and comfortable environment. It is estimated that this private screening setup will enable the number of screenings per year going forward to increase to at least 2,000 – a 100% increase.

## ***Who were the beneficiaries***

One third of world's blind population is in India. India has 15 million blind women. Surprisingly only 5% of them are capable to earn a living. Blind women in India are confined to perpetual

darkness of the fears of society and poverty. A girl child, that is blind is considered burden by her own family.

Focus of District Grant, P-4701: National Assoc for Blind Women, is to partake in its mission to create avenues for Visually Impaired women (beneficiaries) in self-employment by making them entrepreneurs in the long run. Blind Bake Café and Discovering Hands are the prime examples of such an effort by NAB.

- For example, the six girls associated as a dedicated team with Blind Bake Cafe earn anywhere between Rs 15,000 and Rs 18,000 a month. Recently, a 5-star hotel (Taj Mahal), opened a Blind Bake Café for its 700 employees.
- The “Discovering Hands” is a new innovative method involving ‘Tactile Breast Examination (TBE)’ by blind women using their highly sensitive tactile senses to detect early signs of breast cancer. To date, the program has screened over 5,000 women in India. To a tactile breast examiner, Discovering Hands program gives a sense of purpose, an opportunity to contribute to society and an employment opportunity to work at hospital’s Oncology Department.

***How many Rotarians participated in the project?***

List of participants include:

- La Jolla Golden Triangle Rotary Club (2)
  - Krishna Arora
  - Bonnie Arora
- Rotary Club of Delhi South Metropolitan (3)
  - Manjit S. Sawhney
  - Narinder Katyal
  - Kavita Vij

***If a cooperating organization was involved, what was its role?***

No organization, other than the above-mentioned Rotary Clubs, was involved in District Grant P-4701.

***Income:***

Currency conversion: Rs. 82.00 = \$1.00

<u>Budget Item</u>	<u>Name of Supplier</u>	<u>Amount</u>
<b>Blind Bake Café:</b>		
• Pavers (artificial grass - lawn area) (artificial turf - lawn area)	DS Consultants	\$738
• Pavers (Kota Stone) front area	DS Consultants	\$1,109
• Small Marble Chips	DS Consultants	\$83
• Awning	DS Consultants	\$174
• Pizza Oven	Mittal International	\$2,055
• Total Taxes (above items)	N/A	\$660



<u>Budget Item</u> (Blind Bake Café contd.)	<u>Name of Supplier</u>	<u>Amount</u>
• Installation	N/A	\$207
• Café Garden Furniture	Mohammad Aslam Furniture	\$152
• Carpentry Work	Ranjeet Sharma Carpenter	\$238
<u>Discovering Hands:</u>		
• Portable Private Screening Rms	Wizqart Private Limited	\$1,516
• Portable Therapy Bed	DS Consultants	\$1,150
<b><u>TOTAL:</u></b>		<b>\$8082</b>

**Notes:**

1. Microsoft word version (in pdf format) uploaded to project's web page on District Grant website (includes "before" and "after" pictures).
2. Newspaper articles uploaded to project's web page on District Grant website.
3. "Before" and "After" pictures, uploaded to project's web page on District Grant website.
4. For any questions/clarifications regarding this report, please contact Krishna Arora ([arorafromaror@yahoo.com](mailto:arorafromaror@yahoo.com))

\*\*\*\*\* "Before" and "After" pictures follow \*\*\*\*\*



# Before and After Pictures

## Before

Worn-out lawn. Service counter w/o protection from sun



## After

A picturesque look to garden café w/ turf lawn



Awning over service counter



## Pavers Before



## Pavers After

VI friendly non-slippery Kota Stone pavers



## Garden Furniture Before



## Garden Furniture After





**NEW ITEMS:**

*Pizza oven for Blind Bake Café*



*Portable rooms & therapy bed for community health camps for breast cancer screening*

