

PROJECT NIRMAAN - OPD FOR FRIENDS WITH SPINAL INJURY

Nina Foundation's **Project Nirmaan** is an OPD for our less privileged friends with spine injury. It offers complete **medical assessment, counselling, rehabilitation management and solutions**. Our ace team includes a Spine Surgeon, Urologist, Physiotherapist, Homoeopath, Social Worker and Peer Counsellor. We also cover areas of Assistive Technology and Social Welfare thus improving the quality of life.

Project Nirmaan (Mumbai)

Day : Every Wednesday
Time : 2 pm – 5 pm
Venue : Akhil Hind Mahila Parishad, Community Hall, 11th & 6th Road Corner, Near V. N. Desai Hospital, Santacruz (E), Mumbai – 400 055.
Contact : Ms. Madhu Singh
Phone : +91 98195 61835
E-mail : ninafoundation@gmail.com



An NGO for rehabilitation of friends with Spinal Injury

AN OPPORTUNITY TO CELEBRATE MEANINGFULLY

Donations in Honour of

I, would like to make a donation to Nina Foundation for Rs. /- in remembrance of Birthday/Anniversary (Name)

Disclaimer: Nina Foundation reserves the right to use this amount for the most urgent need of their patients.

The following are the current requirements of Nina Foundation per patient. Every contribution you make, transforms the life of our friend with Spinal Injury:

Hope Kit	Rs. 500/-	Wheelchairs	Rs. 9,000/-
Nutrition	Rs. 1,000/-	Caregivers	Rs. 24,000/- Per Month
Diagnostics	Rs. 2,000/-	Surgery	Rs. 1,00,000/- Per Month
Nursing Expenses	Rs. 3,000/- Per Month	Your Choice	Rs. _____
Calipers	Rs. 3,000/- Per Month		

PAYMENT OPTIONS:

- Cheque in favour of **'Nina Foundation'** to be sent by courier to our address.
- Bank to Bank Transfer
IFSC Code: CORP0000601
A/c No.: 060100101003601
Name of Account: Nina Foundation Corporation Bank, Matunga Branch, Mumbai.
- SWIFT Code: CORPINBB
060100101003601
- Cash
Cash/Cheque (payable in Mumbai)/DD in favour of 'Nina Foundation'.

TRUSTEES



DR. KETNA L. MEHTA
MM, FIMC, PhD,
Founder Trustee & Editor



DR. S. Y. BHOJRAJ
MS, FCPS (ORTHO),
D (ORTHO),
Consultant Spine Surgeon



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MCh (Urology),
Consultant Urologist



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Physiotherapist



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Consultant Homoeopath



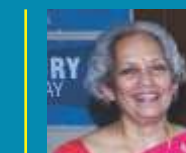
DR. HIMANSHU DOSHI
MBBS



MR. DHAVAL L. MEHTA
B.Com, DMM,
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BLOG: indianinafoundation.blogspot.com • **WEBSITE:** www.ninafoundation.org • **HELPLINE:** +91 97696 80820

**LET'S
WALK
TOGETHER
FOR A
WONDERFUL
TOMORROW**



An NGO for rehabilitation of friends with Spinal Injury

NINA FOUNDATION - An NGO for rehabilitation of friends with Spinal Injury

The Trust's Registration Number is E-23804 (Mumbai).

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NINA FOUNDATION, an NGO established in 2001, in the memory of Dr. Nina Doshi for rehabilitation of friends with Spinal Cord Injury.

VISION: To spread optimism and hope of good health to people with spinal cord injury by offering innovative rehabilitation services.

MISSION: To offer world class spinal cord injury services encompassing physical, psychological, vocational, social, recreational and spiritual rehabilitation for overall well being.



Our Foundation comprises of an ace multi-disciplinary team. There is no world class SCI Rehab Centre in Mumbai or Western India. The concept of comprehensive and holistic rehab is woefully lacking. Thus, Nina Foundation's team offers **home based rehab, counselling and innovative solutions to accept** this devastating disability. Our **impact includes educating friends with SCI, family members, doctors, therapists and society at large. Awareness, Education, Solutions, Empowerment and Advocacy to lead a good quality** of life despite lack of infrastructural facilities has been our goal.

A free OPD for our underprivileged SCI friends once a week in Mumbai provides them with an opportunity to be assessed, counselled and treated by our top-notch team. **Assistive Technology, aids and appliances, diagnostics, tests and surgeries** are also conducted free of cost enabling them to reintegrate and relive their lives. **Counselling, solutions, ideas and a unique management approach** to continue with their education, employment, vocation, family life or take up new interests like volunteering, sports, home-based activities to become self-reliant and to become financially independent. Nina Foundation also offers a stipend to help with our NGO activities for six months to a year. Once confident they are encouraged to take up commercial jobs. **Educational Scholarships** to young SCI's give them the much-needed push to accelerate them towards their goals. Those already in jobs facing work issues of rejoining, continuation of salaries, pension, disputes and discrimination at workplace, etc. are also mediated. **Organising and conducting outdoor activities** periodically provides many with practice and confidence to manage bladder, bowel, negotiating stairs, traveling and eating without their known family members and more. Our **Support and Buddy Group** has been our biggest achievement.

All our communication, activities and events are geared to creating a positive mindset. Our one-of-its-kind newsletter - **One World**, since 2000 continuously informs and shares GOOD NEWS.

A **Phd research on SCI Rehab Management** was also successfully completed in 2009.



Spinal Injury Awareness Day has been initiated and instituted by Nina Foundation since 25th June 2009. It is endorsed by over 25 National Disability organisations. **Rockstar and Will Star Awards** exclusively for SCIs has been instituted since then! **A Medical Assessment Camp** was conducted in Mumbai whereby several economically disadvantaged friends with Spinal Injury from all over India (Kashmir, Kolhapur, Akola, Amravati and Mumbai) attended and benefitted. Our focus is to generate interest, involvement and inspiration to live with dignity.



NINA FOUNDATION'S FREE SCI OPD IN MUMBAI: PROJECT NIRMAAN

- **Once a week** on Wednesdays for three hours. (2.00 pm – 5.00 pm)
- **Multi-disciplinary team of Doctors and Therapists** including Spine Surgeon, Urologist, Homoeopath, Physiotherapist, Orthotist, Peer Counsellors, Social Worker & Sahyogi under one roof.
- Men toring & Guidance by an **ace Trustee Board**
- Collaboration with **AIWC**. (All India Women's Conference, Santacruz – East, Branch)
- **Rehabilitated several friends** with Spine Injury from different parts of India, free of cost.
- **Assessment, Diagnostic, Counselling, Evaluation, Assistive Technology & Treatment** provided.



OPD TEAM



AIWC TEAM

FOR APPOINTMENTS:
Please Call
Ms. Madhu Singh +91 98195 61835
E-mail: ninafoundation@gmail.com

OPD TEAM

SPINE SURGEONS

Dr. Priyank Patel, Dr. Aditya Kashikar
Dr. Kutub Akbari, Dr. Nishant Kumar

UROLOGISTS

Dr. Suraj Suchak, Dr. Chirag Punatar

HOMOEOPATHS

Dr. Sadik Patel, Dr. Mohammed Yamin Khan

PHYSIOTHERAPISTS

Dr. Dhruv Mehta, Dr. Ratna Vora, Dr. Ashish Dubey

Gynaecologist

Dr. Nupura Kashikar

PEER COUNSELLORS

Ms. Madhu Singh, Ms. Bhavna Chheda

SOCIAL WORKERS

Ms. Maya Kishor, Ms. Vijayalaxmi Amballa

ASSISTIVE TECHNOLOGIST

Mr. Vaibhav Pawar

YOGA & PRANAYAM

Ms. Vidya Shenoy

SAHYOGIS

Mr. Arvind Gothankar, Mr. Jilledar

CO-ORDINATOR

Ms. Anupama Ganesh

LAURELS FOR NINA FOUNDATION

NCPEDP Shell Helen Keller Award in 2002

NASEOH Award in 2005

Limca Book of World Records 2008 edition

Inclusion in the book
'Chicken Soup for the Indian Spiritual Soul' in 2009

Rotary International Award for 'Research Study on
Healthcare Rehabilitation Management' in 2009

Guest Editorship of the maiden special issue
on Spinal Injury by 'Success and Ability' 2012

Expert on GOI, MHRD, Task Forces on
(I) Educational Development (II) Vocational Education
& Skill Development for People with Disabilities – 2012

Empaneled by TIFAC (Technology Information Forecasting
and Assessment Council) under Ministry of Science and Technology
to create a Technology Vision Document 2035,
with specific emphasis on Technology for the Disabled

Regional Consultant for WHO (World Health Organisation)
Research Report on International Perspectives
on Spinal Cord Injury – 2013

Endorsement by various Spinal Cord Injury and
other Disability Groups for initiating Spinal Injury Day
on 25th June for the first time in India

CII Associate for Inclusive Employment

Moneylife Foundation Women's Day Award – 2014

Empowered over 1000 friends
with spinal injury to lead a good quality of life

Charter Member of Consumer Committee by Spinal Cord Society