



NAYEE UDAAN

ABOUT US:

NAYEE UDAAN, we believe in spreading light and growing. Nayee Udaan has 13 years of experience works with and for all the age groups of the society making them aware about right education, personality developments, importance of both academics and skills development, maintaining both good physical and mental health and to keep environment clean. Ensure people know about various diseases that are harmful for girls and women. Promoting girl education and make sure women learn about different opportunities for them to excel as an individual and be the change. Conducting self-defence sessions and making young minds believe that it is not just a set of techniques; it's a state of mind, and it begins with the belief that you are worth defending. Helping students to deal with negative peer pressures, social relations, career guidance and financial management at a young age so they can create a better future. Introducing teachers and parents new age problems and techniques to tackle them and how to deal with the students and children. Spreading awareness among people to have healthy diet that includes vitamins and nutrition. We have a team of experienced volunteers who are capable of handling all the sessions, workshops and drives and have sufficient knowledge about objects of the trust and believe the same.

BASIC INFORMATION & REGISTRATIONS:

- **Address:** House no. 393, Near Limbachi Talim, Wanowarie S. O., Pune – 411040
- **Contact Details:**
 - Phone No.: 9850602081
 - Email ID: ratipatils19@gmail.com
- **Registrations:**
 - PAN: AAABN0839N

Sr.no.	Registration	Registration no.	Dated
1	Bombay Public Trust Act, 1950	F-26659(PUNE)	30.10.2010
2	Corporate Social Responsibility (CSR)	CSR00045638	20.01.2023
3	12A under Income Tax Act, 1961	AAABN0839NE20211	20.09.2023
4	80G under Income Tax Act, 1961	AAABN0839NF20231	19.01.2023

• **Founder:**

Mrs. Ratil Patil Sapkal
(Consulting Clinical Psychologist)
Having work experience of more than 18yrs.

Qualification:

- B.A. Psychology
- M.A. Clinical Psychology
- Diploma in Child & Family Counselling
- Personality Development and Study Skills along with Life Skills
- Human Resources Skills
- Learning Disability

OBJECTS OF THE TRUST & ACTIVITES CONDUCTED BY THE TRUST:

A. EDUCATION, SKILLS & PERSONALITY DEVELOPMENT:

- Skill development is important to establish a strong foundation for a thriving future.
- Providing every child with access to education and the skills needed to participate fully in society would boost GDP.
- Skill-based learning improves employability and helps the youth earn more.
- Learning skill development promotes the leadership skills of students as it helps them become more altruistic.
- Learning helps students develop problem-solving strategies and effective communication techniques.

- Self-awareness, excellent communication skills, problem solving and critical thinking capabilities are some of the important benefits of learning through a well-rounded curriculum.
- Education is a key driver of personal and societal development. It empowers individuals to reach their full potential by imparting knowledge, fostering critical thinking, and promoting lifelong learning.
- Education teaches the ability to read and write, which is the first step in Education. It also helps in spreading knowledge in society. ***Education is a ray of light in the darkness.***

Following are the activities that were conducted by the trust to create awareness about right education and aptitude tests for career guidance.

a) Career Guidance workshop - I

Beneficiaries: 1000 students

A career guidance workshop was organized for the students to understand their strengths, weaknesses, and interests and thereby get a clearer picture of the career paths available to them.



b) Career Guidance workshop - II

Beneficiaries: 45 students of 12th

Career guidance workshops were conducted for the students of class 12 and made them aware about different industries, job roles, and the skills and qualifications required to succeed in a given field. Students at this phase struggle a lot and often feel pressurised to make career choices based on others' opinions. Thus a workshop was organized to help them beat these challenges and realize one's maximum potential by taking help from professional career counselling services.



c) Adolescent development program

Beneficiaries: 250 girls/100boys

A session to help students learn to resist negative peer pressures and to communicate better with their parents about such issues was conducted.



d) Study skill workshop

Beneficiaries: 90 students

A session was held to make sure young minds have the academic skills necessary to take and succeed in college preparatory secondary school courses.



e) Teacher training

Beneficiaries: 20 teachers Teachers attended this training program which helped them know about the opportunity for continuous professional development. Such sessions helps to learn new ways, methods, strategies, skills and tool for them to innovate their teaching and enhance their skills.



f) School stationery distribution

Beneficiaries: 55 students

Stationery is the basic requirement of learning and is an integral part as well. School stationery distribution was organized for students.



g) Financial management program

Beneficiaries: 300 students

A financial management program was held for students to help them set and achieve financial goals, whether it's saving for education or a dream vacation. And make them learn importance of saving for future and benefits of investing.



B. HEALTH (PHYSICAL AND MENTAL) – HYGIENE, PERSONAL CARE & PSYCHOLOGICAL COUNSELING:

- Health is a state of complete physical, mental and social well-being. For a healthy life cycle, a person needs to have a balanced diet and has to regularly exercise.
- Health was earlier said to be the ability of the body functioning well. However, as time evolved, the definition of health also evolved. It cannot be stressed enough that health is the primary thing after which everything else follows.
- Routine check-ups play a vital role in today's world, with fast growing science and technology we also have fast growing harmful diseases.
- When you maintain good health, everything else falls into place. And as the saying goes ***Health is Wealth.***

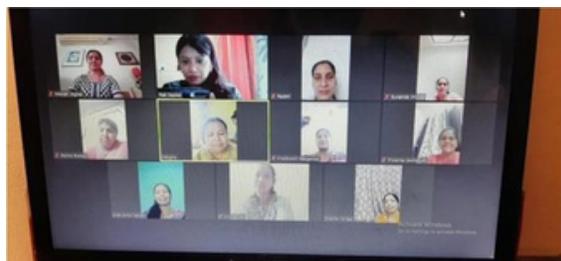
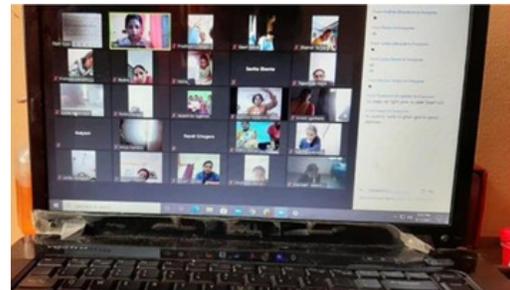
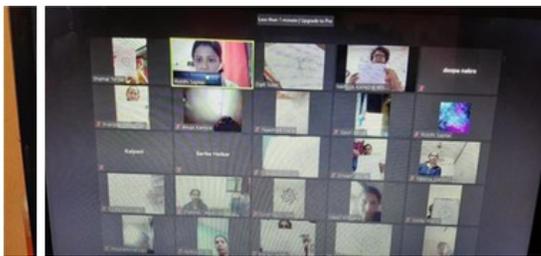
Following are the activities that were conducted by the trust to create awareness about good health and introducing them to habits and routines to maintain good health of themselves and their families.

a) Online skill development training conducted in COVID Pandemic - I

Beneficiaries 62 women

Funded by: Voluntary program

A webinar was held for women and tell them different techniques to ensure good health of them and their families. A webinar for women to learn about various opportunities and ways to enhance their skills during pandemic and at the same time to make them aware of having peaceful mental health during such situations was conducted.



b) Online skill development training conducted in COVID Pandemic - II

Beneficiaries: 35 students and families Funded by: Voluntary program A program for students and their families was conducted so that to tell them about various habits that can be inculcated to enhance skills and maintain good health.



c) Health & hygiene sessions

Beneficiaries: 300 girls

Personal health and hygiene is important especially for young girls who are new to adolescent and so a session was organized for young girls introducing personal health and hygiene.



d) Safe drinking water and hand wash program

Beneficiaries: 100 students

Diseases are spreading more through water and becoming more dangerous it's important to drink safe water and wash hands to maintain a personal hygiene. A session was conducted for students to make them aware about safe drinking water and washing hands.



e) Stress management program

Beneficiaries: 62 Students

A session was held to make sure young minds have skills necessary to tackle examination stress and negative peer pressures, introducing them the ways to maintain mental health and imbibe a positive approach.



f) Diet Nutrition and Hygiene sessions

Beneficiaries: 160 students

Having proper food and including health vitamins and nutrition to meal is very important along with maintaining hygiene. And to make young minds aware about clean environment.



C. WOMEN EMPOWERMENT AND SELF-DEFENCE (WOMEN & GIRLS):

- Women empowerment is the term that refers to the equal rights and opportunities of women in social, economic, and political spheres.
- Women empowerment is essential for the development and progress of any country and society, as women constitute half of the population and have immense potential and talent.
- However, women face many challenges and barriers due to gender inequality, such as discrimination, violence, lack of education, health care, and decision-making power. It is
- important to make women and children aware about opportunities to excel and grow strong and wise. Imbibe habits to take care of them and never degrade their own selves and avail the benefits in right manner. The importance of self-defence lies in its potential
- to save lives and prevent harm. It promotes personal safety and empowers individuals, particularly those who might be perceived as vulnerable.

- In a broader social context, self-defence can contribute to the overall safety and security of communities. ***Self-defence is not only our right; it is our duty. Self-defence is not just a set of techniques; it's a state of mind, and it begins with the belief that you are worth defending.***

Following activities were carried out to make women more aware and wise and promoting importance of right education and conducting pre –marital workshops.

a) Self-defence training conducted in Pune corporation schools

Beneficiaries: 8 schools around 1000 girls

Founded by: Social development department Pune Corporation.

For girls to be more aware of their surroundings, be prepared for the unexpected at any time. And become psychologically, intellectually and physically strong enough to protect themselves in times of distress, a self-defence training was conducted in 8 schools.



b) Adolescent development program - I

Beneficiaries: 200 girls

A session was conducted for young adolescents and their parents to understand the biological changes they are experiencing and giving them right education about them same.



c) Women empowerment program

Beneficiaries: 150 women & girls

Funded by: Comparator budget Pune Corporation

Women's empowerment is valuable for the development and advancement of the family, community as well as the nation. And to make women aware about the same a women empowerment program was arranged to encourage the women and help them stand strong.



d) Cervical Cancer Check-up

Beneficiaries: 25 women

Program collaborated with Prayas Amruta clinic

To help people understand the causes and risk factors of cervical cancer, so they can take steps to lower their risk of developing it. And help them recognize the symptoms of cervical cancer and seek support a Cervical Cancer Check-up was organized.

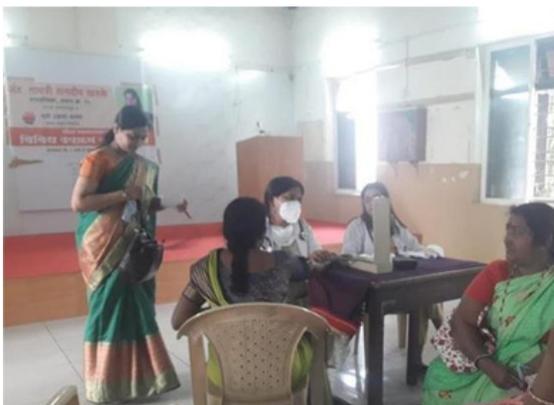


e) Vocational training and medical check-up up for women & girls

Beneficiaries: 50 womengirls

Funded by Comparator budget Pune Corporation

A vocational training along with medical check-up was organized for women and young girls.

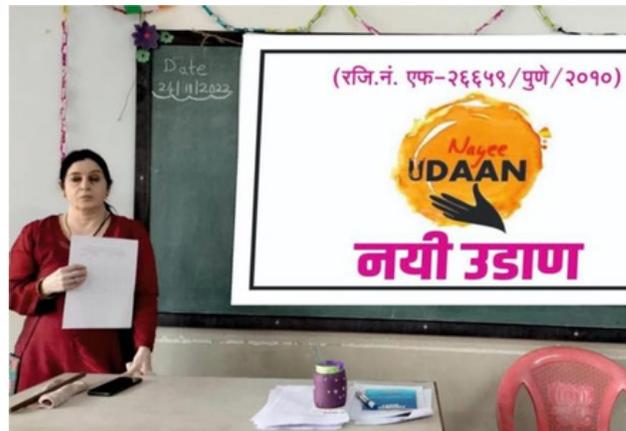




f) Life skill workshop

Beneficiaries: 150 girls

Life skills are essential to helping us be adaptable and versatile enough to succeed, a workshop where 150 girls participated to enhance life skills.



g) Awareness program for 7 years to 15 years students on Safe and unsafe touch & social media safety

Beneficiaries: 300 girls and boys

Funded by: Rotary club aalephata central Junnar taluka

An awareness program for children of age 7 to 15 was conducted to make them understand and learn about safe and unsafe touch along with social media safety.

The same event received appreciation and was acknowledged by many wise people, the same was taken to the newspaper to show gratitude and appreciation.

(रजि.महा./१८१/२०२० पुणे.) एक पाऊल माणुसकीसाठी.. आपल्या गावच्या विकासासाठी... स्थापना-१ मे २०१९



सामाजिक बांधिलकीतून...गरजांच्या पूर्ततेकडे

पिंपरी पेंढार सोशल युथ फाऊंडेशन रोटरी क्लब ऑफ आळेफाटा सेंट्रल नयी उडान संस्था, पुणे

यांच्या संयुक्त विद्यमाने

जिल्हा परिषद शाळा वडगाव आनंद
सद्गुरु सिताराम महाराज विद्यालय पिंपरी पेंढार.

यांच्या सहकार्याने

आजच्या फेसबुक, व्हॉट्सअप, इंस्टाग्राम
या विषयाबद्दल तज्ञांकडून मार्गदर्शन

सुरक्षित आणि असुरक्षित स्पर्श

शुक्रवार दि. २३ फेब्रुवारी २०२४ रोजी स. ११.०० ते १२.३० वा.
ठिकाण-जिल्हा परिषद शाळा वडगाव आनंद

शुक्रवार दि. २३ फेब्रुवारी २०२४ रोजी दु. १.३०.०० ते ३.०० वा.
ठिकाण-सद्गुरु सिताराम महाराज विद्यालय पिंपरी पेंढार.




वडगाव आनंद येथील शाळेतील मुलांचे समुपदेशन

आळेफाटा, ता. २५ : पिंपरी पेंढार युथ फाऊंडेशन, रोटरी क्लब ऑफ आळेफाटा सेंट्रल, नयी उडान संस्था यांचे संयुक्त विद्यमाने वडगाव आनंद (ता.जुन्नर) येथील जिल्हा परिषद प्राथमिक शाळेतील विद्यार्थ्यांचे समुपदेशन करण्यात आले. मुलामुलींना सुरक्षित व असुरक्षित स्पर्श यासंबंधी माहिती देण्यात आली.

आजच्या काळात सोशल मीडियाच्या वापराबद्दल मार्गदर्शन करण्यात आले. मोबाईल वापरण्याचे मुलांवर होणारे दुष्परिणाम व त्यासाठी पालकांनी घ्यावयाची काळजी याबाबत मार्गदर्शन करण्यात आले. या वेळी रती पाटील यांनी मुलामुलींना सुरक्षित व असुरक्षित स्पर्शाबद्दल माहिती दिली. माधुरी पाचपोर यांनी मोबाईल वापरल्यामुळे होणारे दुष्परिणाम समजावून सांगितले. चेतना जाधव यांनी मुला-मुलींना शरीराची व कपड्यांची कशी काळजी घ्यावी, कोणत्या प्रकारचे ड्रेस घालावेत याविषयी मार्गदर्शन केले. या वेळी शाळेचे मुख्याध्यापक सुनील टोंकेकर, सहशिक्षिका मनीषा इले, संगीता कुदळे, वृषाली कालेकर, गौरी डुंबरे, व रोटरी क्लब ऑफ आळेफाटा सेंट्रलचे विजयराव आहेर, अध्यक्ष विमलेश गांधी तसेच शिक्षणतज्ज्ञ सदस्य डी.बी.वाळुंज उपस्थित होते.



वडगाव आनंद (ता.जुन्नर) : येथील जिल्हा परिषद शाळेतील मुलांना समुपदेशन करताना रती पाटील.

वडगाव आनंद शाळेतील विद्यार्थ्यांचे समुपदेशन

फेसबुक, व्हॉट्सअप, इन्स्टाबाबत मार्गदर्शन

लोकमत न्यूज नेटवर्क
पिंपरी पेंडार : पिंपरी पेंडार सोशल युथ फाउंडेशन, रोटरी क्लब ऑफ आळेफाटा सेंट्रल, नवी उडान संस्था पुणे यांच्या विद्यमाने जिल्हा परिषद प्राथमिक शाळा, वडगाव आनंदमधील विद्यार्थ्यांचे समुपदेशन करण्यात आले. मुला-मुलींना सुरक्षित व असुरक्षित स्पर्श यासंबंधी माहिती देण्यात आली. आजच्या काळात मोबाईलमधील फेसबुक, व्हॉट्सअप, इन्स्टाग्राम या विषयांबद्दल मार्गदर्शन करण्यात आले.

मोबाईलच्या अतिवापरामुळे मुलांवर होणारे दुष्परिणाम व त्यासाठी घ्यावयाची काळजी याबाबत मार्गदर्शन

करण्यात आले. यावेळी रती पाटील यांनी मुला-मुलींना सुरक्षित व असुरक्षित स्पर्शाचे उद्बोधन केले. माधुरी पाचपोर यांनी मोबाईल वापरण्यामुळे होणारे दुष्परिणाम समजावून सांगितले. चेतना जाधव यांनी मुला-मुलींना शरीराची व कपड्यांची कशी काळजी घ्यावी, कोणत्या प्रकारचे ड्रेस घालावेत याविषयी मार्गदर्शन केले. यावेळी मुख्याध्यापक सुनील ठिकेकर, सहशिक्षिका मनीषा इले, संगीता कुदळे, वृषाली कालेकर, गौरी डुंबरे, रोटरी क्लब ऑफ आळेफाटा सेंट्रलचे विजय आहरे, अध्यक्ष रोटरी क्लब ऑफ आळेफाटा सेंट्रल, रो. विमलेश गांधी तसेच डी. बी. वाळुंज उपस्थित होते.



वडगाव आनंदमधील विद्यार्थ्यांना समुपदेशन

आळेफाटा, दि. २३ (वार्ताहर) - पिंपरी पेंडार युथ फाउंडेशन, रोटरी क्लब ऑफ आळेफाटा सेंट्रल, नवी उडान संस्था, पुणे यांचे संयुक्त विद्यमाने जिल्हा परिषद प्राथमिक शाळा, वडगाव आनंद मधील विद्यार्थ्यांचे समुपदेशन करण्यात

आले. मुलामुलींना सुरक्षित व असुरक्षित स्पर्श यासंबंधी माहिती देण्यात आली. आजच्या काळात मोबाईलमधील फेसबुक, व्हॉट्सअप, इन्स्टाग्राम या विषयांबद्दल मार्गदर्शन करण्यात आले. मोबाईल वापरण्याचे मुलांवर होणारे दुष्परिणाम व त्यासाठी घ्यावयाची काळजी, याबाबत उद्बोधन करण्यात आले. यावेळी रती पाटील यांनी मुला मुलींना सुरक्षित व असुरक्षित स्पर्शाचे उद्बोधन केले. माधुरी पाचपोर यांनी मोबाईलचे दुष्परिणाम समजावून सांगितले. चेतना जाधव यांनी मुला-मुलींना शरीराची व कपड्यांची कशी काळजी घ्यावी, याविषयी मार्गदर्शन केले. यावेळी मुख्याध्यापक सुनील ठिकेकर, सहशिक्षिका मनीषा इले, संगीता कुदळे, वृषाली कालेकर, गौरी डुंबरे तसेच रोटरी क्लब ऑफ आळेफाटा सेंट्रलचे विजय आहरे, अध्यक्ष रो. विमलेश गांधी तसेच शिखरराज डी. बी. वाळुंज उपस्थित होते.

जाहीर नोटिस	
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D.OTHER ACTIVITIES:

a) Food grain distribution during COVID pandemic

Beneficiaries: 30 families

A drive where we distributed food grains to needy people during the COVID Pandemic.



b) Parents awareness program

Beneficiaries:54 parents

A program with 54 parents was conducted to talk about new age problems and how to build a healthy relation with their kids and also talked about importance of mental health.



ABOUT THE FOUNDER (President) – Mrs. Rati Patil Sapkal

Nayee Udaan:

- Regular resource persons in the following Institutes for study skills, health issues, life skills, parenting, gender equality, personality development, career guidance etc.
 - Pune Municipal Corporations Nagarvasti Vikas Yojana
 - Awakening Jagruti, Intervida- Pune City and district. Velha, Maval, Bhore Taluka for Girls students
 - Fulfilling People's Aspiration (FPA)
 - Janashikshak Kendra - Sarva Seva Sangh - Wadgaon Sheri, Pune - Ishany Foundation - Organizing lectures for women in the Self-help group - Sakav (Working to Gather Centre) - Psychometric career Guidance Organized Sessions based on health and life skills for girls and parents in Bhore taluka through Idea Foundation Organized Personal Health and hygiene, body mapping sessions in rural areas of Pune district through Rotary Club Pune
- Experience of conducting sessions on body recognition, personal health and care at Rotary Club Pune Parvati from 2011-12. Received 'Certificate of Appreciation' in 2014-15 under the 3H project of Rotary & USA
- Experience of conducting Trainer Training Workshops on 'Human Resource Skills', Study Skills, Life Skills, Learning Disabilities. Conducted sessions through joint venture of W.N.S. & 'Shri Samartha Youth' in schools at Pune, Mumbai, Daund, education training workshops and study skills, aptitude test and career guidance, personality development camps for students.
- Experience of 2 days training program and resource person on 'Identification of learning disability and treatment methods' for teachers in Bhore Municipal Council schools in July 2014.
- Organized health awareness and need of counselling training sessions for Pune corporation 18 school teachers. Organized Self-defence classes for Pune corporation girl students.
- Presently working for women empowerment & development in nanowire area.
- Faculty and selection committee member of Joining Hands Delhi based Ngo for skill development program for Maharashtra state for the same conducting career counselling workshop for underprivileged 10th & 12th students.
- Consultant and faculty of Concern India foundation for Suraksha project based on Adolescence program. Regular faculty for various NGO like the Idea foundation, PMC School. Received various appreciation awards for remarkable work in social, psychological and educational field.
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Other Experience:

- Participated in 'Wagholi' project Academy of Personality Development, from June 2004 to February 2005 Participated in counselling activities for 10th & 12th classes students 'From Failure to Success' organized by Sakaal newspaper and Academy of Personality development. Worked as Facilitator in Comprehensive Child Development Program in 2004/2005 conducted by Janaprabodhini Pune
- From February 2005 to June 2009 worked as a senior school counsellor at ' Stree Mukti Sanghatana and Pune Municipal Corporation's 'School Counselling Centre' project in secondary schools and Coordinator & Experts' from July 2009 to March 2010 at 'Stree Mukti Manghatana and UPS Foundation's (USA) Private Schools Project.
- During the same period i.e. From February 2005 to June 2009 handled the responsibility of Session Coordinator for the Institute for Psychological Health, Mumbai Police Force and Stree Mukti Sanghatana's 'Jignyasa', a life skills project. Worked from 2004 to 2012 in Stree Mukti Sanghatana's play based on birth of a girl child 'Mulgi Jhali Ho' Experience of conducting programs in the Police Training Centre in Maharashtra for the same.

Books and Articles:

- From the Academy of Personality Development 'Manasavarta' book published some own writing articles 'Taratmya', on Parenting Special Issue to 'Avghad Watevarti !' On the Career Counselling Special issue on 'Rural Areas: The four Directions of Employment' (focused on rural employment).
- In the state level book 'Psychological Counselling, Help Manomitra chi published on the occasion of World Mental Health Day on 10 October 2010, the article 'Counsellor: A Bridge for Rural Students' is published.