



MANI FOUNDATION TRUST

MANI
FOUNDATION
TRUST

ORPHANAGE PROJECT



MANI FoundationTrust >>> moving towards life with dignity

Fate of the poor children

In India millions of children come from Poverty-stricken families. The childhood of the poor is miserable. The children are forced to do labour works to earn livelihood for the family.

MANI Foundation Trust (MFT) is a non-profit organization working for underprivileged children - orphan, destitute and other vulnerable groups and their communities towards a wholesome future filled with hope, dignity, justice and peace. Reach out to the poorest of the poor in India without respect to caste, creed and colour.

MANI Foundation Trust is a registered Society (NGO) based in Uttar Pradesh, registered under the

THE FOUNDATION

U.P. Societies Registrations Indian Trust Act No.1882, Registered 12(A) & 80G of the Income Tax Act, 1961 and Registered under the Foreign Contribution (Regulation) (FCRA) Act, 2010.

ORGANIZATION REGISTRATION NO.:

Society Registration : UP09388255107448V
PAN Number : AAJTM201A
12A Provisional Registration : AAJTM201AE20231
80G Tax Exemption Provisional : AAJTM201AF20241
FCRA Registration : Pending
CSR Certificate : CSR00066352
JJ Act Provisional Registration : 46/ICPS/2024

Our Mission is "We are dedicated to care children, promote independence and build strong families through activities with the resources available." By providing them with long-term care. This includes basic needs, education and healthcare, and skills necessary to transform them into responsible citizens.

The foundation is running orphanages in Uttar Pradesh. We have established Orphanage's during the year 2023 with a humble beginning of supporting 2 children that grew to 13 children now (Boys and Girls).

We provide food, shelter, education, Health care and clothing to the children in the orphanages. We have accommodated these children in the rented buildings which have a hall, bed rooms and kitchen.

Admission Criteria:

- Children who have lost both or single parent
- Children from Poverty-stricken families
- Children of disadvantage parents
- Children of families ravaged by HIV/AIDS
- Children of Sex workers



OBJECTIVES:

To provide food, shelter, education and health for the children

To provide an opportunity for children to live in congenial atmosphere with parental love

To bring up the children in good discipline to become good citizens.

To provide medical care to the children.

To make the children to learn basic new skills to live on their own.

WHAT WE DO

'MANI Foundation' creates impact on the lives of children in need and distress.

What We Do	Why We Do	How We Do	
Access to food and basic needs	Safe living	A place of protection	Food, Clothing and Shelter Health Care and Hobbies and Recreation
Empowerment	Changes Lives	Education	Schooling, College education and BeyondLife skills and Personality Development
Hope	Afford Dignity + Break the Cycle	Counseling and Guidance	<ul style="list-style-type: none"> • Behavioral and Attitudinal Counseling • Vocational and Employment Guidance • Strengthen Spiritual and Moral Values

BASIC NEEDS

Attending to the children's most basic needs constitutes a vital component of 'Smile always' work.



FOOD

'Smile always' lays great emphasis on providing a very healthy diet to the children. Healthful food builds children who think more clearly, are less prone to illness and are stronger and lead longer and healthier lives.



...eating food at Orphanage

The table shows the diet regime we follow for our children. The diet plan has been suggested by a nutrition expert.

DAY	BREAKFAST	LUNCH	SNACKS	DINNER
SUNDAY	Poori (or) Sabji (or) kheer(or)Halwa	Rice+ Dal/ Vegetable Curry	Fruits (or) Biscuits (or) Pulses	Rice+Chola (or) veg+Dal (or) Noodles/Fried Rice
MONDAY	bhujita (or) roti	-Do-	Fruits (or) Biscuits (or) Pulses	Rice+Veg Curry(or)Dal+ roti
TUESDAY	Kichidi (or) Poha	-Do-	Fruits (or) Biscuits (or) Pulses	Rice+Green Leafy Veg(or) Dal roti+salad
WEDNESDAY	Omlate (or) Bread + Milk with	-Do-	Fruits (or) Biscuits (or) Pulses	Rice+Mixed Vegetable(or) Dal roti +salad
THURSDAY	bhujita (or) Boost	-Do-	Fruits (or) Biscuits (or) Pulses	Rice+VegCurry(or)Dal+salad +Boiled Egg
FRIDAY	paratha (or) chutni	-Do- roti	Fruits (or) Biscuits (or) Pulses	Rice+Green Leafy Veg(or)Dal roti + salad
SATURDAY	Kichidi (or)Poha	-Do-	Fruits (or) Biscuits (or) Pulses	Rice+Veg Curry(or)Dal +roti

Notes

Inputs of Vitamins through carrots and Dexorange syrup

Porridge is made from a mixture of Raagi powder, wheat flour, crushed ground nuts

While eating food, we ensure the following

Children wash their hands with Hand wash, plates and glasses before and after eating

Children take food with fingers; food doesn't touch the palm



EDUCATION

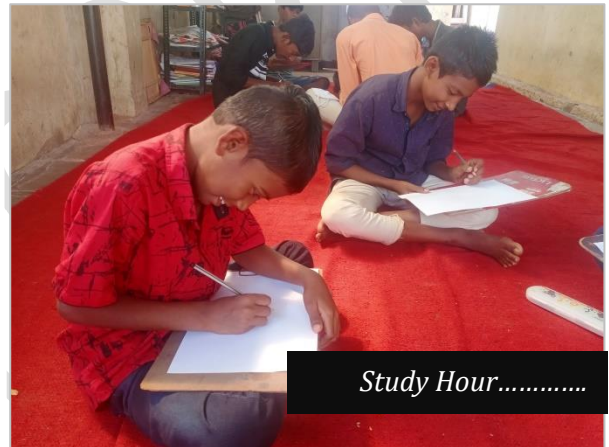
At Orphanages, we provide access to quality education. Education is not limited to schooling, passing examinations and jumping to higher grades. We impart discipline, soft skills, lessons from life experiences, and spiritual education.

All our children from 1st Class to Degree Courses attend Private Schools and Colleges. The schools start from 8:30 am to 4.30 pm.

In the morning, elder children's wake up around 5.30 am and quickly revise their lessons before getting ready for school. After returning from school, children spend around 1-2 hours on their homework assignments and studying their subjects.

For children in all grades, we have hired trained tutors who take classes between 5:30 pm and 7:30 pm. in orphanage premises.

We will provide every possible opportunity, preferably professional education, to all our children. Our entire efforts in providing quality education and emphasis on personality development are directed towards creating responsible citizen for India.



Study Hour.....



CLOTHING

The utility of clothing goes far beyond its importance as protection from extreme weather conditions. Decent clothing enhances a person's esteem and confidence. This is all the more important in the case of children we are supporting.

We provide the following to each of the children every year:

For annual

- 2 pairs of school uniforms
- 2 pairs of casual dresses
- 1 pair of slippers & 1 pair of Shoe
- 2 towels and handkerchiefs
- 1 bed sheet with pillow cover

In Winters

- A sweater and a woolen cap
- A woolen blanket

For Schooling

- School Bag
- Books
- Stationary
- Belt and tie (Private School)





SHELTER

The Rented Children Home consists of Bed rooms include toilets and Big Open Hall and Kitchen. Children keep their clothes, books and other stuff in cupboards. Each room has bunk beds (Two steps Iron Cots, Beds, Pillows and Bed sheet and Protector), iron racks for keeping blankets and shelves for books, school bags and necessary things like soaps, tooth brushes and washing powder, hair oil and talcum powders. The premises have bathrooms and usage water is stored in two big Polymers tanks on the building slab and water has supply with pipeline to all bath rooms and kitchen. In the evenings, the open hall is used for tuition classes. The open air hall in the building is used as dining hall. Drinking water (Krishna water) facility is there in the premises. The drinking water comes from day by day (alternate day) and for general purpose we use bore water.



HEALTH CARE

For ordinary ailments and emergency, we send the children to general physicians in the neighborhood and the consultation is nominal. Prescription medicines are bought from a nearby medical shop. We keep a first-aid kit and stock of medicines like Paracetamol, Crocin, Saradon, Zandubalm, Painkillers etc for general ailments. Children use cold creams and petroleum jelly in winters. In summers, we stock ORS sachets, Glucon-D etc in case any child suffers from dehydration. We use mosquito repellants like All-Out and Mortein to fight the mosquitoes-menace. From time to time, we have medical camps – general, dental and eye check-up organized by local hospitals, friends and volunteers. For children who have additional nutritional requirements, we provide carrots, greater amounts of milk, eggs and leafy vegetables as well as calcium tablets and Dexorange syrup.



RECREATION

Children should be children! And what can be more exciting and enjoyable for children than watching a movie or visiting an amusement park or just spending their free time in a manner they choose.

Every day, an hour and a half is devoted to recreation, yoga when children can do anything they like except studying. But the real fun starts every Saturday evening and continues throughout the next day. Dancing, Singing and Painting are a passion at our children home. We regularly conduct painting sessions and competitions. Our children learn singing, dancing regularly and perform their talents.

We provide all the necessary sports equipment - Carom and chess boards, cricket bats and balls, skipping ropes etc. Major festivals are celebrated with dedication and Children day. Pongal, Srirama Navami, nagpanchmi, vijyadashmi, Independence Day, Holi, Dussarah, Diwali and Christmas and New Year Celebrations are very popular among our friends. Next time, please be a part.



Support



Your support will go a long way in creating better lives for needy children and their families. As an individual or an organization, you can help in the following ways. Your donation will further our vision of ensuring a happy and healthy childhood for India's children. Donate to make a change.

Income Tax Act.:

Your contributions to Mani Foundation are eligible for tax exemption under section 80G of Donations to Mani Foundation are eligible for tax deduction under section 80G Indian Income Tax Act. By donating to Mani Foundation, not only you will help in feeding and

supporting children, and improve their communities but also help your selves with Tax deduction benefit.

Once you have made the donation, and send us an email about the transaction to www.manifoundationtrust.in . We will send a receipt the same and Tax Exemption Certificate along with 'Thank you' letter to you via E-mail /Courier /Post. The 80G Certificate, Receipt and Thank you letter which will reach you within 10 days of making the donation can be used to avail Tax Exemption for the respective Financial Year.



DONATION

You may donate to 'Mani Foundation Trust ' through a check/cash deposit or an online transfer.

HDFC Bank (India)	ONLY FOR NRI/FOREIGN DONORS - FCRA ACCOUNT
Account Name: Mani Foundation trust Account Number: 50200092278311 IFSC Code: HDFC00008442 Bank Name & Branch: HDFC BANK Sunderpur ,Brijinclave colony,Varanasi, 221005 Uttar Pradesh	Account Name: Mani Foundation Account Number: IFSC Code: SWIFT Code: Bank Name & Branch:
Canara Bank (India)	BHIM / UPI
Account Name: Mani Foundation Account Number 5664101000705 IFSC Code: CNRB0005664 Bank Name & Branch: Canara Bank India , Sunderpur Branch ,Varanasi 221005, Uttar Pradesh	Mani Foundation Trust  <div>      </div>

If you want to send a Cheque/DD, the address is Mani Foundation, H.N 14/113 V Hawelia ,Sarnath, . Station road ,varanasi ,UP ,India – 221007.

E-mail: Foundationmani8@gmail.com

Website: www.manifoundationtrust.in

YOU CAN SUPPORT A CHILD

Please support a child to help us provide continuous support to our children during their stay in Mani Foundation . We intend to provide all those opportunities to children that a child from a middle class family enjoys.

WHAT YOUR SUPPORT DOES | BREAK UP

Provide Food - Tasty, Varied and Nutritious

We provide food with quality. Our diet has been devised by a nutritionist. We never compromise with the quality and quantum of food cooked and served - breakfast and two meals a day along with sprouts, fruits/eggs and milk. Our children also have stuff like samosa"s, pastries, fruits, juice, drinks etc., from time to time.

Provide Education - Schooling and Beyond

Before coming to Orphanages, most of children never attended school properly. Now, with your help, our children attend a school and after-hours tuition classes. We also have a fledgling library which will take a definitive shape very soon.

Provide 24 x 7 accesses to Healthcare

We take the children to the nearby physicians as and when required. We have periodic checkups from private hospitals and doctors in their individual capacity.

Provide other necessities

We provide all other facilities and resources required by the children. Finally, Provide a Happy and Happening Place; where children feel it's their Home, not their 'Hostel'.

BREAK UP

Under the Sponsor a Child program, we seek your contribution of Rs.95,000 per annum. This amount covers direct living expenses of One Child. The table provides the break-up of expenditure on each item.

Item	Cost Rs.
Food	36000
School Fee + Transport	25,000
Books + Stationery	5,000
Clothing	5,200
Shelter	8,000
Health Care	5000
Recreation	2800
Miscellaneous	5000
Total Annual Cost(per child)	92000
Total Monthly Cost (per child)	7916.66

SUPPORT IN KIND

'Orphanage' needs your support in providing quality food to all our children. In view of the spiraling prices of commodity prices, particularly Rice and Dal, we request you to generously donate Rice bags, Dal, Oil etc. This will help us enhance our food security and help us deal with inflationary conditions. If you wish make a contribution towards food, please write to www.manifoundationtrust.in

You may donate towards the requirements in either cash or kind. You may also use an online [grocery store with services in Uttar Pradesh http://bigbasket.com](http://bigbasket.com), <https://grofers.com> <https://www.amazon.in> to order groceries and provisions and donate them to Orphanage.

MONTHLY REQUIREMENT FOR 51 CHILDREN			
S.NO.	ITEM	REQUIREMENT	REMARKS
1.	Rice	434 kg	(7kg X 2 times per day = 14kgs X 31 Days (per month)
2.	Toor Dal (Kandi Pappu)	90 kg	Approx. 3kg per day
3.	Edible Oil (Refined Sunflower oil)	20 Ltr	2packet per3days
4.	Bombay Rawa	30 kg	For Breakfast
5.	Moong Dal	5kg	For Breakfast (Kichidi)
6.	Atta	25 kg	(For Poori only Sunday)
7.	Turmeric	1kg	General use for curries & lemon rice
8.	Tamarind	7 kg	(For Rasam and general use)
9.	Mirchi Powder	4kg	General use for curries
10.	Ground nuts (Pallilu)	10 kg	(For Chutney and Lemon rice)
11.	Putnal	4kg	(For Chutney)
12.	Salt	7 kg	General use
13.	Black pepper	250gms	(For Kichidi and Rasam)
14.	Ginger n Garlic paste	2 kg	General use for curries
15.	Coconut / powder	2kg	General use
16.	Sugar	4 kg	Sweet
17.	Sambar Powder	1 kg	For Sambar
18.	Popuginjalu	1 kg	For Talimpu
TOILETRIES			
19.	Bathing Soaps (Big)	150 units	
20.	Detergent washing Soaps(Big)	150 units	
21.	Detergent Powder(Big)	5 packets	
22.	Shampoo	300 sachets	
23.	Hair Oil / Coconut Oil (Big Bottles)	5 units	
24.	Talcum Powder (Big)	1 units	
25.	Tooth paste-tubes (Big)	10 units	

SUPPORT EDUCATION

Maybe, the most valuable contribution you could make to a child's life is the gift of education. Education is not only a fundamental right, but is a powerful catalyst for human development. With education, children have better life options, earning potential and health, and raise healthier children.

We request you to generously help us provide the best in education - formal education as well as overall development of a child's personality.

Item	Yearly cost per child (Average)
School fee+ Transport	250,000
Notebooks + Textbooks + Stationery	5,000

MAINTENANCE

In addition to child support, we would like you to contribute towards maintenance expenses - utilities, rent, salaries etc, others. You may donate towards the requirements in either cash or kind.

Item	Monthly Rs.
Orphanage Rent	50,000
Staff Salaries	60,500
Electricity	8,000
Gas	18,000
Hygiene	15,000

DONATE IN KIND

To help us maintain the standard of our services, we request you to consider helping us with the requirements

Monthly Provisions	Quantity	Academic needs	Quantity
Bathing Soaps (Big)	150 units	School Bags	51
Detergent Soaps(Big)	150 units	Note Books	2,000
Detergent Powder(Big)	5 packets	Pencils, Pens	150
Shampoo	300 sachets	Sharpener, Eraser	150
Hair Oil (Big Bottles)	5 units	Maps	50 each
Talcum Powder (Big)	1 units	Geometry boxes	40
Tooth paste-tubes (Big)	10 units	Easels / drawing boards	6
Dettol (Big)	5 units	White board with stand	6

PARTICIPATE

Your ability to extend your helping hand to our mission is limited only by your imagination.

Our friends/donors/well-wishers have found their own ways of supporting our mission. Some do it in their individual capacity, some like to do in groups of like-minded people and some engage their colleagues and companies to support Smile always Foundation.

INDIVIDUALS / SUPPORT GROUPS

Mani Foundation Trust receives most of its support from individual donors who have taken it upon themselves to find creative ways to contribute to our mission to serve underprivileged children. Besides individuals, there have been several groups of friends who have chosen to support „be happy“ efforts.

Birthday celebrations are very common at our Orphanage. Our children get very excited,

CELEBRATE

Share your joyous moments with our children in ‘Sunshine Kids’ and double your happiness. Many of our friends and well-wishers celebrate important days of their lives at Orphanage.

especially, if it is a toddler's birthday. Many of our friends have said that the birthdays celebrated here in „Orphanage“ are the most memorable ones. If you celebrate your birthday, be prepared to

be surprised.


Similarly, many of our friends have been celebrating their wedding anniversaries at Orphanage.


They make the day more meaningful by distributing fruits, chocolates, new clothes, notebooks and stationery to our children.


Some of the other events that people celebrate here are arrival of a child into a family, getting a job/promotion among others. Visit our Orphanages and share your joy.





Care & Support For Orphan Children for (51 Children Annually) Till 18 Years

food	Monthly Amount (Rs)	Yearly (In Rs)	For 18 Years
	Brakfast , Lunch , Snacks , Dinner	$5000 \times 51 = 255000$	$255000 \times 12 = 3060000$
	Total	3060000	

Education	Monthly Amount (Rs)	Yearly (In Rs)	For 18 Years
	Transport ,books Dress , Staionary	$4400 \times 51 = 224400$	$224400 \times 12 = 2692800$
	Total	2692800	

Shelter	Monthly Amount (Rs)	Yearly (In Rs)	For 18 Years
	Bed , blunket , Rent Electricity , Backup	$6000 \times 51 = 306000$	$306000 \times 12 = 3672000$
	Total	3672000	

Total care	Monthly Amount (Rs)	Yearly (In Rs)	For 18 Years
	Regular Products , Service ,Med , Man power, Medicine , Doctor	$4000 \times 51 = 204000$	$306000 \times 12 = 2448000$
	Total	2448000	

Salaries	6 Person salary (Rs)		
	Watchman , Cook , Med , Sweeper , Helper	$10000 \times 6 = 60000$	$60000 \times 12 = 720000$
	Total	720000	
	Complete Total Cost (1 Year)	12592800 .Rs	

If you wish to sponsor a meal, please write to us with the preferred dates to www.manifoundationtrust.in



**MANI FOUNDATION
TRUST**



Love one another
as GOD have
loved you.



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