



## WHO ARE WE?

M.J. Charitable Trust is working to provide education and health services to the impoverished sections of society in India.

Dr. Ashok Kumar Jainer established the trust in 2008 to fulfil his dreams of a better society for all. This Trust provides selfless and unconditional service to the mankind. Everyone working in the Trust is committed, dedicated and working unpaid, there is no admin cost. The Trust is registered and has been awarded 80G of the income tax act of India.

**VISION:** A world in which everyone obtains good education and health.

**MISSION:** We seek a world of hope and working to ensure that kids growing up in poverty get an excellent education and health.

**VALUE:** Improve well being of people and convert their suffering into self-reliance. We treat them with respect, dignity, compassion and always be responsive to their needs.

## OBJECTIVES

1. Provide quality assured education for children growing in poverty.
2. Provide prompt and safe health care facilities to the poor in rural areas.
3. Provide food and basic amenities for people living in slums.
4. Raising awareness of common illness in rural part of India.

## SOCIAL EMPOWERMENT

**M.J. Charitable Trust believes in the empowerment of disadvantaged section of society, and this newsletter will focus on it as this has been one of our strong pillars in achieving our health and education goals too.**

This is our small joint effort which may not change the world but could change the world for few.

Empowerment enables one to lead a life with dignity, self-respect, and independence. Our dedicated team work selflessly, tirelessly, voluntarily, and very closely at the forefront for this group, and is also running several schemes to support them. Without the team, this was unthinkable and unachievable. It is important is to combat thirst, hunger, extremism of weather with clothing and shelter before focusing on values, health, and education for the vulnerable section of society. We will dive deep in a few cases to get an understanding of how challenging life has been for some of them, and why the need to incorporate this became crucial.



In addition to this, where and when can one make use of our contacts and skills to enable them to access support from government and other voluntary organization like old age homes too.

The majority have been girls and women. It is, mainly, due to traditions in India, they are left with no survival strategies. The following five major components of social empowerment have been pivotal in delivering, but they are all intertwined, and hence not easy to untwine.

Firstly, the monthly pension scheme for widows who have no support or means to survive. Although the majority of them are women who are widowed or separated from her husband due to social evil practices like alcoholism, conduct issues, domestic violence or poor health, the trust has always been at the forefront with a helping hand.

Secondly, we also run a free Bhandara (free fresh home cooked food) for approximately 100 children and old aged people in slums and rural area five days a week; and hope to make it seven days a week to ensure they get one main meal every day. It will not eradicate hunger, but it will help them survive and see the dawn of hope every day. This is also supplemented by regular cold favored water huts during summer for the manual laborers.

Thirdly, we support a few marriages each year for girls who have lost their immediate family. This effort makes them feel that we are their family reinforcing Vishva Khutumbham (the universe is one family) and all is not lost yet.

Fourthly, our team provides clothing and footwear to survive the extremes of weather and beat hypothermia and heat strokes. This kind of service is given in rural and slum areas of Uttar Pradesh, Punjab, Kerala, Rajasthan, and Delhi, hoping to extend to Uttarakhand. Our trust also took the initiative to support those families where children were resorted for begging to feed their disabled mother.

Finally, last but not the least, our trust got in touch with five families of martyrs from Rajasthan of the Pulwama terror attack. The team is supporting them morally, emotionally, and financially. It is also helping them in securing employment for family members left behind through our contacts.

We organize education for those children and monthly ration to the family so that they don't need begging. The trust has been steadily providing, prior to its inception, in 2008, financial assistance to many poor families in supporting their daughters' marriage and sons' education and employment.



## GLIMPSE OF SOCIAL EMPOWERMENT

### EMPOWERING WIDOWS



1. This lady was a housewife living with her husband and three children in Ghaziabad. All of a sudden life took a wrong turn, her husband died in an accident, and children lost their fortune as he was the only earning member. They could barely make ends meet, and like the majority of disadvantaged section of society had no savings for survival. MJ foundation organized monthly ration, clothing, and school support for the children. After some time the woman got a low wages job. She is doing better than before now. Children are regularly attending school; we hope with our joint efforts they will be having a bright future.



2. These children live in a slum in the suburbs of Delhi. Their father was an alcoholic who died. Mother used to work as a household cleaner. Life became hard on her when she became unwell. Her daughter aged 9, instead of going to school started working as a cleaner at a Beauty parlor. She had to support the whole family. MJ foundation got involved and arranged investigation and treatment of mother for tuberculosis. All three children were admitted to the school as it was a dream for them. Later, health improved and started working. Her elder son passed his senior school and is now trying for ITI. A real joy to see as hard to differentiate from children. Life is going to continue with its challenges, but they can look forward now with hidden smiles.





3. This lady had a very happy and comfortable life with her husband and two children. Suddenly, her husband died in an accident, and she was forced to leave her house by her in-laws. She also lost her job from a nursing home due to back pain and was homeless in slums. Her disabled daughter (with loss of limbs and epilepsy) started begging on streets for survival. One day she had an epileptic seizure on the road and her fingers were injured, but they did not give up. MJ Foundation team got in touch with her daughter at traffic lights. Since then, MJ Trust is providing her treatment for epilepsy, shelter, food, clothes, and moral support. MJ Trust could not bring things back on track but helps sustain hope in life. An attempt was made for her to go to school, but she dropped out due to lack of inclusion and support in school.



4. This young widow lives in a small town in Punjab, India. She lost her husband who had cancer and was forced to move with two daughters (4 and 8 years old) to her mother's place who was socially disadvantaged and widow as well.

MJ trust has stepped in to support her with her daughters' expenses including school fees. Although we cannot change destiny, we can make the journey of life a bit easier. After doing a few low wages job, she is now tailoring for export companies and is facing the challenges of life.





6. Mrs. Shaji lives with her children in a village in Kollam district in Kerala, India. She lost her husband from kidney failure. She was not offered any paid employment due to the social set up in the village. MJ trust was contacted by her relatives. She is being supported by a local church, and MJ Trust is helping her to balancer her monthly expenses for survival.

7. One untimely widow in a remote village in Kerala who has relatives in the UK didn't have enough means to buy rice for meals and hence had to go to sleep at night on the water- since then MJ Trust arranged a regular monthly pension for the widow.

## MARRIAGES

We support a few marriages each year, our team has been pivotal in this regard .



1. This gentleman has terminal oral cancer, he belongs to Mawana in UP. His only wish was to see his 2 daughters married. He thought this was impossible given his current financial situation. MJ trust could not cure his illness, but came forward to compassionate and made it possible. The joy of seeing his beautiful daughter clad in red cannot be put in words, may she and her sister be blessed with happiness in the future, and their father can rest in peace.





2. This girl lost her father in an accident, he was working in Delhi, and her mother became bedridden. Her mother with her daughter moved to her in-laws' village due to lack of resources for survival. MJ foundation organized the treatment of the mother, she recovered well, and decided to move back to Delhi as she thought, she may find some job. She started some low wages job, but could not survive for long, she passed away within a few years of her husband's death. Our members of trust went to give her daily injections. Her uncle came in contact with MJ foundation who supported, and this girl is happily married now.



3. This mother and daughter lost their fortune a few years ago when her husband, who was the bread earner, died. MJ foundation came up with a helping hand with a monthly pension for mother. She managed to progress in her life, and now she thought had achieved eternity once her daughter got happily married.



4. This is Maya separated from her husband with her son and surviving by making home food in Ajmer in Rajasthan with her son. She is not only supported by supplementation for her son's education but also morally, and when needed for health and employment.



## FACILITATING GIRLS WHO ARE PERFORMING WELL

Trustee and working committee members facilitate young people who have outstanding achievements to empower and encourage them to achieve more at regular intervals.





## FREE FOOD BHANDARA

M.J. Charitable trust is running free food Bhandara from many years in the slums of Ghaziabad. Around 100 people living there are able to get food 5-6 days every week.





## DISTRIBUTION OF CLOTHING IN SLUMS

Each year extremism of weather is rising. It is making it hard to survive for this section of society. Again our Trust comes forward with clothing and footwear to make the heat and cold wave bearable. Our next initiative will be planting a tree with this group.



## WIDOWS PENSION

M.J. Charitable trust is enabling survival of the ones who are disadvantaged due to circumstances. The trust ensures that timely pension reaches to the neediest. We are providing monthly pension and rations for more than 40 families, and their health is looked after by our members. Majority of them are unable to work due to age, disability or lack of skills, but they have abundant blessings which can make things go a long way for anyone of us.



Smt. Pushpa Devi



Smt. Bala Devi



Smt. Sukhveeri Devi



Smt. Pushpa Devi



Smt. Harnandi Devi



M.r. Mukhram Giri



Smt. Sushila Devi



Smt. Sushila Devi



Again, the journey was started in a small flat in Vasundhara, one morning many years ago, whilst having Aloo Poori for breakfast on a Sunday, it occurred there are many children who are unable to even get that small joy. Hence, every Sunday our team cooked and took the food to 40 children, but that wasn't enough.

Just like Robert Frost Quotes- The woods are lovely, dark and deep. But I have promises to keep and miles to go before I sleep.

**A big thanks to the team who are making the impossible possible.**

## OUR MEDICAL ADVISORY BOARD



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Physician



Dr. Dharendra Singh,  
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Dr. Renu Jainer,  
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