

littleMORE™
... and a lot more !

Presents

the 15th year

In remembrance of our founder & inspiration
Late Mrs. Leena Shantaram Pawar

highlights
of 2023

each
inspire one

each
feed one

each
teach one

Our Core Team



Gitaali Pawaar
(Managing Trustee
& Chairperson)



Mr. Chetan Savla
(Founder Trustee)



Mrs. Gargi Farid
(Trustee)



Mrs. Gauri Patil
(Executive Director)

Our Team



Dr. Varsha Davane
(Occupational Therapist)



Dr. Preksha Jain
(Physiotherapist)



Mrs. Varsha Naik
(Program Lead)



Mrs. Toral Shah
(Nutritionist)



Mrs. Trupti Kiran Vavhal
(Program Co-ordinator)



Mrs. Shaily Phatak
(Program Co-ordinator)



Mr. Soham Joshi
(Program Co-ordinator)



Mr. Bobby Shaikh
(Driver)

Our Founder



Smt. Leena Pawar

The concept of littleMORE™ was conceived out of the personal experience of our core founder, Late Smt. Leena Pawar, who was diagnosed with Acute Myeloid Leukemia (A.M.L.). During her several visits at the Tata Memorial Hospital, the plight of patients and their families was heart-breaking. She noticed that a lot of these patients were from lower socio-economic segments of society, struggling to meet their medicinal, boarding needs / expenses and young children missing school lessons. Fortunately, Smt. Pawar was no ordinary soul. She choose not to wallow in self-pity over a bad hand dealt by life. In spite of her personal grievances that accompany cancer treatment, she felt absolute compassion for those around her. She decided to help and support their needs by launching the NGO.

littleMORE™
... and a lot more !

Our Journey

On October 8th, 1946, the Nagvekar family was happy with the birth of their daughter, Leena. Sadly, a couple of months later, Leena lost her mother. Baby Leena found love and acceptance in her aunt's family, the Fatterpekar. She grew up to be a young lady, full of life and enthusiasm. At the age of 19, she found companionship and life partner in her art teacher, Shantaram Pawar and started her own family. Together, they raised their three daughters - Gauri, Gargi and Gitaali.

Leena Pawar found her calling of helping the sick and needy from her father-in-law, Dr. D. S. Pawar who was working in the Pharmacology department of G.S. Medical College. From her house, she witnessed several kids and adults with face masks. On further enquiry, she found they were suffering from the dreaded disease, cancer. Probing further, she saw these were tough men and women who had looked after their families all their lives and were now reduced to frail frames, bald heads and sallow complexions.

Borrowing strength from their families, friends, hospital staff and even strangers, they were fighting with all they had. Little children, who belonged to the playground, were now barely able to run a few meters, holding tightly to parents who didn't know answers to their many innocent questions.

A lot of these families came from distant villages and lived in dormitories around the hospital area with no family or friends. Money ran low and so did their courage. Desperate, yet proud, they seemed to be fighting on, yet their reality was heart-wrenching. It was as if the cancer had its death grip on the entire family. Leena would find herself thinking of their plight.



Little Leena with the Fatterpekar



Young Leena full of life and enthusiasm



Mr. Shantaram Pawar & Mrs. Leena Pawar



Dr. D.S. Pawar

Leena had a choice of never returning to witness such daily misery and suffering. Instead, she learnt to deal with her shock by reaching out to those in suffering. She started spending time with these children, to read to them, play with them and cheering them up in any way she could. She managed to form a small group who contributed some money towards this noble cause. With the money collected, she would load her bags with fruits, milk, toys and other treats.

The momentary joy that she saw on the little children and adult patients started giving her untold joy in return. She knew she had to continue doing a little more for them every day. But on many occasions, she would sob into her pillow, due to the depressing sight of these people.

After a chance meeting with well-known social activist and family friend, Kamal Tai Vichare, Leena learnt to channelize her passions and talents to become a successful entrepreneur, which further afforded her to pursue her philanthropic ambitions. Shri G. B. Newalkar was another great influence and father figure in her life.

With a deeply ingrained sense of social awareness and justice, she learnt to stand up for what she believed in. Leena Pawar busted the infamous milk racket in North Mumbai, thus 'protecting' thousands of families from potential sickness. For her efforts, she was awarded the first-ever citizen journalist award by CNN-IBN.

Unfortunately, sometimes life deals with you a bad hand. In April 2009, Leena Pawar was diagnosed with Acute Myeloid Leukemia (A.M.L.). Now she too was one of the many fellow humans whom she reached out to. Such is the irony of life! During her many visits and long waiting hours for her treatment at TATA Memorial Hospital, Parel, she would hear heart-breaking stories of young children bullied at school due to their



with Bhausaheb Newalkar



With Kamaltai Vichare



Receiving a certificate of recognition from late Shri Shantanurao Kirloskar, well-known industrialist



Birth of littleMORE

appearance, mistreated by relatives, women abandoned by their husbands and families and even children. It was not an easy task, to be sympathetic while going through chemotherapy herself, but Leena's determination to help others persevered. Out of this virtue, littleMORE was born.

Unfortunately, Leena Pawar lost her fight to cancer on Saturday, 23rd January, 2010, but her spirit lives on and inspires others to take her cause forward. littleMORE was born to continue to reach out to those who need it, through health initiatives, education, research grant and art.

littleMORE is dedicated to make the lives of cancer fighters a bit easier and giving some light in an otherwise gloomy world.

With your help, littleMORE wants to expand its scope of social service and address more issues to help patients and families that need care and attention.

Our Vision

littleMORE envisions a society where preventive and supportive health care is accessible and available to all; where poverty or disease does not affect educational or employment opportunities; and art and research promote social mobility.

Our Mission

- To support patients from underprivileged background in treatment and recovery with nutrition, and sanitation.
- To facilitate prevention and early detection of diseases; and reduce stigma and misconceptions related to diseases.
- To provide education and vocational training opportunities to patients and families.
- To nurture budding artists and encourage social healing through art.
- To foster research in the field of science, art and creativity.

littleMORE provides a variety of support and services to cancer patients and their caregivers at the Tata Memorial Hospital (TMH) which is the epicenter of cancer treatment in the country. The activities extend material, nutritional, financial and moral support to families in need.

Anaaj Daan

There are several patients who come to TMH from outside the city of Mumbai. Their caregivers often struggle for daily survival while the patients undergo treatment. 'Anaaj Daan'- the gift of grains- caters to this critical need by providing them with basic food and hygiene products. The kit contains 3 kg rice, 1kg tur dal, 1 kg moong dal, 3 kg wheat atta, 1 kg jwari atta, 1 kg oil, 1 kg sugar, 1 kg salt, 1/4 kg moong, 1/4 kg mataka, 1/4 kg channa. Easing this burden offers support to such families, as they can then focus their attention and resources on the patient's treatment.

Fruit distribution

Fruits are a natural choice as healthy nutrition as well as preferred food during fasts. On the first Tuesday of every month, 45 patients of TMH are given a fruit bag with 5 fruits- 5 bananas, apple, orange / mosambi, pomegranate, pear. Fruits may vary depending on the availability.

Jio Hazaro Saal - Birthday celebration and distribution of Gift Goodie Bags

Paediatric cancer patients miss out on simple pleasures of childhood as they face this difficult disease and its challenging treatment. Simple entertainment and celebrations can bring much joy to these little patients, add colour to their demanding treatment routines while boosting their spirits. During bimonthly celebration of birthdays for paediatric patients at TMH, more than 300 children receive a gift goodie bag from littleMORE to complete the experience.

Medicine Compliance

Although the doctors do their best to explain the dosage at the time of consultation, the sheer number of patients that they see, leaves little room for detailed follow up on subsequent visits to ascertain medicine compliance. Cancer medication can have harsh side effects leaving the patient and the care givers demotivated to consume the medicines as per line of treatment. Systematic collection of medicine consumption record can save considerable time and efforts of the doctors who are racing to see as many as 150 patients daily in the OPD.

littleMORE conducts daily screening of oral chemotherapy medication for paediatric patients visiting the Hemato-Lymphoma OPD at the Tata Memorial Hospital. On an average day, 100 to 125 paediatric patients are screened. It assists the medical oncologist to ensure medicine compliance in follow up and identification of erroneous drug consumption.

Sarathi - Counselling & Moral Support

When diagnosed with cancer, one often experiences shock and a sense of doom. There is a lot of anxiety about everything from monetary resources needed, logistical arrangements, emotional upheaval of patient and family, and the very question of recovery and survival, or death. The treating Oncologist, Physiotherapist, Nutritionist, Medical Social Worker (MSW) etc. directly talk with the patients and caregivers; which is indeed helpful to dispel myths, remove stigma and give realistic picture about the treatment and recovery path. But with an overwhelming volume of patients who come to TMH, it is impossible for the staff to give ample time and have repeated conversations with every patient.

To address this need, littleMORE 's patient co-ordinator from project SARATHI provides support to the patient/caretaker during various documentation procedures, dispelling myths and stigma, sharing best practices, and acting as emotional support. The co-ordinator also acts as a liaison between the Disease Management Group (D.M.G.) and the patient when needed, by bridging the gap between the patient/caregivers and the clinicians or the administrative staff.

Swastha Seva – Preventive health Awareness

Our Swastha Seva program is directed towards developing preventive health behaviours. Awareness sessions propel people to go for early screening which can lead to timely diagnosis and treatment. We organise such free sessions at various settings such as residential societies, educational institutions, corporate offices, sport clubs and so on. Many of these free sessions are interactive awareness lectures about diabetes focused on healthy eating habits for an active lifestyle. 'Ek chidiya'- diabetes awareness documentary is screened during these sessions. Through progressive programs, original content and diabetes resources, we strive to accomplish our mission of defeating diabetes. There are free check-up camps conducted alongside awareness sessions, to facilitate early detection.

Over the years we have expanded the scope of awareness sessions to cover a wide variety of health issues affecting the urban population like nutrition, malaria, tuberculosis, child & woman related issues, cancer, hepatitis B & C etc. These free awareness sessions are conducted by eminent health care practitioners specialized in each field.

Jeevika – Nutritional & sanitation Support along with Counselling

Personal experience of caring for Tuberculosis patient and challenges of side effects of the long-drawn medication inspired our trustee Ms. Gitaali Pawaar to extend support to patients of this feared disease.

Project Jeevika aims to create awareness of TB, its spread, symptoms, and treatment. Through this project we encourage persons suspected of TB to approach, demand and access free government healthcare services. We also provide nutritional counselling to patients diagnosed with Tuberculosis, along with supplementary nutrition to help patients maintain their health. In order to contain the spread of disease and speed up the recovery time, we provide sanitation materials and encourage healthy sanitation habits.

Sathi Hath Badhana – Providing utility items for leprosy patients

Even though prevalence rates for leprosy are decreasing with advent of effective medication, the new case detection rate (NCDR) is showing no change and India continues to have a large number of leprosy patients. Lately NCDR is increasing in some geographical pockets, with alarmingly large number of paediatric cases (35%), suggesting continued transmission. Despite promising recovery results, the age-old stigma associated with the disease remains an obstacle to self-reporting and early treatment. ~~little~~ **MORE** supports patients of ACWORTH hospital with basic necessities such as coconut oil, tooth paste, tooth brush, bathing soap, detergent soap etc. We also share the joy of survivorship by distributing nutritional sweets combining it with one's well-being.

During Swasthya Seva awareness sessions messages dispelling myths, and underlining need for early detection and treatment for leprosy are emphasised. We hope to create a new environment, in which leprosy patients will not hesitate to come forward for diagnosis and treatment at any health facility.

SASHAKT - Nutritional supplements with dietary counselling

Proper nutrition is as important as medication to recover from any illness, especially a ravaging illness like cancer. Besides food-based nutrition, patients need supplements to meet these requirements. **littleMORE** supports patients from economically weak background by providing TMH recommended nutrition supplements under the supervision of highly qualified TMH dieticians.

RAHAT - STOMA care

Some cancer treatments involve amputations and prosthetics; or artificial feeding or draining systems for patients. Stoma is one such procedure that involves use of Urostomy and Colostomy pouches for draining bodily waste. For patients from economically weak background, procuring Urostomy and Colostomy pouches is an expensive proposition. Patients and caregivers also need assistance to understand and practice appropriate fitting procedure, care and hygiene, infection prevention and other relevant issues. To address this need, **littleMORE** offers stoma care, wherein patients receive Urostomy and Colostomy pouches required for 1 month, along with stoma paste, support ring, belt etc. at the TMH stoma clinic. It helps patients to live positively and without fear or restrictions in daily activities.

Goodie Bag Distribution

The event is aimed at driving positive change in the cancer patient's community both pediatric and adult through our goodie bag distribution program at the TATA Memorial Hospital Parel. The thrice a year event with live entertainment show is held pre monsoon, pre winter & on the 23rd of January (which marks the death anniversary of late Smt. Leena Shantaram Pawar). Goodie bags are distributed to almost 1500 cancer patients.

The Adult (Male /Female) goodie bag consists of Napkin, Toothbrush (Colgate -zig zag), Toothpaste (Colgate-vedshakti 100 grams), Bath Soap - Medimix 125 grams, Britannia biscuit combo pack, Cotton face mask, Petticoat / Lungi, Steel plate, Steel bowl, Steel tiffin, Folder.

The children goodie bag consists of Napkin, Toothbrush (Colgate -zig zag), Toothpaste (Colgate-vedshakti 100 grams), Bath Soap - Medimix 125 grams, Britannia biscuit combo pack, Cotton face mask, Drawing kit, Jigsaw Puzzle, T shirt, Steel plate, Steel bowl, Steel tiffin.

Bladder Cancer Support Group Meeting

In the year 2021, **littleMORE** has initiated bladder cancer support group for patients, survivors and families of patients. It was launched as an online support group to facilitate access to all, was extremely educative in times of restrictions due to Covid-19 pandemic. Participants from all over the country join the support group meetings, seeking and providing support, courage and empathy to their near and dear ones. The experience of holding these support group meetings, has further underlined the need to continue and expand support activities for bladder cancer patients.

GastroIntestinal Cancer Support Group Meeting

Since January 2024, **littleMORE** has initiated a GastroIntestinal (GI) Disease Management Group (DMG) cancer support group for patients and their families undergoing treatment at the Tata Memorial Hospital. For administrative purposes, the surgical oncology unit is split into 3 units GI (A), GI (B), GI (C), considering every month 3 separate unit meetings are conducted to facilitate the linear flow of treatment between the consultants, hospital administration and patients with their families.

Edutainment

Pediatric cancer patients face multiple challenges while fighting the disease. The treatment puts their life on hold, taking away the most precious gifts of childhood- friends, school and play. The disease and its treatment leave them with no energy and time to participate in regular school and other extra-curricular activities.

Since going to school is such a big part of a child's life, we initiated 'Edutainment' – a comprehensive program for the children in pediatric ward of TMH. Edutainment, as the name suggests is a combination of education and entertainment, imparting learning without the stress of competition and performance.

The edutainment program starts every year from the month of November and extends till March. These months are best suited since the average rate of seasonal illnesses is less. About 10-12 children participate in the programme. Subjects like Math, English, Science and Social studies are covered along with Drawing, and Arts and Crafts. The syllabus is designed to cover major topics of regular school curriculum.

Our volunteer teachers go an extra mile to mentor the children, nurturing their aspirations and hope.

Art Therapy

Art, in all its forms, is a highly effective way of expression and helps overcome difficult life experiences. Art therapy is a technique rooted in the idea that creative expression can foster healing and mental well-being. Diseases like cancer, tuberculosis, leprosy and diabetes cause a lot of anxiety and uncertainty to patients and care givers, as it is a challenging disease with life altering consequences. **littleMORE** uses different creative techniques like drawing and singing to help explore suppressed feelings and emotions. This discovery of personal insights facilitates healing, empowerment, and overall wellbeing of the patients and caregivers. In turn it promotes better interpersonal relationships and understanding.

Yoga and meditation classes

A growing body of research on yoga for terminally ill patients has shown that practicing yoga results in immediate improvements in sleep quality, mood stability, stress, management of physical symptoms, and overall quality of life. Meditation and yoga can help in dealing with stress, anxiety and depression effectively. **littleMORE** has planned to conduct classes for yoga and meditation for patients to support recovery and improve mental health.

Vocational Training Support

Cancer treatment and recovery is a long-drawn process, and patients often cannot go back to their previous sources of livelihood. Recognizing this very problem, littleMORE has collaborated with corporate organizations that provide vocational training for recovered patients or a family member. Vocational training helps them learn new skills and find employment in small and medium industrial sectors. It not only assists them to become financially secure, but also restores their self-confidence and dignity, turning them into productive members of their family and society.

Sponsorship

Cancer treatment burns a deep hole in the already shallow pockets of less-privileged patients. Most patients come from far corners of the country. While the patient undergoes treatment at TMH, the family has to bear additional expenses of accommodation, traveling and meals in the expensive city of Mumbai. Families stretch their resources and are often left with no funds to take further education post treatment and return to their native place.

During edutainment classes, our teachers and volunteers identify promising students with potential for academic progress. The chosen students- either pediatric patients or children of adult patients- are offered financial assistance to continue and complete education.

The sponsorship ensures that illnesses like cancer, tuberculosis or diabetes do not rob them of the opportunity of attaining education and future growth.

Annual Day

Every year we celebrate 8th October, the birth anniversary of our founder trustee and inspiration Late Mrs Leena S. Pawar. We celebrate this day as the littleMORE Annual Day – an amalgamation of entertaining performances and volunteer felicitation. Many eminent artists have graced the occasion with their presence and performances. We always aspire to make the celebration diverse and inclusive, offering stage to established as well as upcoming artists from all walks of life.

The event also gives us an opportunity to appreciate our volunteers, who selflessly give their time, love and labor to this noble cause. They are the working arms of littleMORE, translating support and services into care and hope for patients. Their gestures motivated by the pure humanitarian urge to reach out to the less privileged, have touched lives of many families fighting diseases like cancer, tuberculosis, leprosy and diabetes. They are true embodiment of the words- helping hands are better than praying lips. Our volunteers make the littleMORE family, what it is today.

The Annual Day program is open to all.

Shantaram Pawar Smruti Puraskar (S.P.S.P.)

Late Shantaram Pawar, our first donor, was a man of many talents – distinguished painter, illustrator, poet, typographer, calligrapher, muralist, theatre set designer, visualizer and designer. He is recognised as 'Asthapailu' – somebody who excelled in many fields. He was a renowned professor in the Sir JJ institute of Applied Arts. His repertoire is wide ranging and all-encompassing,

leaving a mark in all his endeavours from conceiving and executing giant murals, designing book covers and theatre sets, to creating a company's brand image from the ground up.

Shantaram Pawar Smruti Puraskar (S.P.S.P.) is an award to felicitate multi-talented students in the field of Arts. In 2019 the recipient was awarded with S.P.S.P. trophy and a cash prize of Rs. One Lakh, and the winning college received Rs. Thirty thousand for upkeep of the library. Due to Covid-19 Pandemic the award was suspended between 2020 and 2021. In the year 2022,2023 with revised selection criterion. S.P.S.P. was shared among three students of Sir JJ institute of Applied Arts.

Acknowledgements

In our **littleMORE** journey, we have received support and cooperation from the TATA Memorial Centre (medical & administrative staff), Municipal Corporation of Greater Mumbai (MCGM), ACWORTH Municipal Hospital For Leprosy, Tata Motors Ltd., Navneet Foundation, The Bombay Community Public Trust (BCPT), Cholayil Foundation, Kokuyo-Camlin, Tata Motors, Stock Holding Corporation of India Limited, The Associated Building Company Limited, Mohana HR Futuristics, Dr. Balakrishna Rongali NSS Programme Officer Jai Hind College, Prof. Mahesh Deshpande (Dept. of Economics) R. A. Podar College, Prof. Shubhada Gala, Prof. Pramod Thoake N.S.S. Programme Officer M.D.College, volunteers from different walks of life, be it professionals, homemakers and students.

We see a change in today's generation. We require a good lifestyle for which we are earning loads of money but we forget that we need good health and inner peace too. If every individual allocates 4 hours in a week to a community project, helps needy people around, then the world would be a better place to live.

Everybody wants to change the world but nobody wants to change themselves. If we start thinking that all of us are responsible for each other individually and collectively, we can succeed in working for social initiatives, by donating to the right causes, your time and money.

Promise yourself to spread love...a **littleMORE**...and lot more!

Promise yourself to make this world a better place to live
a **littleMORE**...and lot more!

Donations can be given by cheque in favour of "little more"

Account Name : Little More

Bank Name : HDFC Bank

Branch : Dindoshi Goregaon East Mumbai

Account Number : 02121450000412

RTGS/NEFT IFSC : HDFC0000212

Donations are eligible for 80G exemption.

Donors are requested to send an email to accounts@littlemore.org.in with a snapshot of transaction id along with their contact details and a copy of their PAN card & Aadhar card number to process their receipt which will be emailed to them.

We look for a continuous support from our patrons in the future projects and contribute a littleMORE. Let us together celebrate another abundant year of Planning, Preparing and Performing...

With these thoughts and hopes, I would like to conclude with: "Don't aim for success if you want it, just do what you love and believe in and it will come naturally." – David Frost

Gitaali Pawaar

Founder-Trustee, littleMORE™

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YouTube : <https://www.youtube.com/c/littleMORENGO>

LinkedIn : <https://www.linkedin.com/ngo.littlemore>

Twitter : https://www.twitter.com/littlemore_ngo

Instagram : <https://www.instagram.com/littlemorengo>

littleMORE™ Annual Day 2023



L to R: Ms. Gitaali Pawaar (Managing Trustee littleMORE™), Ms. Sanjeevani Belande (Singer), Dr. Sandeep Gurav (Prof. and Consultant Dental and Prosthetic Surgery, Tata Memorial Hospital), Mr. Mahesh Zagade (IAS) Ex Principal Secretary to Govt. of Maharashtra, Mrs. Nehal Shah (Former Municipal Councillor), Mrs. Anuradha Rajadhyaksha (Actress), Mrs. Niharica Sadaphule (Mrs India Maharashtra, Mrs Asia), Mr. Umesh Ahuja (Trustee M.D. Ahuja Trust), Mr. Chetan Savla (Trustee littleMORE™), Mrs Gauri Patil (Executive Director littleMORE™)

Volunteer Felicitation

We take this opportunity to thank all volunteers, who have worked relentlessly for the various initiatives undertaken by littleMORE™



Aatish Babar, Abhishek Salunkhe, Amogh Dharap, Amul Malsure, Amruta Yadav, Anjali Gupta, Anshuka Doiphode, Anushka Suryavanshi, Apoorwa Gupta, Ashish Gupta, Atharva Adhatrao, Azalfa Ansari, Bhumi Mohite, Dattatrey Baswat, Divyanshu Maurya, Diya Lalan, Esha Sawant, Gayatri Pandirkar, Gandhali Paranjape, Harsh Rane, Harshal Raut, Harshali Parab, Harshita Gotad, Janhavi Kasar, Juhi Shah, Kajal Avhad, Kapil Padekar, Karina Harekar, Karn Ramane, Kewal Bhuvad, Khagendra Shahu, Kiran Gupta, Komal Kochrekar, Krisha Masalia, Kunal Pagare, Mahima Patil, Manali Sawant, Manisha Sawant, Manini Ganguli, Manthan Brahmanekar, Meghna Parida, Mohak Gothankar, Mridini Uchil, Mrunali Chandoskar, Muskan Upadhyay, Namit Gawade, Namrata Sheety, Neeta Jain, Nilesh Parab, Nupoor Shinde, Omkar More, Parag Shinde, Pawan Pawar, Piyush Das, Piyush Phansekar, Purva Kawale, Pooja Kadam, Prachi Mane, Prathamesh Khapare, Preksha Rajjadhav, Pritesh Mhaskar, Priti Maurya, Priyanshu Chaskar, Raj Nevgi, Raj Tiwari, Rajesh Dedhia, Rakesh Gupta, Rashmi Gurav, Rishita Jawale, Rishi lalan, Ritika Solanki, Riya Mahadik, Riya Kulekar, Riya Gawas, Riya Supekar, Rucha Bambolkar, Ruchita Khair, Rudra Mange, Rutuja Surve, Sakshi Bandbe, Saloni Mhatre, Sandhya Bandre, Sandeep Tamhane, Sanika Bavkar, Sarnaz Shaikh, Sarthak Patil, Sayali Bhosale, Sayali Kerkar, Sayli Otawkar, Sayli Kerkar, Seema Gurkar, Sharadha Kamble, Shahin Khan, Shravani Koli, Shreyash Shinde, Shubham Kulye, Siddhesh Adhatrao, Siddhesh Chavan, Siddhesh Jagtap, Sidrah Shaikh, Smita Naik, Sneha Parab, Sneha Shukla, Soham Tawde, Sonali Jain, Suchita Iotekar, Sunil Khanolkar, Suraj Mankar, Taniksha Dhanke, Tanmay Badhe, Tanvi Kasar, Tejas Baswant, Urvi Khandelwal, Vaibhavi Bandre, Vaishnavi Dabholkar, Vaishnavi Prabhu, Vaishnavi Gawas, Varshali Thakur, Varun Sawant, Varsha Naik, Vedant Chivelkar, Vedika Kansare, Vibhav Rao, Vidhi Karkar, Vidya Das, Vikas Chaudhary, Viomee Savla, Vijaylaxmi Rajan, Vrushabh Parab

Sanjay S. Deshmukh
I.A.S.

Addl. Municipal Commissioner



Office of the Addl. Municipal Commissioner,
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D O. No. : *HO/NCD/187/Dt: 28/01/15*

Date : *28/01/2015*

Dear Ms. Gitali Pawaar,

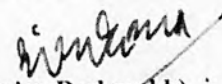
The Municipal Corporation of Greater Mumbai has launched a campaign on healthy living "Swasthya mein hai Swaad" on the eve of World Diabetes Day 2014. Under the campaign, the focus was creating awareness amongst citizens on healthy eating & exercise. In this endeavour, MCGM had sought collaboration with NGOS/ institutions that would support the campaign to take it to the common man.

It gives me immense pleasure to bring on record that the documentary film prepared by your organization has effectively translated the objective of the campaign & has helped to reach to the masses.

We would like to thank "littleMORE" for their support in the making of this film & being partner with MCGM in this campaign. We really appreciate the efforts & prompt response of your organization in successfully implementing this campaign.

We look forward for future collaboration in this social cause.

With Best Regards,


(Sanjay Deshmukh)

To

Ms. Gitali Pawaar,
Founder Trustee,
littleMore

From A Well Wisher

Tata Memorial Hospital's primary activities are that of Diagnosis, Therapy and Research in Cancer, as well as training and education, with an objective to provide the highest standard of patient care.

70% of the patients undergoing treatment are treated free or on very nominal payment. It is our mandate of which we are proud. Other than treatment, one has to take care of the various needs of patients, such as finance, accommodation, etc., along with the support of many NGOs and volunteers.

littleMORE has been associated since 2009 in various activities including distribution of Goodie bags, arranging entertainment programs, educational scholarship, food grain distribution, volunteer support at the Pediatric, Genetic, Bone and Soft Tissue, blood collection center, etc. with active participation from Ms. Gitaali Pawaar, who has continued to serve patients in the name of late Smt. Leena Pawar.

I would like to take this opportunity to thank all the members of littleMORE for being such a great help towards alleviating hope and bringing joy to the families and patients undertaking treatment at
Tata Memorial Hospital, Parel and wish them
all success in all their future endeavours.



Dr. Humayun Jafri
Sr. Public Relation Officer and International Patients Advisor (Retd.)
Tata Memorial Hospital, Parel, Mumbai

HUMSAFAR

26th September 2023, **littleMORE** has initiated the HUMSAFAR – Rehabilitation & Day Care Centre for Palliative Cancer patients in association with Tata Memorial Hospital, supported by the M. D. Ahuja Trust who graciously offered their premises to run the facility. The Palliative rehabilitation, & Day centre offers services such as Occupational Therapy, Physio Therapy interventions, Stoma care pouches, Nutritional supplements for distribution to the needy, Yoga, Art therapy, and financial support to the socio-economic weaker sections of cancer patients undergoing treatment at the TATA Memorial Hospital.

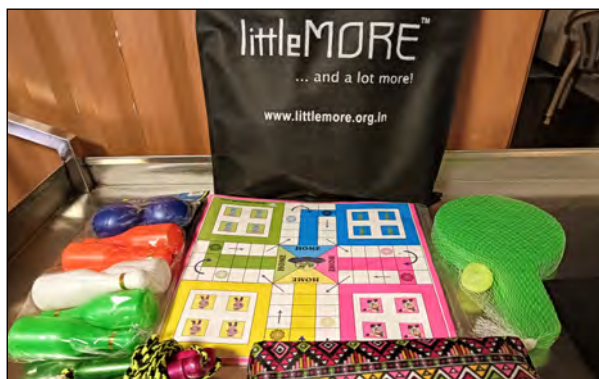


The service aims to relieve suffering by identifying, assessing, and treating pain and other physical, psychosocial, and spiritual problems. The centre is located on the 1st floor of Ahuja Hall, near Hindamata Theatre which is in the vicinity of the hospital to make it easily accessible.



Our Activities - Oct. 2023 to Sept. 2024

Birthday Celebration and Distribution of Gift Goodie Bag



*Patient photos are blurred to protect their identity

Our Activities - Oct. 2023 to Sept. 2024

Rahat - Stoma Care



Fruit Distribution



Anaaj Daan



*Patient photos are blurred to protect their identity

Our Activities - Oct. 2023 to Sept. 2024

Edutainment

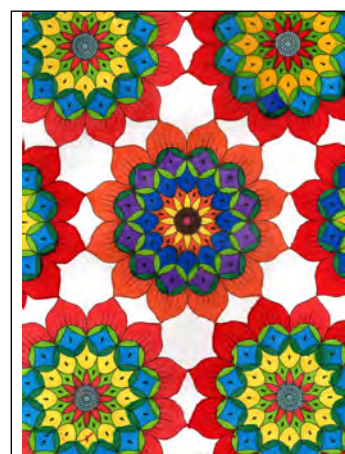
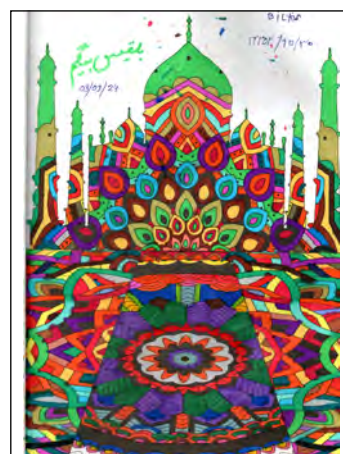


Our Activities - Oct. 2023 to Sept. 2024

Sathi Hath Badhana



Art Therapy

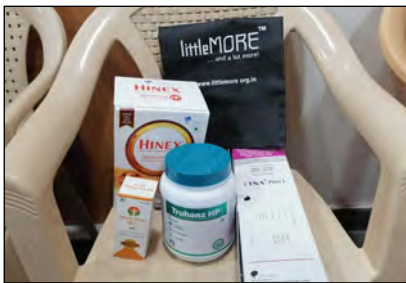


Our Activities - Oct. 2023 to Sept. 2024

Medicine Compliance



SASHAKT - Nutritional supplements with dietary counselling



Swastha Seva – Preventive health Awareness



Volunteer Team



Our Activities - Oct. 2023 to Sept. 2024

Felicitation



(Left to right - Dr. Ramaswamy MDNHM, Dr. Pradeep Vyas, Hon'ble Governor, Shri Bhagat Singh Koshyari, littleMORE Managing Trustee & Chairperson Ms. Gitaali Pawaar receiving the certificate)

littleMORE NGO was one amongst the 100 NGO's from Maharashtra felicitated by the Governor at Raj Bhavan for their contribution in the ongoing Tuberculosis (T.B.) project which aligns with the recent T.B. Mukta Bharat project, inaugurated by the Honorable President of India and launched by the Honorable Prime Minister of India.

Jeevika - Nutritional & Sanitation Support along with Counselling



“

Promise yourself to spread a littleMORE™ love

Promise yourself to make this world

a littleMORE™ equal and inclusive.

”

In an increasingly materialistic world, many are seeking meaning and purpose in their life.

Community service has always been a meaningful way to connect with oneself
while serving others in need.

Our founder Mrs. Leena Pawar said,

"if every individual makes a difference to the society, mankind will survive."

If we start thinking that all of us are responsible for each other collectively, we can promote social initiatives by contributing our time, effort or money to go an extra mile for the community.

Volunteer

If we start thinking that all of us are responsible for each other collectively, we can promote social initiatives by contributing our time, effort or money to go an extra mile for the community.

There are many ways in which you can volunteer

- Edutainment
- Patient counselling
- Nutrition distribution
- Goodie bag distribution
- Health awareness sessions

Remote Support

For people who are interested in volunteering, but cannot be physically present at work site; littleMORE offers opportunities to contribute to the cause remotely. Invest your time working from home in helping us grow operationally.

You can extend remote support by

- Liaisoning with large corporates for employee engagement programme.
- Coordinating Danotsav events.

Donate

To know more donation options, click on the below QR Code.

