

वंचित विद्यार्थ्यांनी झोपडपट्ट्यांमधील समस्यांची मांडली व्यथा

मुंबई: सलाम बॉम्बे फाऊंडेशनच्या (एसबीएफ) १७ व्या नॅशनल बालपरिषदेने शहरी झोपडपट्ट्यांमधील किशोरवयीन मुलांमधील तंबाखूचा वापर, पोषण आणि मानसिक आरोग्य यावर प्रकाश टाकला. एसबीएफच्या प्रतिबंधात्मक आरोग्य उपक्रमाचा भाग असलेल्या ३८० हून अधिक सरकारी व सरकारी अनुदानित शालेय विद्यार्थ्यांनी एकत्र येऊन चर्चा केली आणि त्यांच्या

सलाम बॉम्बे फाऊंडेशनच्या शाळा व समुदायांबद्दलच्या त्यांच्या समस्या संबंधित भागधारकांपर्यंत मांडल्या, तसेच ऑन-ग्राऊंड उपाय सुचवले.

खासगी शाळांमधील मॉडेल युनायटेड नेशन्स (एमयूएन) सारखी असलेल्या या बालपरिषदेला अनेक मान्यवर उपस्थित होते. बालपरिषदेमधील चेंज प्रॉजेंट्स म्हणून व्यासपीटाचे

बालपरिषदेत टाकला प्रकाश विद्यार्थ्यांना प्रशासकीय भागधारक व धोरणकर्त्यांसोबत परस्पर संवाद साधण्याची सुविधा दिली. याप्रसंगी सलाम बॉम्बे फाऊंडेशनच्या प्रोजेक्ट्सचे (प्रतिबंधात्मक आरोग्य व संशोधन) उपाध्यक्ष लोरिंग डी. भुति या म्हणाले, बालपरिषद हे आपल्या भावी तरुण चेंज लीडर्ससाठी त्यांच्या समस्या आणि विचार सन्नेत असलेल्यांपर्यंत

पोहोचवण्याचे अनोखे व्यासपीठ आहे.

हे व्यासपीठ लहान मुलांनी भारतातील शहरी झोपडपट्ट्यांमधील मुलांसाठी तयार केले आहे. हा उपक्रम संबंधित अधिकाऱ्यांशी विचारशील चर्चा करतो आणि आमच्या विद्यार्थ्यांना आरोग्य सेवा, पोषण व व्यसनाचे घातक परिणाम यांसारख्या प्राथमिक समस्यांबद्दल त्यांचे मत मांडण्यास मदत करतो. या

उपक्रमाद्वारे, आमचे विद्यार्थी स्थिर प्रभाव निर्माण करण्यात मदत करू शकतात, जे आता त्यांच्या समुदायांमध्ये माहिती आणि जागरूकता पसरवण्यास सक्षम आहेत. याव्यतिरिक्त, विविध स्तरांवर धोरणकर्ते व संबंधित भागधारकांसोबतचा संवाद त्यांना त्यांच्या समस्या मांडण्यासाठी आणि प्रत्येक टप्प्यावर त्यांचा आवाज ऐकण्यास सक्षम बनवण्यामध्ये मदत करत आहोत.

सलाम बॉम्बे फाऊंडेशनच्या १७व्या नॅशनल बालपरिषदेने वंचित विद्यार्थ्यांना भारतातील झोपडपट्ट्यांमधील गंभीर समस्यांबद्दल बोलण्यासाठी दिले व्यासपीठ तरुण दूरदर्शीनी त्यांच्या समस्या व सूचना धोरणकर्ते आणि भागधारकांसमोर मांडल्या

मुंबई, : सलाम बॉम्बे फाऊंडेशनच्या (एसबीएफ) १७व्या नॅशनल बालपरिषदेने भारतातील शहरी झोपडपट्ट्यांमधील किशोरवयीन मुलांनी वाढवलेले प्रतिबंधात्मक आरोग्य उपाय तंत्रज्ञान वापर, पोषण आणि मानसिक आरोग्य यावर प्रकाश टाकला. एसबीएफच्या प्रतिबंधात्मक आरोग्य उपक्रमाचा भाग असलेल्या ३८० हून अधिक सरकारी व सरकारी अनुदानित शालेय विद्यार्थ्यांनी एकत्र येऊन चर्चा केली आणि त्यांच्या शाळा व समुदायांबद्दलच्या त्यांच्या समस्या संबंधित भागधारकांपर्यंत मांडल्या, तसेच ऑन-ग्राऊंड उपाय सुचवले.

बालपरिषदेची संकल्पना सलाम बॉम्बे फाऊंडेशनच्या प्रतिबंधात्मक आरोग्य उपक्रमानंतर्गत करण्यात आली होती, जी २००२ मध्ये विद्यार्थ्यांना तंत्रज्ञानासून दूर ठेवण्यासाठी एक उपक्रम म्हणून सुरू झाली. तंत्रज्ञानासून फाऊंडेशनने आपल्या विद्यार्थ्यांच्या आरोग्याच्या प्रत्येक पैलूचा समावेश केला आहे: तंत्रज्ञानाचा वापरास प्रतिकार, पोषणाबद्दल जागरूकता आणि त्यांच्या मानसिक आरोग्याकडे लक्ष देणे. बालपरिषदेच्या माध्यमातून प्रतिबंधात्मक आरोग्य उपक्रमाने हजारो विद्यार्थ्यांना त्यांच्या समुदायांमध्ये सकारात्मक बदल घडवून आणण्यासाठी संबंधित धोरणकर्ते आणि भागधारकांसोबत काम करण्यास सक्षम केले आहे. हे नेतृत्व आणि उच्चवर्ग भविष्यासाठी एक पोर्टल उघडण्यासाठी आरोग्यदायी पद्धतीबाबत

जागरूकतेच्या पलीकडे आहे.

खाजगी शाळांमधील मॉडेल युनायटेड नेशन्स (एमयूएन) सारखी असलेल्या या बालपरिषदेला अनेक मान्यवर उपस्थित होते, जसे डॉ. कृष्णा मेठेकर (उपसंचालक, एफएसएसएआय, भारत सरकार), श्रीम. रंजना राव (शिक्षण अधिकारी, प्रादेशिक उप संचालक कार्यालय मुंबई), आणि डॉ.ओमप्रकाश वालेपवार, सहायक आरोग्य अधिकारी, आरोग्य विभाग, बृहन्मुंबई महानगरपालिका आणि भारताच्या विविध भागांमधून सरकारी व सरकारी अनुदानित शालेय विद्यार्थ्यांनी सहभाग घेतला. बालपरिषदेमधील चेंज एजंट्स म्हणून व्यासपीठाने विद्यार्थ्यांना प्रशासकीय भागधारक व धोरणकर्त्यांसोबत परस्पर संवाद साधण्याची सुविधा दिली. दरवर्षीप्रमाणे यंदा देखील व्यासपीठाने आपल्या समुदायांच्या उज्वलतेप्रती लक्षणीय योगदान दिलेले तरुण चेंज-मेकर्स/ हेल्थ मॉनिटरिंगा प्रशंसित केले.

हेल्थ मॉनिटरिंगी एसबीएफच्या बहुविध सामुदायिक आउटरीच हस्तक्षेपांमधून मिळालेल्या माहितीचा व जागरूकतेचा पुरेपूर फायदा घेतला आणि तंत्रज्ञानासून शाळा धोरण, तंत्रज्ञानासून सार्वजनिक जागा, सीओटीपीए, पोषण, शहरामध्ये हरित जागांची कमतरता, मानसिक आरोग्य यासंबंधी काही महत्त्वपूर्ण प्रश्न निदर्शनास आणून दिले.

याप्रसंगी बोलताना सलाम बॉम्बे फाऊंडेशनच्या प्रोजेक्ट्सच्या (प्रतिबंधात्मक आरोग्य व संशोधन)



उपाध्यक्ष तशेंचिंग डी. भुतिया म्हणाले, बालपरिषद हे आपल्या भावी तरुण चेंज लीडर्ससाठी त्यांच्या समस्या आणि विचार सत्तेत असलेल्यांपर्यंत पोहोचवण्याचे अनेक व्यासपीठ आहे. हे व्यासपीठ लहान मुलांनी भारतातील शहरी झोपडपट्ट्यांमधील मुलांसाठी तयार केले आहे. हा उपक्रम संबंधित अधिकाऱ्यांशी विचारशील चर्चा करतो आणि आमच्या विद्यार्थ्यांना आरोग्यसेवा, पोषण व व्यसनाचे घातक परिणाम यांसारख्या प्राथमिक समस्यांबद्दल त्यांचे मत मांडण्यास मदत करतो. या उपक्रमाद्वारे आमचे विद्यार्थी स्थिर प्रभाव निर्माण करण्यात मदत करू शकतात, जे आता त्यांच्या समुदायांमध्ये माहिती आणि जागरूकता पसरविण्यास सक्षम आहेत. याव्यतिरिक्त, विविध स्तरांवर धोरणकर्ते व संबंधित

भागधारकांसोबतचा संवाद त्यांना त्यांच्या समस्या मांडण्यासाठी आणि प्रत्येक टप्प्यावर त्यांचा आवाज ऐकण्यास सक्षम बनविण्यामध्ये मदत करतो.

आपला अनुभव सांगत मुंबईतील काळकिछा महापालिका शाळेमधील इयत्ता ८वी ची विद्यार्थीनी काजल प्रजापती म्हणाली, मी तीन वर्षांपासून सलाम बॉम्बे फाऊंडेशनच्या बालपरिषदेचा भाग आहे आणि दरवर्षी मी तितकीच उत्साही असते. वर्षभरात आपल्याला भेडसावणाऱ्या व संकलित केलेल्या विविध समस्या लक्षात आणून देण्याकरिता आणि बदल घडवून आणण्यात मदत करू शकतील अशा अधिकाऱ्यांपर्यंत पोहोचवण्याकरिता हे आमच्यासाठी महत्त्वाचे व्यासपीठ आहे. आमचे प्रयत्न जाणार नाहीत याची आम्हाला खात्री आहे.

सलाम बॉम्बे फाउंडेशन के डॉल्फिन टंकी 2.0 ने की सुविधाओं से वंचित किशोरवय उद्यमियों की सहायता



मुंबई (उत्तरशक्ति)। सलाम बॉम्बे फाउंडेशन (एसबीएफ) ने स्कूल ऑफ बिजनेस मैनेजमेंट, एनएमआईएमएस के सहयोग से डॉल्फिन टंकी के दूसरे संस्करण का संचालन किया है, जो फाउंडेशन के आंत्रप्रेन्योरशिप इन्क्यूबेटर फॉर ग्रासरूट्स एंडोलमेंट्स का प्रमुख मंच है। आंत्रप्रेन्योरशिप इनक्यूबेटर और डॉल्फिन टंकी जैसे मंचों के माध्यम से एसबीएफ ने कम संसाधनों वाले भूतपूर्व छात्र उद्यमियों (16 से 20 वर्ष के) को संरक्षण, व्यावसायिक सुझाव, पूँजी की सुलभता और बाजार से संपर्क प्रदान किया है। 13 में से 8 सबसे संभावनाशील प्रस्तावों को 40,000 रुपये प्रत्येक तक की आर्थिक सहायता मिली है। 5

उद्यमियों में से प्रत्येक को 7500 रुपये का सहयोग मिला, क्योंकि उनकी विशुद्ध हढ़ता और निश्चय ने ज्यूरी का दिल जीत लिया। डॉल्फिन टंकी का यह संस्करण बहु-शहरीय रहा, क्योंकि इसमें मुंबई और पुणे के उद्यमियों ने भाग लिया था।

ज्यूरी में नाइका की ब्राण्ड मैनेजर अनीसा गुप्ता, वनअसिस्ट कंज्यूमर सॉल्यूशंस में होम सॉल्यूशंस की कस्टमर सर्विस के वाइस प्रेसिडेंट तनवीर काजी, जेनेसिस फोटोग्राफी के लीड फोटोग्राफर राहुल बोर्जेस सेमी-फाइनल राउंड के जज थे, जबकि स्टार एनाइस फाइन फूड्स एंड लीशर प्राइवेट लिमिटेड के संस्थापक अनीस खान दोटे

टुमाउंट कॉस्मोस्युटिक्ल्स प्राइवेट लिमिटेड के संस्थापक एवं सीईओ जयदीप खुराना, यूरेका फोर्ब्स के बिजनेस कंसल्टेन्ट और भूतपूर्व सीईओ विपुल माथुर तथा सोनी म्यूजिक एंटरटेनमेंट इंडिया प्राइवेट लिमिटेड के बॉलीवुड और पॉप रीपर्टोइर के डायरेक्टर रोहन झा फाइनल राउंड के जज थे। एरीस एग्रो लिमिटेड के चेयरमैन एवं मैनेजिंग डायरेक्टर राहुल मीरचंदानी सम्माननीय अतिथि थे। आयोजन में मौलाबार बे की चीफ फाइनैशियल ऑफिसर और डॉल्फिन टंकी इनवेस्टर अदिति श्रीकाम और फ्लोरिडा के सफल किशोरवय उद्यमी ओम श्रीकाम भी मौजूद थे, जो आज भाग ले रहे उद्यमियों के लिये प्रेरणा-स्रोत रहे।

एसबीएफ ने की किशोरवय उद्यमियों की सहायता

मुंबई। एसबीएफ ने स्कूल ऑफ बिजनेस मैनेजमेंट, एनएमआईएमएस के सहयोग से 'डॉल्फिन टंकी' के दूसरे संस्करण का संचालन किया है, जो फाउंडेशन के 'आंत्रप्रेन्यरशिप इनक्यूबेटर फॉर ग्रासरूट्स एडोलसेंट्स' का प्रमुख मंच है। आंत्रप्रेन्यरशिप इनक्यूबेटर और डॉल्फिन टंकी जैसे मंचों के माध्यम से एसबीएफ ने कम संसाधनों वाले भूतपूर्व छात्र उद्यमियों (16 से 20 वर्ष के) को संरक्षण, व्यावसायिक सूझबूझ, पूंजी की सुलभता और बाजार से संपर्क प्रदान किया है। 13 में से 8 सबसे संभावनाशील प्रस्तावों को 40,000 रुपए प्रत्येक तक की आर्थिक सहायता मिली है। 5 उद्यमियों में से प्रत्येक को 7500 रूपये का सहयोग मिला, क्योंकि उनकी विशुद्ध दृढ़ता और निश्चय ने ज्यूरी का दिल जीत लिया।

Publication: The Hindu

Date: 25th March 2023

Salaam Bombay Foundation, in collaboration with the **School of Business Management, NMIMS**, conducted the second edition of Dolphin Tanki. Eight promising business pitches were awarded financial support of up to Rs. 40,000 each.

Smart Business News



Salaam Bombay Foundation's Dolphin Tanki 2.0 Backs Underprivileged Adolescent Entrepreneurs Through Capital Access and Market Linkages



Mumbai, 27th March, 2023: Salaam Bombay Foundation (SBF) in close collaboration with the School of Business Management, NMIMS conducted the second edition of 'Dolphin Tanki' – the flagship platform of the Foundation's Entrepreneurship Incubator for Grassroots Adolescents. Through platforms like the Entrepreneurship Incubator and Dolphin Tanki, SBF is able to provide resource challenged alumni entrepreneurs (aged 16 – 20 years) with mentorship, business acumen, capital access and market linkages. Out of the 13, 8 of the most promising business pitches were awarded financial support of up to INR 40,000 each. 5 entrepreneurs were awarded support of INR 7,500 each as their sheer grit and determination won the jury over. This edition of Dolphin Tanki has gone multi-city with entrepreneurs from Mumbai and Pune participating.

Publication: CSR Journal

Date: 29th May 2023



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Watch: How a school girl is spreading awareness against tobacco addiction in Mumbai

By Ahana Bhattacharya - May 29, 2023

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Cancer is a major cause of deaths across the world. In the year 2018, cancer was the second leading cause of death globally, accounting for an estimated 9.6 million deaths, or one in six deaths, according to the World Health Organization (WHO).

CSR TV



हिंदी मंच

हरियाणा - पायल जानवरों की मदद के लिए सीएसआर का होगा इस्तेमाल

February 6, 2024

वर्ल्ड कैंसर डे - ये हैं भारत के टॉप कैंसर ट्रिटमेंट सेंटर जो हैं सस्ते

February 3, 2024

सीएसआर से कोल इंडिया देगी बेरोजगारों को स्किल ट्रेनिंग



Mumbai's slum champion, Snehal Kshirsagar uses music to battle tobacco abuse in her community

The theme for this year's World No Tobacco Day is "We need food, not tobacco". Taking inspiration from this theme, Snehal, a slum resident of Charkop, utilised the power of music to campaign against the chewing of masher, a locally sourced tobacco

AINIE RIZVI

Snehal Kshirsagar, a resident of Prabhat Chawl in Charkop is gearing up for her next big gig. To raise awareness about the evils of tobacco, the 14-year-old has composed a song for those addicted to chewing it. For her upcoming performance, she will disguise herself as Vasudev, the wandering agent of social change, and sing about the ill effects of chewing tobacco. Known as masher, this tobacco is consumed rampantly in the slum pockets of Charkop.

"In my locality, it is women who are majorly hooked to chewing masher. In the morning, they head to local shops and procure a day's quota of masher. To prepare it for consumption, they heat it on the pan along with harmful elements like sawdust and chew it all day long. Unfortunately, they believe that chewing masher makes their day's labour bearable", revealed Snehal. The lyrics of her composition represent the toxicity of chew-



Snehal Kshirsagar

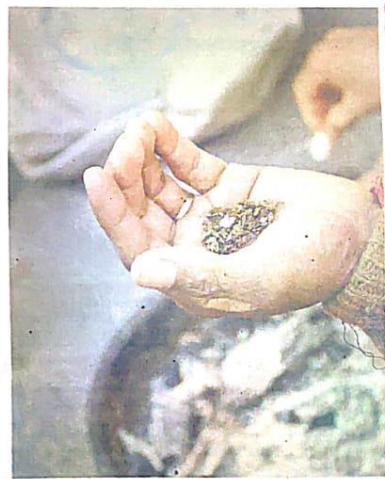
ing masher. She sings: "Vasudev is here, to awaken your social conscience."

This life is precious, the value of your life is one in a million. Hey, you quit tobacco now, don't be late, time is too short. Vasudev said that addiction is not good. Gutkha, tobacco is deadly. Hear the voice of Vasudev, hear the higher being in you." The theme for this year's World

No Tobacco Day is "We need food, not tobacco". On the sidelines of this theme, Snehal, one of the students of Salaam Bombay Foundation's Preventive Health Education Programme is spearheading the change within her community. At a pivotal time of her life, she has been sensitized towards creating resistance to tobacco, awareness about healthy nutrition, and looking

out for her mental well-being. Snehal learned about the ill-effects of tobacco during one of the workshops conducted at her school, Charkop Village Sector 1 Marathi School. Armed with this knowledge, she decided to innovate with the power of music and create an anti-tobacco hymn.

This Marathi hymn encourages people to drop the habit of chewing tobacco and pick up healthful nutrition. To catch the attention of her community, she took on the avatar of Vasudev which is a revered community of Krishna worshippers found mainly in Maharashtra. This community wanders through villages and towns to spread the message of living in harmony with nature. They also preach about restricting oneself from social evils like gossip and intoxication. The community sings bhakti songs and survives on alms given by the people. Today, Snehal, as an incarnation of Vasudev, goes about her community every fortnight to reinforce the message against tobacco abuse.



Publication: Mid-Day

Date: 27th July 2023

This Mumbai slumpreneur earns lakhs to support family with her beauty parlour in Bhandup

Premium

Updated on: 27 July, 2023 09:43 AM IST | Mumbai
Ainie Rizvi | ainie.rizvi@mid-day.com

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Pooja Gupta, from Bhandup, is a slumpreneur running a thriving make-up service while pursuing her education. In an exclusive interview with Mid-day, this inspirational Mumbai slum champion shares her journey of turning her passion for makeup into a booming business

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Pooja participated in the local version of Shark Tank known as Dolphin Tanki to secure a funding of Rs 40,000. Image Courtesy: Salaam Bombay Foundation

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Publication: Rajasthan Mirror

Date: 10th August 2023



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"Let's Talk" – A Jukebox Musical Strikes A Chord In The Conversation On Mental Health
Posted on 7 Hours Ago By Gyanesh Singh



Mrinalini with some of the cast of Let's Talk

Mrinalini Sekhsaria Somani presents Let's Talk in aid of Salaam Bombay Foundation

Mumbai (Maharashtra) [India], August 10: Opening at India's premier cultural centre, the NCPA, on August 16 and 17, 2023, 22-year-old Mrinalini Sekhsaria Somani from Vassar College, New York, United States, presents **Let's Talk** in aid of Salaam Bombay Foundation. Co-directed by Mrinalini with her younger sister Vaidehi, **Let's Talk** is a jukebox musical, theatrical production with popular songs set in a new context within an original script written by Mrinalini. The show will discuss mental health and therapy while following an American Therapist who has been practicing in India as she gets ready to move back to the States. It consists of an international cast, and the dancers are alums of the Salaam Bombay Foundation.

Mrinalini Sekhsaria Somani is no stranger to the world of music. She is the brainchild behind WE – a concert that she had designed when still in school to help the at-risk children from the urban slums of Mumbai to showcase their talent to the world. At the WE Concert, these resource-challenged kids could share the same stage and equal opportunities as their privileged counterparts. The WE Concert was inspired by Mrinalini's voluntary stint at Salaam Bombay Foundation. Through **Let's Talk**, she continues her fund-raising efforts for the underprivileged students enrolled at Salaam Bombay Foundation.

Mrinalini's sister, 16-year-old Vaidehi Sekhsaria Somani, is a student of Sherborne Girls' School (UK) and has always had a passion for dance and theatre. During her summer vacations in India, she would accompany her elder sister, Mrinalini, to the WE Concert to perform alongside the students from Salaam Bombay Foundation. Though coming from different worlds, they formed a bond through their collective love and passion for the arts.

Mrinalini Sekhsaria Somani says, "**Let's Talk** is a production is very close to my heart as it is something I can truly call mine after working on multiple plays and musicals at Vassar, New York. My passion for music began at a very young age. When I went on to attend Vassar, it led me to discover my love for musical theatre. Now, I am following my passion by pursuing a Masters degree in producing musical theatre at Goldsmiths in the UK. It's amazing how life can take unexpected turns and lead you to where you're truly meant to be.

I have always felt that there is a gap in Mumbai when it comes to musical theatre. There just isn't enough done, and it hasn't been explored in its truest form. **Let's Talk** will be completely live, and through this production, I hope to showcase the immense talent and potential of our city. We can reach the same level of excellence as London and NYC, and this show will prove it."

She adds, "Working on **Let's Talk** has been an incredible experience for me and Vaidehi. The show has an international cast, and I am absolutely thrilled to have the opportunity to work with them. Some of these are my friends with whom I have worked during WE. And, of course, the students from Salaam Bombay Foundation who I have grown up with."



Rutuja Sawant, a student of the Academy of the Arts at Salaam Bombay Foundation and fellow **Let's Talk** performer, expressed her excitement and shared, "I never thought I would have the opportunity to dance on such a big stage. I thought my passion for dance would just be a dream. But now, through **Let's Talk**, I can show the world what I am capable of. I am so grateful for this chance, and I'll make sure to give it my all."

With the musical score directed by the exceptionally talented Yohan Marshall, **Let's Talk** promises to be a powerful and engaging experience that will leave audiences spellbound. The production will feature a talented cast of performers, including some who have taken part in the WE Concert. Headlining the show are professional singers with impressive portfolios. The show stars the multi-faceted Talia Mayo, a 20-year-old student at Vassar College – New York, in the role of the therapist, and Kelly D'lirma as her assistant, a 23-year-old singer and dubbing artist. The talented cast includes Shriya Rao, a 17-year-old professional musician, dancer, and actress with an extensive repertoire; Praveer Barot, a versatile artist who has successfully transitioned from an RJ with Radio Mirchi to the world of singing and acting and Rayaan Khatib, a Purdue University graduate with a minor in Theatre and co-producer of Micro Theatre. Playing the role of patients are also Anoushka Sivasankar, a 22-year-old musician, songwriter, composer, and producer who has worked with Bollywood greats like Jatin-Lalit, Kimaya Mehta, a student at Smith College in the USA who is pursuing a degree in Liberal Arts; Aneasha Karwanyun, a 19-year-old student at the prestigious Berkley College of Music and has performed at Harvard; and Shloka Subramaniam, a 20-year-old student at Colgate University, New York.

About Salaam Bombay Foundation's Academy Of The Arts:

A CHILD IN SCHOOL HAS A FUTURE

Students from Salaam Bombay Foundation are typically between the ages of 11 to 17, live in Mumbai's overcrowded slums, have multiple responsibilities and live a highly pressured, stressful childhood. They often find themselves forced out of school as soon as they are deemed capable of contributing to their meagre family incomes. Most become trapped in unskilled, low-paying jobs with few prospects for growth. This also deters their ability to stay in school, complete their education and contribute to the organised workforce.

Given these ground realities, The Salaam Bombay Academy of the Arts is a refuge for children whose lives are bereft of opportunities and facilities, creative spaces and personal attention. The Academy addresses the lack of life skills by bringing world-class training in dance, music and theatre to children in government schools. It plays a pivotal role in identifying latent talent and giving underprivileged adolescents the opportunity to pursue sustainable careers in the creative fields.

Having trained over 9000 children in the Arts, Salaam Bombay Foundation is an NGO that helps the most vulnerable of India's children stay in school. Our initiatives give them something they rarely have – hope. Research shows that 9 out of 10 children enrolled with the Salaam Bombay Foundation stay in school.

Talk about therapy

Head to this mid-week musical and theatrical production on mental health written and directed by two young siblings

TANISHKA D'LYMA
tanishka.dlyma@mid-day.com

STARTING a conversation might be tough, but carrying it forward is the most crucial part. With their jukebox musical *Let's Talk*, sister duo Mrinalini and Vaidehi Sekhsaria Soman push forward conversations around mental health and therapy in India through comedy, music, and thoughtful perspectives laid out for us on the National Centre for the Performing Arts (NCPA) stage. Ticket donations from the show will aid Salaam Bombay Foundation, an NGO that provides underprivileged adolescents the oppor-

tunity to pursue careers in creative fields.

Through its plot that follows an American therapist in India, the production battles the still prevalent idea that seeking the services of a mental health practitioner derogatorily renders one crazy. Written by Mrinalini and co-directed with Vaidehi, the show takes up heavy and sensitive topics including depression, grief, anxiety, family dynamics, body image issues, relationships, and various aspects of life. Comparing her observations on approaches to therapy in the United

States and in India, Mrinalini, 22, shares, "The message I wanted to put out there is that therapy is for everyone. And so the setting of the show is a therapist's office, which is visited by characters who are very relatable," Vaidehi, 16, adds, "We want the audience to connect with these characters so that they feel comfortable asking for help or if they just want to talk to someone. You don't need a drastic situation to happen in order to go to therapy." Focusing on being well-adjusted as we grow into life's various phases, the sisters recog-

nise and portray the benefits of therapy.

While selected parts of urban India have embraced topics around mental health and therapy, the taboo isn't fully erased. So how do you make the conversation palatable? That's where music and comedy come in. The plot integrates pop and rock tracks by Beyoncé, My Chemical Romance and Queen that are played and sung live, and a few jokes smartly placed within relatable scenes that include family dynamics and therapy. Further, playing communicator is a key character who ties the script and ideas together — the therapist's assistant who, in a sense, guides the audience through the plot and its nuances. The sisters continue, "We like to refer to the assistant [played by 23-year-old singer and dubbing artist Kel-



The cast members rehearse for the upcoming show



Continued on page 26

Continued from page 25

ly D'lima] as the audience's favourite. She moves the story along, has her own take on happenings during therapy sessions, and provides much-needed comic relief. The therapist's dialogues can be clinical but she's lighthearted, funny and also breaks the fourth wall a few times." The production also boasts of an international cast — Mrinalini's peers from her schooling in the US, Indian talent and alumni from the Salaam Bombay Foundation.



Mrinalini and Vaidehi Sekhsaria Soman

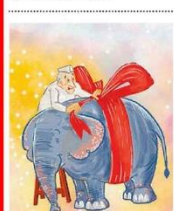


A moment from the rehearsals

"The show is relatable for all ages because there's space for interpretation. The deeper you dig and view the show from different [perspectives], the more you will get out of it," Vaidehi concludes.

ON August 16 and 17: 7 pm onwards
AT NCPA, Nariman Point.
EMAIL priti@salaambombay.org
COST ₹1,000 (minimum donation for a ticket)

Tara Books, Madhuri Ramesh and Manish Chandi, illustrated by Matthew Frame



● **Uncle Nehru, please send an elephant**

This award-winning book retells the story of how the then Prime Minister Pandit Nehru responded to letters from children in Japan who wanted to see a live elephant. **Tulika Books, Devika Cariapa, illustrated by Satwik Gade**

Tulika Books, Shekar Dattatri, photographs by Shekar Dattatri

● **Tipu, Sultan of the Siwaliks**

This memoir by Asiatic elephant researcher, Amirtharaj Christy Williams, recalls his years of hope and desperation as his team struggled against encroachment and human-animal conflict. **Talking Cub, Amirtharaj Christy Williams**

● **When a forest wakes up**

Themed on animism, this beautifully crafted book will engage your young mind to be curious about the wonders of the forest. **Pratham Books, Sudarshan Shaw**



A pair of twins

A story about a girl (Sundari) who beat all odds and became the first females to lead a Dussehra parade (usually led by a male mahout on a male elephant).

Karadi Tales, Kavitha Mandana, illustrated by Nayantra Surendranath

● **Why the elephant has tiny eyes** (Tulika Books)
Told in verse, this folktale from the Tai Phake people of India's northeast is gentle and funny.

● **Magnificent Makhna** (Tulika Books)
This is a story about an iconic elephant who protects the forests from timber traders, tree-cutters and poachers.



By Fiona Fernandez

Publication: Rolling Stone

Date: 14th August 2023



Features News & Updates Reviews K-pop Columns Merchandise Lists Bollywood & Pop Upcoming Gig Calendar

'Let's Talk:' Musical Theater Meets Mental Health

A new production by musician and activist Mrinalini Sekhsaria Somani uses popular music, dance, and humor to spark conversation about mental wellbeing and therapy

Beverly Pereira • Aug 14, 2023



Mrinalini Sekhsaria Somani, co-director, 'Let's Talk - A Jukebox Musical'. Photo: Courtesy of the artist

For decades, musical theater has helped shine light on pressing social issues like racial inequality, civil rights and even climate change. Now, a jukebox musical *Let's Talk* takes on the stigma surrounding mental illness. Written and produced by Mrinalini Sekhsaria Somani, a singer with her own rock band, who is working towards her masters in musical production, and directed by her musically gifted 16-year-old sister Vaidehi, the theatrical performance employs song and dance to convey the importance of mental health care. The show will run over two evenings this week at the National Centre for Performing Arts (NCPA) in Mumbai. Proceeds from the show will be directed towards Salaam Bombay Foundation, an NGO that works in the area of education of underprivileged youth, as well as helping them pursue careers in creative disciplines.

Set in a therapist's office, the story is centered on an American therapist who is in the middle of moving back home after setting up her practice and working for a decade in India. As she closes cases with her clients, the audience is privy to therapy sessions that unpack a range of issues including grief, alcoholism, body issues and anxiety. "The whole point of the show is that I want it to be relatable. The message behind this show is that therapy is for everyone, and I hope that it kickstarts the conversation around mental health which is still not openly talked about or as accessible as it should be in India," says Somani.

The show features arrangements of pop songs like "Don't Stop Me Now" by Queen, "Somebody That I Used to Know" by Gotye, "I Was Here" by Beyonce, and much-loved rock tracks by My Chemical Romance, Joan Jett, Keane, and Young the Giant. "These are songs that people across generations can relate to. I was keen to include impactful songs that are popular yet not overdone," Somani tells us ahead of the show on August 16th and 17th. The way the context of these songs has been woven into the plot is particularly interesting, too. A therapy session with two sisters and their over-protective parents is set to Cyndi Lauper's "Girls Just Wanna Have Fun."



Mrinalini with some of the cast of *Let's Talk*

For the past year, Somani worked closely with Ben Gudgeon, head of the Yehudi Menuhin School, as musical advisor. With Jeff Goldberg, founder of the eponymous method acting institute, she found the perfect script advisor. The stellar band comprises drummer Yohan Marshall who was also roped in to direct the musical score. The cast comprises young talent from Mumbai and New York. In the lead role of the therapist is the 20-year-old New York-based Talia Mayo, Somani's peer at Vassar College – New York. Then, there's singer and dubbing artist Kelly D'lima as the therapist's assistant. Other performers include the 17-year-old musician, dancer, and actress Shriya Rao; the versatile radio jockey-turned-singer and actor Praveer Barot; Rayaan Khatib, co-producer of Micro Theatre; singer-songwriter Anoushka Sivasankar and other young musicians like Kimaya Mehta, Aneeha Karwaryun, and Shloka Subramaniam.

Somani, 22, recently graduated from Vassar – New York with a Bachelors in media studies and will soon leave for her Masters in producing musical theatre at Goldsmiths in London. She has worked closely with the Salaam Bombay Foundation for the past decade including the WE series of charity concerts back when she was just 12. Featuring a line-up of some of the best musicians from India, and dancers training at the foundation's Academy of the Arts, these concerts took place at the Royal Opera House and the NCPA's Jamshed Bhabha Theatre. Somani's commitment to the cause prompted her to go virtual during the pandemic. For the musical's dancers—alums of the foundation who now perform professionally—life will come full circle when they take to the stage this week. Choreographed by the celebrated Norden Sherpa who has worked with Somani over the past ten years, the musical promises to be a powerful and engaging experience.

"There's not a lot of western style musical theatre in India and I felt that a jukebox musical would be a good introduction because people might relate to the familiar music in a context that's not so familiar. I feel that's an interesting contrast. Nothing feels like too much of a caricature in this show. It's intended to be relatable and real. It's supposed to start a conversation. It's also an attempt to portray the fact that we can showcase a production at the same exceptional level we see in the West. I wanted it to be an intimate production, and the Experimental Theatre at the NCPA is the right space for this," says Somani. From fundraising to showcasing young talent, while shining the spotlight on mental health, *Let's Talk* promises to be a musical with a difference.

Publication: News18

Date: 22nd August 2023



CRICKET HOME SCHEDULE LIVE SCORE RESULTS RANKING NEWS

Ajinkya Rahane Mentors Students from Salaam Bombay Foundation's Fitness Program

Curated By: [Aakash Biswas](#) • [News18.com](#) • Last Updated: AUGUST 22, 2023, 09:30 IST • [Mumbai, India](#)



Rahane Mentors Students from Salaam Bombay Foundation's Fitness Program (Special Arrangement)

Salaam Bombay Foundation's "Fitness Monitors" had the unique opportunity to interact with Ajinkya Rahane and receive insights on his fitness journey

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Salaam Bombay Foundation's (SBF) Sports Academy organised a mentoring session with Indian cricketer Ajinkya Rahane for its 'Fitness Monitors' adolescent students studying in municipal or government-aided schools, who are trained under the Academy's Fitness Program and handpicked for their long term interest in fitness. The goal of the event was to inspire adolescents to adopt a lifestyle of fitness while becoming change agents within their communities. As part of the session, the students had the opportunity to interact with Mr. Rahane where they learned about his journey of fitness on his way to becoming one of India's top cricketers. SBF also organised for Rahane and the students to engage in fun fitness activities which combined aspects of cricket, fitness and motor skill development.

Publication: Business World

Date: 22nd August 2023



Ajinkya Rahane Mentors Students From Salaam Bombay Foundation's Fitness Program



Salaam Bombay Foundation's "Fitness Monitors" had the unique opportunity to interact with cricketer Ajinkya Rahane and receive insights on his fitness journey



Salaam Bombay Foundation's (SBF) Sports Academy organised a mentoring session with Indian cricketer Ajinkya Rahane for its 'Fitness Monitors' adolescent students studying in municipal or government aided schools, who are trained under the Academy's Fitness Program and handpicked for their long term interest in fitness. The goal of the event was to inspire adolescents to adopt a lifestyle of fitness while becoming change agents within their communities. As part of the session, the students had the opportunity to interact with Mr. Rahane where they learned about his journey of fitness on his way to becoming one of India's top cricketers. SBF also organised for Mr. Rahane and the students to engage in fun fitness activities which combined aspects of cricket, fitness and motor skill development.

‘सलाम बॉम्बे फाऊंडेशन’ फिटनेसचा क्रिकेटपटू अजिंक्य रहाणे मार्गदर्शक

क्रीडा प्रतिनिधी

मडगांव

सलाम बॉम्बे फाऊंडेशनच्या क्रीडा अकादमीच्या वतीने भारतीय क्रिकेटपटू अजिंक्य रहाणे याच्या मार्गदर्शनपर सत्राचे आयोजन केले आहे. पालिका शाळा आणि सरकारी शाळेत शिक्षण घेणाऱ्या कुमारवयीन विद्यार्थ्यांपैकी ‘फिटनेस मॉनिटर’ना आपल्या फिटनेसची कहाणी अजिंक्य रहाणे सांगितली.

हे शाळकरी विद्यार्थी अकादमीच्या फिटनेस प्रोग्राम अंतर्गत प्रशिक्षण घेत असून त्यांची निवड तंदुरुस्तीविषयी दीर्घकालीन स्वारस्यासाठी करण्यात आली आहे. या कार्यक्रमाचे उद्दिष्ट कुमारवयीन मुलांना त्यांच्या समाजासाठी परिवर्तनाचे शिलेदार होत असताना सुदृढ जीवनशैलीचा अंगीकार करण्याची प्रेरणा देण्याचे आहे. या उपक्रमाच्या सत्राचा भाग म्हणून



अजिंक्य रहाणे

तंदुरुस्ती

प्रवासाविषयी

जाणून घेता आले.

सलाम बॉम्बे फाऊंडेशनच्या वतीने

अजिंक्य रहाणे आणि विद्यार्थ्यांकरिता

क्रिकेट, फिटनेस आणि मोटर स्कूल

डेव्हलपमेंटचा एकत्रित संगम असलेल्या

तंदुरुस्ती क्रियाकलापांचे आयोजन करण्यात

आले होते. वंचित कुमारवयीनांचा सहभाग

विविध क्रीडा प्रकारांत वाढत असताना

या फाऊंडेशनच्या वतीन १०० तासांच्या

२ वर्षीय फिटनेस प्रोग्राम विद्यार्थ्यांचा

फिटनेसचा स्तर राखण्यासाठी तयार

करण्यात आला आहे.

विद्यार्थ्यांना अजिंक्य रहाणे समवेत संवाद साधण्याची संधी मिळाली. भारताचा अग्रगण्य क्रिकेटपटू होण्याच्या त्याच्या

सलाम बॉम्बे फाऊंडेशनचा फिटनेस प्रोग्राम तसेच ‘फिटिझनेस इनिशिएटिव्ह’ हा वंचित घटकांतील किशोरवयीन आणि त्यांच्या समुदायांत तंदुरुस्तीला प्रोत्साहन देण्याचा एक उत्तम मार्ग आहे, असे अजिंक्य रहाणे म्हणाला.

या मुलांना चांगल्या आरोग्याचे द्रुत म्हणून नियुक्त करण्याच्या या अनोख्या स्वरूपाचा त्यांच्या जीवनावर निश्चितच प्रेरणादायक प्रभाव पडेल. महानगरपालिका किंवा सरकारी शाळेत शिकणाऱ्या प्रत्येक मुलास या फाऊंडेशनद्वारे आयोजित करण्यात आलेल्या फिटनेस प्रोग्राममध्ये प्रवेश आवश्यक आहे, असे मला वाटतं असे रहाणे म्हणाला. मुलांना त्यांच्या समुदायांत मन आणि शरीर दोन्हीसाठी चांगल्या आरोग्याची भावना परसवण्यासाठी प्रोत्साहीत करणे आवश्यक आहे, असे रहाणे म्हणाला.

Publication: Mid-Day

Date: 6th September 2023

Cricketer Ajinkya Rahane mentors students

Salaam Bombay Foundation's (SBF) Sports Academy organised a mentoring session with Indian cricketer Ajinkya Rahane for its 'Fitness Monitors' adolescent students studying in municipal or government aided schools, who are trained under the Academy's Fitness Program and handpicked for their long term interest in fitness. The goal of the event was to inspire adolescents to adopt a lifestyle of fitness while

becoming change agents within their communities. As part of the session, the students had the opportunity to interact with Mr. Rahane where they learned about his journey of fitness on his way to becoming one of India's top cricketers. SBF's 100 hour-2 year Fitness Program has been designed to help underprivileged adolescents maintain fitness levels while increasing their participation in various sports. For more information, please visit www.salaambombay.org

Publication: Marwar India

Date: September-October 2023



Publication: CSR Journal

Date: 19th December 2023



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Building Tomorrow's Leaders: The Salaam Bombay Foundation's Commitment to Adolescents


By The CSR Journal - December 19, 2023

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Salaam Bombay Foundation takes a multidisciplinary approach for development of 21st century skills among resource-challenged adolescents. Through the different academies at Salaam Bombay Foundation, we work on the key areas such as Preventive Health, Mental Wellbeing, Vocational Skills, Sports, Arts, and Media for the resource-challenged adolescents thus, equipping them with multi-dimensional skill sets and career options. The Foundation is spread across 6 cities.

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हिंदी मंच

हरियाणा - घायल जानवरों की मदद के लिए सीएसआर का होगा इस्तेमाल
February 6, 2024

वर्ल्ड कैसर डे - चे हैं भारत के टॉप कैसर ट्रीटमेंट सेंटर जो हैं सस्ते
February 3, 2024

सीएसआर से कोल इंडिया देगी बेरोजगारों को स्किल ट्रेनिंग
February 2, 2024



Publication: Hindustan Times

Date: 21st December 2023

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Celebrity Chef Amrita Raichand appointed as Health Ambassador for Salaam Bombay Foundation's Preventive Health Education Programme

ANI

Dec 21, 2023 11:07 AM IST

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Mumbai (Maharashtra) [India], December 21: Celebrity chef, super mom, and also former model Amrita Raichand has taken on a new role as Health Ambassador for the NGO Salaam Bombay Foundation's Preventive Health Education Programme, to bring nutrition education to resource-challenged adolescents and their communities in India's urban slums. This incredible partnership is set to make a real difference in the lives of at-risk adolescents from the urban slums of Mumbai, promoting the importance of healthy living and simple nourishing recipes where it is needed most. By empowering these young people with the knowledge and tools to make healthy choices, Chef Amrita and Salaam Bombay Foundation are paving the way for a brighter, healthier future for all.

A report has shown that malnutrition among children in Mumbai's municipal schools has increased four-fold. Alarmingly, consumption of junk food has also risen. Salaam Bombay Foundation's internal research reveals that an increasing number of children are opting for unhealthy quick meals such as easily accessible oily and unhealthy street foods, with 54 per cent of respondents citing taste as the primary reason for their preference. Further investigation has found that 31 per cent of respondents opt for junk food due to its easy availability. The research also noted that households where both parents work are more inclined towards junk food, with breakfast or school tiffin often being the most common time for consumption. Children are frequently given a daily allowance of ₹10-15/- to purchase snacks like biscuits, samosas, or vadas, while others simply carry noodles as part of their tiffin.

Salaam Bombay Foundation's partnership with Chef Amrita Raichand comes at a crucial time, as the demand for accessible and affordable recipes that promote nutritional awareness continues to grow. Together, they aim to bridge the gap by providing easy-to-follow recipes that not only cater to the taste buds but also promote healthy eating habits. Chef Amrita has found a way to elevate our students' aspirations using affordable and diverse ingredients in creative and easy-to-replicate recipes encouraging them to experiment with and enjoy global cuisines with what's available in their kitchens. Chef Amrita is working closely with Salaam Bombay Foundation's Preventive Health Education Programme to educate resource-challenged adolescents about the importance of proper nutrition and fitness. Additionally, she is working alongside the Foundation's Health Monitors to inspire and engage their

communities, with a particular focus on mothers of young students. Together, they are working to promote healthy living and nutrition in a way that is both accessible and enjoyable for all.

Chef Amrita Raichand shares, "Malnutrition is still a massive issue facing the development of children mainly from the underprivileged section of our country. Children in Mumbai's slums find it that much harder when at best of times both the parents are working. These young children are the future citizens of our country, I am so grateful to be part of Salaam Bombay Foundation to help address this issue through education and conducting cooking workshops for both children and their mothers."

Speaking on the association, Nandina Ramchandran, CEO - Salaam Bombay Foundation, says, "I applaud Chef Amrita's passion for not just whipping up creative recipes, but also for taking the message of healthy eating on a budget to resource-challenged communities. It was amazing to see Chef Amrita create mouth-watering recipes for adolescents and their mothers with the most economical of ingredients from within their own kitchens without compromising on nutrition or taste!"

With her infectious enthusiasm, Chef Amrita also spoke to the mothers of these young adolescents from resource-challenged communities. Being a mother herself she understands that mothers are the gateway to educating their children about healthy eating habits early on. She brings with her a perfect blend of expertise and approachability."

The partnership with Chef Amrita comes at a critical juncture as Salaam Bombay Foundation expands the Preventive Health Education Programme and builds School Kitchen Gardens in multiple government and government-aided schools across the country. By providing our students with hands on learning opportunities, we celebrate this collaboration with Chef Amrita and look forward to the impact we will create together.

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Many are undernourished and face the risk of substance abuse. They come from financially challenged homes and are pressured to drop out of secondary school and seek jobs to support their families. Given these ground realities, Salaam Bombay Foundation has harnessed the ability of child friendly, innovative education tools to develop life skills and coping skills necessary to ensure that these adolescents develop into well rounded personalities, able to meet the challenges they face and take on leadership roles within their communities.

The Foundation keeps children in school by empowering them to make the right choices about their health, education and livelihood thereby ensuring that they can thrive with a bright future. In school leadership and advocacy programmes equip "at risk" adolescents with the life skills they need to lead change. The Sports, Arts and Media academies encourage them to express themselves and provide performance opportunities that build self-esteem. The skillschool program broadens their career horizons and empowers them with vocational skills for sustainable careers. Through its DreamLab Initiative, SBF has provided for a continuum of skills training and market-based internships to youngsters in the age group of 14 and 18 years. Launched in July 2019, DreamLab, has been able to furnish stipend based internships to hundreds of skillschool alumni across nine job sectors.

DreamLab also creates a talent pool of grassroots entrepreneurial adolescents. Salaam Bombay initiatives increase confidence, give vulnerable adolescents the means to earn part-time and stay in school, and provide the tools to explore their full potential.

Through the different academies at Salaam Bombay Foundation, we work on the key areas under CSR Schedule VII - Preventive Health, Mental Wellbeing, Vocational Skills, Sports, Arts, and Media for the resource-challenged adolescents from government and government-aided schools.

Amrita is an award-winning Chef where her skills got her recognised by the International Magazine 'Taste Magazine', which rated her amongst the top seven food hostesses in the globe, alongside legends like Nigella Lawson and Rachel Ray. Last year, in August the Ministry of Culture recognized her as the Culinary Ambassador for India. During the pandemic, the Ministry of Health requested Amrita to be a kind of spokesperson for the state of Jharkhand where she took out videos encouraging the community to take the vaccine. Amrita has a weekly show on Radio One called 'Beyond the Plate'. Amrita has done three Ted talks and endorsed numerous brands across her social presence, besides winning pretty much every culinary award there is to win in Indian TV.

Date: 21st December 2023

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Amrita Raichand

Celebrity Chef Amrita Raichand appointed as Health Ambassador for Salaam Bombay Foundation's Preventive Health Education Programme

ANUPAM 21 December 2023 12:02 pm IST

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Celebrity Chef Amrita Raichand as Health Ambassador for Salaam Bombay Foundation's Preventive Health Education Programme

Celebrity Chef Amrita Raichand as Health Ambassador for Salaam Bombay Foundation's Preventive Health Education Programme, Empowering Resource-Challenged Adolescents in Nutrition Education

Mumbai (Maharashtra) [India], December 21: Celebrity chef, super mom, and also former model Amrita Raichand has taken on a new role as Health Ambassador for the NGO Salaam Bombay Foundation's Preventive Health Education Programme, to bring nutrition education to resource-challenged adolescents and their communities in India's urban slums. This incredible partnership is set to make a real difference in the lives of at-risk adolescents from the urban slums of Mumbai, promoting the importance of healthy living and simple nourishing recipes where it is needed most. By empowering these young people with the knowledge and tools to make healthy choices, Chef Amrita and Salaam Bombay Foundation are paving the way for a brighter, healthier future for all.

A report has shown that malnutrition among children in Mumbai's municipal schools has increased four fold. Alarmingly, consumption of junk food has also risen. Salaam Bombay Foundation's internal research reveals that an increasing number of children are opting for unhealthy quick meals such as easily accessible oily and unhealthy street foods, with 54 per cent of respondents citing taste as the primary reason for their preference. Further investigation has found that 31 per cent of respondents opt for junk food due to its easy availability. The research also noted that households where both parents work are more inclined towards junk food, with breakfast or school tiffins often being the most common time for consumption. Children are frequently given a daily allowance of Rs 10-15/- to purchase snacks like biscuits, samosas, or vadis, while others simply carry noodles as part of their tiffin.


Salaam Bombay Foundation's partnership with Chef Amrita Raichand comes at a crucial time, as the demand for accessible and affordable recipes that promote nutritional awareness continues to grow. Together, they aim to bridge the gap by providing easy-to-follow recipes that not only cater to the taste buds but also promote healthy eating habits. Chef Amrita has found that it's not just to elevate our students' aspirations using affordable and diverse ingredients in creative

and easy-to-replicate recipes encouraging them, to experiment with and enjoy global cuisines with what's available in their kitchen! Chef Amrita is working closely with Salaam Bombay Foundation's Preventive Health Education Programme to educate resource-challenged adolescents about the importance of proper nutrition and tiffin. Additionally, she is working alongside the Foundation's Health Mentors to inspire and engage their communities, with a particular focus on mothers of young students. Together, they are working to promote healthy living and nutrition in a way that is both accessible and enjoyable for all.

Chef Amrita Raichand shares, "Malnutrition is still a massive issue facing the development of children mainly from the underprivileged section of our country. Children in Mumbai's slums find it that much harder when at best of times both the parents are working. These young children are the future citizens of our country. I am so grateful to be part of Salaam Bombay Foundation to help address this issue through education and conducting cooking workshops for both children and their mothers."

Speaking on the association, Namrata Raichandran, CEO – Salaam Bombay Foundation, says, "I applaud Chef Amrita's passion for not just whipping up creative recipes, but also for taking the message of healthy eating on a budget to resource-challenged communities. It was amazing to see Chef Amrita create mouth-watering recipes for adolescents and their mothers with the most economical of ingredients from within their own kitchens without compromising on nutrition or taste!"

With her infectious enthusiasm, Chef Amrita also spoke to the mothers of these young adolescents from resource-challenged communities. Being a mother herself she understands that mothers are the gateway to educating their children about healthy eating habits early on. She brings with her a perfect blend of expertise and approachability."



Celebrity Chef Amrita Raichand with Salaam Bombay Foundation provided easy to follow recipes to promote healthy eating habits.

The partnership with Chef Amrita comes at a critical juncture as Salaam Bombay Foundation expands the Preventive Health Education Programme and builds School Kitchen Gardens in multiple government and government-aided schools across the country. By providing our students with hands-on learning opportunities, we celebrate this collaboration with Chef Amrita and look forward to the impact we will create together.

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Salaam Bombay Foundation takes a multidisciplinary approach for development of 21st century skills among resource-challenged adolescents. Salaam Bombay Foundation started in 2002 to work with 12 to 16 year-old adolescent children growing up in urban slums. These children live in extreme poverty and are 'at risk' environments. The municipal schools they go to do not have the resources to give them individual attention, career guidance or access to activities that stimulate the mind.

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Publication: ANI

Date: 22nd December 2023

FRI, DEC 22, 2023 | UPDATED 12:26 IST

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Celebrity chef Amrita Raichand as Health Ambassador for Salaam Bombay Foundation's Preventive Health Education Programme

Celebrity chef Amrita Raichand as Health Ambassador for Salaam Bombay Foundation's Preventive Health Education Programme, Empowering Resource-Challenged Adolescents on Nutrition Education

Celebrity Chef Amrita Raichand appointed as Health Ambassador for Salaam Bombay Foundation's Preventive Health Education Programme

ANI | Updated: Dec 21, 2023 11:01 IST
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Salaam Bombay Foundation takes a multidisciplinary approach for development of 21st century skills among resource-challenged adolescents. Salaam Bombay Foundation started in 2002 to work with 12 to 18 year-old adolescent children growing up in urban slums. These children live in extreme poverty and in "at risk" environments. The municipal schools they go to do not have the resources to give them individual attention, career guidance or access to activities that stimulate the mind.

Many are undernourished and face the risk of substance abuse. They come from financially challenged homes and are pressured to drop out of secondary school and seek jobs to support their families. Given these ground realities, Salaam Bombay Foundation has harnessed the ability of child-friendly, innovative education tools to develop life skills and coping skills necessary to ensure that these adolescents develop into well rounded personalities, able to meet the challenges they face and take on leadership roles within their communities.

The Foundation keeps children in school by empowering them to make the right choices about their health, education and livelihood thereby ensuring that they can thrive with a bright future. In-school leadership and advocacy programmes equip "at-risk" adolescents with the life skills they need to lead change. The Sports, Arts and Media academies encourage them to express themselves and provide performance opportunities that build self-esteem. The Skills@School programme broadens their career horizons and empowers them with vocational skills for sustainable careers. Through its DreamLab initiative, SBF, has provided for a continuum of skills training and market-based internships to youngsters in the age group of 14 and 18 years. Launched in July 2019, DreamLab, has been able to furnish stipend-based internships to hundreds of skills@school alumni across nine job sectors.

DreamLab also creates a talent pool of grassroots entrepreneurial adolescents. Salaam Bombay initiatives increase confidence, give vulnerable adolescents the means to earn part-time and stay in school, and provide the tools to explore their full potential.

Through the different academies at Salaam Bombay Foundation, we work on the key areas under CSR Schedule VII - Preventive Health, Mental Wellbeing, Vocational Skills, Sports, Arts, and Media for the resource-challenged adolescents from government and government-aided schools.

Amrita is an award-winning Chef where her skills got her recognised by the International Magazine Tatler Magazine, which rated her amongst the top seven food hostesses in the globe, alongside legends like Nigella Lawson and Rachel Ray. Last year, in August the Ministry of Culture recognized her as the Culinary Ambassador for India. During the pandemic, the Ministry of Health requested Amrita to be a kind of spokesperson for the state of Jharkhand where she took out videos encouraging the community to take the vaccine. Amrita has a weekly show on Radio One called "Beyond the Plate". Amrita has done three Ted talks and endorsed numerous brands across her social presence, besides winning pretty much every culinary award there is to win on Indian TV.

Celebrity Chef Amrita Raichand Appointed As Health Ambassador For Salaam Bombay Foundation's Preventive Health Education Programme



Salmon Berry Foundation partners with Chef Amrita Isachandani because it's a crucial time, as the demand for accessible and affordable recipes that promote nutritional awareness continues to grow. Together, they aim to bridge the gap by providing easy-to-follow recipes that not only cater to the taste buds but also promote healthy eating habits. Chef Amrita has found a way to leave a legacy to students' aspirations using affordable and diverse ingredients in creative and easy-to-replicate recipes encouraging them, to experiment with and enjoy global cuisines with what's available in their kitchen! Chef Amrita is working closely with Salmon Berry Foundation's Preventive Health Education Programme to educate resource-challenged adolescents about the importance of proper nutrition and fitness. Additionally, she is working alongside the Foundation's Health Monitors to inspire and engage their communities with a particular focus on mothers of young students. Together, they are working to promote healthy living and nutrition in a way that is both accessible and enjoyable for all.

Amrita is an award-winning Chef when her skills got her recognised by the International Magazine *Taste Magazine*, which rated her amongst the top seven food hosts in the globe, alongside legends like Nigella Lawson and Rachel Ray, last year. In August, the Ministry of Culture recognised her as the Culinary Ambassador for India. During the pandemic, the Ministry of Health requested Amrita to be a kind of spokesperson for the state of Jharkhand where she took out videos encouraging the community to take the vaccine. Amrita has a weekly show on Radio O one called "Beyond the Plate". Amrita has done three Ted talks and endorsed numerous brands across her social presence, besides winning pretty much every culinary award there is to win on Indian TV.