



# UDAAN AFRICA FOUNDATION

## Version -1st , 2025

Dear Readers, as promised in our newsletter published in the fall of 2024 , we are happy to come up with 1st version of 2025. Though we are an NGO based in Kampala focusing on supporting fellow Ugandans, our name Udaan is derived from an Asian context signifying taking wings to scale greater heights.

We are set to commemorate our anniversary in March 2025 and true to our name, we have started spreading our wings to the higher trajectory, Team Udaan has successfully delivered by undertaking slew of social welfare initiatives such as cleanliness drives in partnership with Kampala City Council Authority (KCCA) , economic empowerment programs for youth, fiscal independence for women, health & yoga, sports tournaments and disbursement of staple articles of daily usage, scholastic materials and wheel chairs for the benefit of those who find it challenging to avail these basis amenities.

I must acknowledge our esteemed sponsors for extending their crucial support enabling us to move forward in the direction intended.

Our pearl of Africa, Uganda under the seasoned leadership of H E President Yoweri Kaguta Museveni continues to thrive economically by successful implementation of Parish Development Model- a unique economic program aimed at poverty alleviation.

We seek your kind co-operation to further strengthen our programs and check this space for our upcoming anniversary commemoration and more social welfare programs being unveiled.



**Ms. Piali Chowdhury**  
*Udaan Africa Foundation*  
*Service to Humanity - Boundless Divinity*



## The Cleanliness Drive



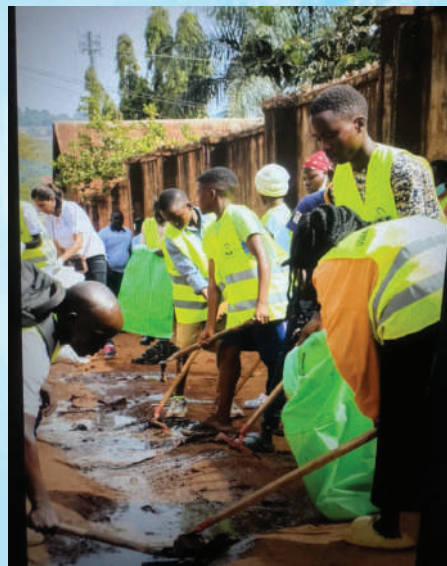
### Cleanliness is godliness.

We don't know if Cleanliness is Godliness or Godliness is cleanliness but what is certain is clean and hygienic environment is pre-requisite particularly when threatened by new pandemic such as Covid and now Mpox looming large and ready to strike at the first opportunity.

Since the time of our inception, we are focused on generating awareness for the health and hygiene because an ultimate goal of financial, economic and social stability can be only availed by a physically fit and healthy society.

Cleanliness drives were organized around the slums of Naguru, drawing participation from native Ugandans as well as expatriates thus generating the spirit of togetherness for a common social cause.

The cleanliness drives have highly been welcomed by the masses for improving the general hygiene and we pledge to keep up the momentum.







# Health and Yoga



An ancient philosophy originated in India centuries ago for wholistic healing and integration of our own being with the universal divine power is an activity consisting of time tested and proven techniques like meditation, breathing and postures for physical and spiritual upliftment. Yoga, now recognized by global fora like United Nations and many other such institutions is widely practiced across the world extending beyond traditional lines of race and religion.

Yoga also strengthens age old principals of Universal Brotherhood, a quintessential requirement in today's world facing the challenges of caste, color and creed. Indian Prime Minister Narendra Modi has aptly described Yoga - a health insurance with Zero Cost inspiring us not only to receive in life but what to leave and differentiate between our needs and wants.

Udaan is committed to contribute for the health and hygiene of the indigenous community. We keep on pursuing different options to fulfill this objective and one of them is to sensitize our fellow citizens about the benefits of making Yoga part of their daily life.

Udaan participated and played a pivotal role for organizing yoga camps at various places for the overall upliftment of the society and our endeavor to make Yoga a household name will continue.





# Medical Camp

A medical camp was organized on 19th December, 23 at Naguru Police Health Center benefiting more than 600 residents. During this camp, we provided services and distributed various items such as;

- Sanitary pads.
- Navigation sticks for visually challenged.
- Wheel chairs for physically challenged.
- Free medical checkup was done to diagnose disorders. Diseases like diabetes, blood pressure, liver influenza, malaria, typhoid, Hepatitis B and HIV/AIDS.
- Eye Checkup.
- Dental and oral hygiene checkup.
- Antenatal care and Family planning.
- General Medicines.







## Football Tournaments



Udaan organized separate football tournaments for women and men at Naguru-Katali Primary school grounds.

A total of 18 teams participated in both the tournaments leading to creation of sense of belonging to the community at large.

More valuable than the prizes were the smiles and the feeling of victory on the faces of contestants.

It was interesting and amazing to have women participate in the football matches.

The enthusiasm and energy displayed by all the team players is one to applaud.





At Udaan, we are well aware of the economic challenges being faced by the society particularly those women who are deprived of financial independence thus forced to compromise upon the basic staple requirements of their and family's life.

We have identified subsistence farming as a stepping stone for introducing fiscal literacy and independence not only for women but the budding youth who are looking at employment generators than job-seekers

Mushroom growing is one such potential agro based economic activity leading to more equitable distribution of wealth at the lower strata of the society.

Udaan Africa organized series of sensitization program for the young farmers with an objective of imparting them with the necessary technical and scientific skills for mushroom farming besides, supported them with seeds, poly-bags, cotton husks and other necessary inputs.

We are looking at taking up this program to parish level for the benefit of people at the lower most rung of economic ladder .







# A Huge thank you to our Volunteers!

The Clean Kampala Campaign at Kinawataka was a resounding success, and it couldn't have been possible without the selfless dedication, energy, and teamwork of our amazing UDAAN Africa Foundation volunteers.

"You are the heartbeat of UDAAN, and your commitment is what drives positive transformation in our communities."

Thank you for showing up, giving your all, and making a difference. Together, we have made Kinawataka shine brighter, and this is just the beginning of what we can accomplish as a team. Let's keep the momentum going!





**Service to Humanity – Boundless Divinity.**

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