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1.SUMANGALI SEVA ASHRAMA President's words



Warm Greeting to all well-wishers and supporters,

We came to you, this day with one goal to share our Love & care, which, we received from the people where we were working, among the poor, rural area, slum or neglected people for last 38 years, our thirst and dedication to do more have given birth to Sumangali Seva Ashrama that is how this organisation came into existence in 1975.

Sumangali Seva Ashrama is a voluntary organization working for the up liftment of deserted, orphan and other needy children. This organisation is Registered under the Karnataka Societies Registration Act 1960 with its registration No.212 dated 16.10.1975. Ashrama is serving the needy irrespective of their caste, creed and religion who are susceptible to the vulnerable conditions of living, by providing shelter, food, health, education, training, family counseling, legal aid, housing and community development. Totally the organisation concentrates on the welfare of the poor and socially deprived for bringing them to main stream society.

Ashrama was started with fifteen rupees in hand and three children and today we house 102 children and 50 women from all walks of life aimed to mitigate the sufferings of women in distress and orphan children. Ashrama is a place of service, nurture, valuing every person, commitment, trust and excellence where every person experiencing the bliss. At present Ashrama has successfully completed 38 years of journey towards its goal of women empowerment and child welfare. At the moment, Ashrama has more than 20 lakhs beneficiaries.

We are following the United Nations Millennium Development Goals (UN MDG) to eradicate extreme hunger and poverty, to achieve universal primary education, to promote gender equality and empower women, to reduce child mortality, to improve maternal health and to ensure environmental sustainability. Our work around the State reflects a common ethos of equality, inclusion, excellence, transparency and innovation. Over the years, several projects based around communities have been run offering inclusive and holistic solutions to people bound by various situations of abuse and vulnerability through education, training, health care, psycho-social care, micro-finance initiatives and residential rehabilitation.

We would like to thank all our State & Central Govt. Philanthropists, Funding Agencies, Companies, Tie-up Hospitals, Sponsorers and Chartered Accountant for their continuous help and cooperation with us. Donations to our organization are eligible for income tax deduction under 80G.

“Jai Hind, Jai Karnataka

2.SHELTER

a.Premananda Makkala Kuteera(PMK)

Premananda Makkala Kuteera which means a happy and loving house for the orphan children, located in Ashrama premises, is well structured with adequate space and all amenities. It is a home for helpless female children - irrespective of their caste, creed and religion who are susceptible to the vulnerable conditions of living. The home aims to educate the girls who can able to live an independent life in the main stream of society. The house began with three children and is now home to 102. The main objective is to give them an opportunity in life that protects them from falling in to the clutches of the darker side of society. Presently hostel is having 7 staff to take care of them. Proper medical care is available to meet during emergency. Children are well taken care and proper schooling is done for them.

Girls generally come to PMK between five to fourteen years of age, although exceptions are made for emergencies. We provide a safe, loving environment to support their growth until they have completed their education. PMK facilitates the following services:

- Nutritious meals, including daily breakfast, lunch, evening snacks, and dinner.
- Hygienic washing facilities for the children and their clothing.
- Formal Kannada Medium School
- Personality development
- Sports and other recreational activities
- Birthday celebrations
- Celebration of all feasts
- Medical check-up and monitoring of height, weight.
- Beyond meeting the children's physical needs, we aim to stimulate their desire to learn and help them find a Home "without walls."

The children are orphans, semi-orphans, chronic parents and broken families. we provide such children, with certain basic necessities like food, shelter, clothing and a healthy, loving and caring family atmosphere. Our purpose is to ensure that we develop such children into healthy and responsible citizens that will help to shape their tomorrow. Summer camp conducted by ICPC where children have learnt

spoken English, personality development and creative activities. The total strength of the children as per their class wise is as follows:-

Class	1	11	111	1V	V	V1	V11	V111	1X	X
No. of children	01	14	08	16	13	10	10	12	11	07

The children's daily time table is as follows:-



Time	Work Schedule
5.30-6.00 A.M	Fresh up
6.00-6.30 A.M	Prayer
6.30-6.45 A.M	Surya Namaskar
6.45-7.30 A.M	Cleaning work
7.30-8.30 A.M	Breakfast
8.30-11.30 A.M	School
11.30-12.20 P.M	Lunch
12.20-2.40 P.M	School
2.40-3.40 P.M	Playing
3.40-4.40 P.M	Ashrama work(watering the plants, cleaning premises)
4.40-6.00 P.M	Home work
6.00-6.30 P.M	Prayer
6.30-8.30 P.M	Studies
8.30-9.30 P.M	Dinner
9.45 P.M	Sleep

The higher class children are studying till 10 p.m



The children are provided breakfast, lunch and dinner with greens, pulses, cereals, vegetables, milk, fruits and sweets. They also enjoy different kinds of snacks, chats and ice creams in between. Occasionally, they are getting special meals which are sponsored by the donors. In the school they are served with midday meals.

The details of the children who have participated in extra curricular activities are as follows:-

Sl.No	Name/No of children	Conducted by	Particulars	Prize/Gifts
1.	All children	ICPC	Personality development, spoken English, Paper bag making	-
2.	60 Children	Cognizant Company	Study tour to Visheweshwaraiah Museum	-
3.	All children	KMF	Milk distribution on World Milk Day	-
4.	All children	Pritesh Ramakrishna Ashrama	Satsang	-
5.	60 Children	Baba temple, Kumara Swamy Layout	Fancy Dress	-
6.	All children	Cognizant Company	Rajyotsava Celebration	Gifts
7.	Sowbhagya, S.Veena, K.asha, Shyla	Prof.Nanjunda Rao Memorial Trust	Vidyarathna Scholarship	Cash
8.	Bindushree, Kavya, Ishwarya, Bharathi.L	Prof.Nanjunda Rao Memorial Trust	Vidyaprathibha Scholarship	Cash
9.	6 Children	R.T.Nagar Public School	Essay writing, Quiz, Singing	Prizes
10.	27 Children	Rotary Club	Fancy dress, Solo dance, Singing, Group dance	Prizes
11.	All children	SSA	Tour-Talakad, Somanathapura, Kengal, Srirangapatna	-
12.	All children	Dr.Ambedkar Hospital	Health Check-Up	-
7.	Ten children	Basava Samithi	Vachana Competition	Prizes



Our children had given band set programmes at different temples, schools, local festivals and national festivals. They had participated in bhajans at different temples. They have participated in the protests against anti-social elements like consumption of alcohol, illiteracy and cow slaughter, women reservation and domestic violence.

b. Sowharda-Short stay home

Short Stay Home has been started for with a view to protect and rehabilitate those women and girls who are facing social, economic and emotional problems due to family problems, mental stress, social ostracism, exploitation or other causes or are being forced into prostitution and are in moral danger. It is a free shelter for destitute and abused women, mainly victims of domestic violence. Presently there are 30 such women & girls residing there. The home is providing following services/ facilities:

- (1) Temporary shelter to the needy women and girls from six months to three years
- (2) Case work and counseling services
- (3) Medical care and psychiatric treatment
- (4) Skill development training and rehabilitation services
- (5) Educational, vocational and recreational activities

(6) Follow up by counselors for those women who have left the Homes, needs to be done to ensure their well-being and safety



The inmates are provided with proper medical care whenever required. There is a provision of our own Primary Health Center to attend to the routine illness. In case of any emergency they are referred to Ganesh Nursing Home and M.S.Ramaiah Hospital for major problems.

Periodical excursions are arranged to educate and entertain. Ashram strives to instill self-respect and self-confidence in order to enable the residents to become dignified members of the society. Ashram provides legal assistance, counseling services and vocational guidance when needed. Ashram arranges marriages when suitable boys approach it, after thorough scrutiny.

c.Punyakoti Vanaprastashrama- Old age home

The present age is the age of nuclear family of the parents and the children. The close-knit families comprising of the members living together and supporting each other through the crisis have now been rendered obsolete. Those who have suffered substantially due to the breaking up of the joint families are the infants and the elders. They have been mutually deprived of the benefits they enjoyed living together in a joint family. Love, care and lots of attention are all that these lonely people need from us and this is given in abundance by Ashrama.



Ashrama aims at creating an environment that will facilitate the elders to live together sharing life's joys and sorrows and caring for each other as is done in a close-knit family. There are 12 aged women in the old age home. It is a rendezvous where the inmates live together unhesitatingly and enthusiastically enjoying blithesome, radiant life. Ashrama has been providing the inmates with the facilities to pursue various activities such as – watching television, reading, writing, singing, dramatics, gardening celebrating festivals, picnics and organizing entertainment programmes. They also participate in the prayer, bhajan, satsang and pooja.

Each room is shared by two inmates. They are provided with western toilets, tables, chairs, fans, cupboards, well-spread beds etc. Purely vegetarian meals are

served daily. Breakfast, lunch, tea, snacks, dinner are served. Milk and seasonal fruits are served with dinner. Ashrama has made provision for weekly health check up by Doctor. Any inmate who suffers from serious illness will be provided hospital facility.

Our staffs are very happy to work with infirm elders because it is the most rewarding job and offer inner satisfaction. Our motto is to advocate, care, teach and serve them with compassion, kindness and respect for bringing happiness in their lives.

a. Basavananda Higher Primary school

Basavananda Primary & Higher Secondary school was started to provide free education for children from impoverished backgrounds. The children are provided exercise books, school uniforms, school bags, and a nutritious midday meal completely free of cost made possible by the generosity of our local and overseas sponsors. The school, a beautiful building with large airy classrooms, a Science Lab, a Computer Lab, a Library and a large playground, has enabled 279 children for whom education was far beyond their reach, the opportunity to break the poverty cycle.

The high standard of education at the school has ensured that most of our students achieve academic excellence. Each year the school has excellent results with most students passing annual exams and going to higher classes.



Our school facilitates the following support to the children :-

- Mid-day meal given on a daily basis
- Health check up held twice a year.
- All the major festivals and events in the Calendar are celebrated by our school throughout the year.
- Uniforms, books & stationeries, special treats etc. are provided to the children.
- Children are encouraged to participate in Inter School Art and Sports competitions.

With a great vision our President Smt.S.G.susheelamma and our administrator Smt.B.Rama Maney converted this institution in to a complete "FREE EDUCATION SCHOOL" for the poor and needy of the society with irrespective of caste, creed and religion. On the celebration of the programme "Open the book-Light the knowledge" a library was inaugurated by our President and Administrator. They informed about the importance of library and books as friends helps us to acquire world wide knowledge.

They inaugurated "Shraddha Library" to develop reading skills in the students.



Karnataka Milk Federation organized “World Milk Day” at school premises. The famous Hero of Kannada film industry participated in the event and spoke that all the children should be energetic and enthusiastic towards building a strong nation being good citizens. Milk was distributed to all the children. Other schools in and around Hebbal participated in the occasion.

The President and administrator distributed notebooks and dictionaries to all the children on 5th June 2012. Sri.B.T.Muniyappa and Smt.Geetha distributed colour and white uniforms to 50 and 30 students respectively on 15th June, 2012. Sri.Mohan Rao, Manager, SBI donated five fans to school. Our Administrator donated Rs.7,000/- on the occasion of her birthday for colour and white uniforms. From this 25 and 20 children got colour and white uniforms respectively. Sri.Gani Swamiji celebrated his 72nd birthday on 2nd August, 2012 with school children and arranged Magic Show along with special meals to them. On 8th August, 2012 the Rotary Club, Hampinagar donated notebooks to our children. Medical Camp was also organized by them. 66th Independence Day was celebrated with spirit of Nationality. It started with Flag hoisting by the chief guest Sri.B.T.Muniyappa. He presided the function. The other chief guests were Sri.Mohan Rao, Manager, SBI, Sri.Ashok, Secretary, Lions Club and Sri.Padmanabha, Treasurer attended the event. That day Lions Club, Rajajinagar has donated Bandset to the school. Administrator Smt.B.Rama maney advised the children the importance of patriotism in youth. Smt.Geetha Kailash conducted sports competitions to the children and the winners were given prizes on Independence Day. The MSW students also conducted the same and distributed prizes to the winners. Children were given cultural programmes enhance the happiness and joy. Children were given sweets.



On 2nd October, 2012 the birth anniversaries of Gandhiji and Lal Bahaddur Shastriji was celebrated. Sri.B.T.Muniyappa presided the programme. Lions Club also participated in the event. Amma and Ammaji informed more about the principles of Gandhiji and Lal Bahaddur Shastry.

Valmiki Jayanthi was celebrated on 29th October, 2012. More information was given to children about Maharshi Valmiki by Latamani teacher.

The children celebrated Children's Day and Kannada Rajyotsava by performing cultural activities. The top scorers were given cash prizes from Corpus Fund deposited by Administrator Smt.B.Rama Maney, Sri.Ravi Talwar, Smt.Usha.N.Rao, Dr.C.Modi and Sri.K.C.Shivappa. Chandni, Megha and Shilpa won 1st, 2nd and 3rd prizes by receiving Rs.1,000, 800 and 700 respectively.

Shri.Ravishankar and Smt.Kusuma Ravishankar had given scholarships to our students from Prof.M.S.Nanjunda Rao Memorial Trust. The recipients are Swathi, tulasi, bhuvaneshwari, Varadaraju, Chandni and Megha. Children participated in talent exams and were bagged four 1st prizes, three 2nd prizes and one 3rd prize. The school had organized an excursion to the historical place Talakadu and Shimsha on 20th December 2012. ISCKON temple conducted "Krishna" exam

where 30 children participated and Savithri from 5th standard won 2nd prize in State level.



The school anniversary was celebrated on 19th January, 2013. The Block Education Officer Sri.K.G.Anjanappa presided the function and inaugurated by area MLA Sri.Katta Subrahmanya Naidu. BBMP counselor Sri.Jayappa Reddy, Amma and Ammaji grace the function.

Netaji Subash Chandra Bose Birth Anniversary was celebrated and Head Mistress Smt.Shyla Shetty informed more about him.



Republic Day was celebrated on 26th January, 2013. Sri.B.T.Muniyappa presided the programme. The Police Inspector, Hebbal Police Station attended the function as chief guest. Amma and Ammaji spoke patriotic words to the children.

Chatrapathi Shivaji's Birth Anniversary was celebrated on 19th February, 2013. Ammaji spoke on the history of Great Shivaji.

We are happy to say the children had brought 100% result to the school for the year 2012-13.

b.Sumangali Seva Ashrama- Girls High School

Education is one of the most important means of empowering women with the knowledge, skills and self-confidence necessary to participate fully in the development process. Literacy is not merely about basic skills of reading and writing; it is about providing individuals with the capabilities for understanding their lives and social environment as well as equipping them with problem-solving skills. Literacy, therefore, is a foundation of human resources development and is critical to alleviating poverty and to enhancing the general quality of life of the people.

The education of women is particularly valuable as a strategic investment in human resources, as the social returns are high. The education of women and girls has a tremendous impact not only on their own development, but also on that of their families and communities. It acts as a catalyst in virtually every dimension of development and poverty alleviation, with outcomes such as reduced fertility, reduced infant mortality, improved child survival, better family health, increased educational attainment, higher productivity, and general improvement in the nation's economic situation.

In this context, Sumangali girls high school is working to educate the girls from BPL families with free of cost. The total strength of the school for the year 2012-13 was 32. There were 26, 06 and 03 students in 8th , 9th and 10th classes respectively.



Smt.B.Rama Maney the administrator cum treasurer of Sumangali Seva Ashrama has advised and supported the 10th std students to work hard towards getting good result in annual examination. She rewarded Ganga who was top scorer in SSLC by giving Rs.1,000/- cash. Sri.B.T.Muniyappa also encouraged the top scorers by giving cash prizes to Bindushree, Lavanya and Ganga.R.



Karnataka Milk Federation organized “World Milk Day” at school premises. The famous Hero of Kannada film industry participated in the event and spoke that all the children should be energetic and enthusiastic towards building a strong nation being good citizens. Milk was distributed to all the children. Other schools in and around Hebbal participated in the occasion

Twelve students are the recipients of Prof.Nanjunda Rao Memorial Vidya Pratibha and Vidyarathna scholarship for obtaining highest marks. They are:

Sl.No	Name of the students of Vidyarathna Scholarship	Class	Amount
1.	Bindushree	8 th std	1000-00
2.	Arathi Sharma	8 th std	1000-00
3.	Preethi.B	9 th std	1200-00
4.	Veena.S	9 th std	1200-00
5.	Ganga.R	10 th Std	1400-00
6.	Shilpa.K.V	10 th std	1200-00
	Recipients of Vidyapratibha Scholarship		
1.	Anand.R	8 th std	900-00
2.	Sowbhagya.K.R	8 th std	900-00
3.	Lavanya	9 th std	1100-00
4.	Preethi.B	10 th std	1100-00
5.	Rekha.B	10 th std	1200-00
6.	Bindu.V	10 th std	1200-00

The children went on tour to Talakadu, Srirangapatna and Somanathapura. It was very informative and enjoyable to them watching the historical places with teachers and friends.

The SSLC students gave a good result by achieving 82% for the year 2012-13 .

c.Kanmani Kinder Garten-Adoption International

The Kinder Garten was started in August, 2010. The objective of the kinder garten is the children need to have play time in order to learn. Kindergarten should be a place for children to grow and learn from their social interaction with other children. In addition to the usual Kindergarten curriculum, our kindergarten acts as a parent to the children, encourages and teaches them good behavior and courtesy. The kids are also taught hygiene e.g. toilet training, brushing of teeth after meals etc. This center has caring teachers who handle children from the tender age of two years to five years very well. It is committed to laying a good foundation and helping children to develop and build their self image and self

esteem. Teachers help in educational activities and organizing of educational and recreational activities for the children games, art, music, etc. Children get books, pencils, crayons, toys, balls etc.



The kindergarten is a clean, safe and friendly environment. The caring staff of Ashrama ensures that the children are properly fed, educated, bathed and loved. The total strength of the children is 25. The age group is 3-5. All are from Gosai families from rag-picker's slum Kunthigrama.



Benefits of Kinder Garten towards children

- Provision of more time for self-directed learning and teacher directed learning is reduced considerably.
 - Group learning, mutual learning and self learning are promoted.
 - Teachers teaching time is judiciously distributed among children. Only needy children are addressed by teachers.
 - Children's participation in every step is ensured in the process of learning.
 - Evaluation is inbuilt in the system it is done without the child knowing it.
 - Rote learning is discouraged and almost no scope for rote learning.
 - Periodical absence of child from school is properly addressed.
 - Center transaction is based on child's needs and interests.
 - Freedom to child in learning as he chooses his activity.
 - Multigrade and multilevel in learning is effectively addressed.
 - No child can move to the next higher step of learning unless attains the previous one.
 - Sense of achievement boosts child's confidence and morale.
 - Attractive cards and activity create interest among children.
 - Scope for child's development in creative and communicative skills.
 - Children will have a feel of security as they sit in rounds in the groups.
 - Children are allowed to move in the classroom as they choose their activity.
- Moreover the distance between the teacher and the child is largely reduced and the teacher acts as a facilitator.



The nutrition programme is to reduce the malnutrition, elimination of micro nutrients deficiencies relating to iron, iodine, vitamin A etc. and reduction of

chronic energy deficiency. We are helping these children by providing with a healthy, balanced meal that they would otherwise have to work for. The meal is an incentive for them to continue their education. It helps reduce the dropout rate to an enormous extent and increases classroom attendance. They are having Idli, Pongal, Upma and Poori for breakfast. For lunch they are getting rice, sambar, one vegetable side dish and buttermilk. In between Ashrama provides them snacks, fruits and juices whenever the donors brought here.

The children have been attended all the National Festivals like Independence Day on 15th August , Republic day on 26th January and Children's Day on 14th November 2011. They took part in cultural activities organized at Ashrama. The children have actively participated in the festivals like Shivarathri and Basava Jayanthi. The Ashrama has provided them shoes, uniforms, clothes, stationary and sandals.

Parents-Teachers meeting will be held every 3 months. Teachers have motivated them to provide education, cleanliness, nutritious and clean food to their children and family. The awareness has been given in immunization. They are advised to maintain a healthy environment in and outside their homes. All are healthy children, but still they have to maintain cleanliness even outside the center. They are undergoing health check up once in three months at our Primary Health Center by Dr.Vagdevi. They have also undergone dental check up by Rajiv Gandhi Dental College.



4.INTEGRATED CHILD DEVELOPMENT SERVICES(ICDS)

SUMANGALI SEVA ASHRAMA has been implementing the ICDS programme for the last 17 years successfully .This program is run under the able guidance of Dept. of women and children Government of karnataka, UNICEF and Central Government.



To start with SSA was given 130 centres, now SSA runs 166+8(Mini) and totally 174 centres with the help of dedicated workers. The program is ably managed by Child Development Programme Officer (CDPO) 5 supervisors, 4 office assistants, 174 anganwadi workers and helpers. Each supervisor holds 35 Anganwadies.



The following programmes are done under this project.

1. Supplementary Nutrition Programme
2. Immunisation Programme
3. Udyogini and Asare scheme (Loan for self employment)
4. Mothers meeting
5. Health and Nutrition camp
6. Health camps
7. Bhagyalakshmi scheme
8. Nagara stree shakthi
9. Kishori shakthi
10. Cases against Domestic violence Act 2005
11. Legal awareness camps.

1. Supplementary Nutrition Programmes: Women and children are brought under this programme. Pregnant women Nursing mothers ,children from 6 months to 6 years, Anganwadi workers and adolescent girls. This programme touches to 12220 beneficiaries Per month.

2. Immunisation programmes: B.C.G. were administered to 1995 beneficiaries, D P T to 3079 beneficiaries. Polio to 3079 beneficiaries. Measles to 3438 beneficiaries, D.T. to 2918 beneficiaries.

3. Udyogini and Asare scheme: (Loan for self employment): 37 women under Udyogini loan of Rs. From 25,000 to 1,00,000 and 8 women under Asare loan of

Rs,1,00,000 – 2,00,000) have been benefitted from this program so far. Loans are given to the income generating activities like baby centre, fancy shop, provision store, saree Business, flower and vegetable business.



4.Mothers meeting: This meeting is held in all the 147 centres. The supervisor in charge of the circle conducts the meeting. CDPO reviews the meeting of SSA. The discussions are 1. Safe motherhood 2. Cleanliness 3. Aids 4. Breast feeding and its importance. 5. Care of infants and children 6. Menopause 6. Nursing mothers and Pregnant women etc., good and healthy food habits.

5. Health and Nutrition Camps: This is monthly camps conducted in all the Anganwadi centres. Here, the mothers will be given awareness on the Nutrition food its necessity in the physical growth of children and pregnant women. Demonstration of different supplementary food prepared by Green leafy vegetable, cereals, sprouts, fruits etc., will be organized to aware the mothers.

6. Health camps:

1. At New Byappanahalli anganwadi centre in coordination with Chinmanya Mission Hospital every Thursday general health check up is done free of cost.
2. At Domlur anganwadi centre in coordination with Sri Sai Baba Institute every second Saturday and Sunday health check up done and treatment is also given.
3. At Vyalikaval anganwadi centres in co-ordination with Lions club of Malleswaram Eye check up is done.
4. Freedom foundation and Asha foundation have given awareness on HIV.
5. Nearby Govt. Hospitals (IPP-8) are helping our centres by providing immunization, A.N.C and P.N.C care, awareness in

cleanliness, adoption of population control methods in men and women, health check ups and pulse-polio.

7.Bhagya lakshmi scheme: This scheme was introduced by the Government of Karnataka in the year 2006. Parents with 1,2 or 3 girl child are eligible for this scheme. Where in a girl gets Rs.10,000/- by way of a deposit and the girl child on attaining the majority(18 years old), the girl child will get Rs.1,00,000/- in addition to this she will get yearly scholarship for her education from 1st standard and 10th class and will also cover any health problem for herself. Till date 1837 beneficiaries are covered by this programme through our 174 anganwadi centres.

8.Nagara stree shakthi: Under this scheme we are running 362 groups with 7,240 members in Bangalore Slums. Each group has 15 to 20 members. This is a weekly savings scheme. Out of this amount loan is distributed to the members with the nominal interest . 6 months from the date of formation these groups will be linked to banks for loans. Indian Bank, Kalpataru Bank and Syndicate Bank have come forward for this venture.

9.Training: Department of Women and Child Development is also providing training to these groups with the help of MYRADA under these field.

- 1.Bank Linkage
- 2.Entrepreneur Development Programmes
- 3.Record maintainance
- 4.Marketing



10.Kishori shakthi: Here the adolescent groups are formed and they are trained for building self confidence, cleanliness, health and hygiene, marriage, Education, menstrual cycle safe motherhood etc., so far 90 beneficiaries have been brought under this banner and constant monitoring is done for these groups in particular. Take home food is given to these adolescent girls to keep their health in good condition.

11.Job oriented course; Under this scheme students who undergo job oriented course will get yearly scholarship, 25 students are benefitted.

12.Cases against Domestic Violence Act 2005: Under this act cases against Dowry harassment, Physically and mental violation, Economic violence, sexual violence, verbal abuse, Property disputes etc., are referred to our office. Our CDPO is appointed as Protection Officer by Women & Child Development Dept and Karnataka State Legal Services Authority. She listens the aggrieved person and lodges DIR(Domestic Incident Report) to the Magistrate. When the aggrieved requests for counseling, it is also done to unite the families. We have submitted 351 reports(DIR) to courts under this act. 72 cases got the solution. Remaining cases are under process.

13.Legal Awareness camps: These camps were held in association with Department and Legal Services Authority. Nearly 400 women are benefitted. Beneficiaries took part in open discussion with the advocates and Magistrates. Legal awareness books were distributed to the women free of cost

5.HEALTH

a.Primary Health Center-Cholanayakanahalli

This is situated in Cholanayakanahalli, working for the wards No.21 & 22.coming under ward-96. It is providing health services to 86,514 people. The coverage area is Boopasandra, Chamundinagar Part-1, Chamundinagar Part-11, Guddadahalli, Hebbal, Cholanayakanahalli, V.Nagenahalli, Bhuvaneshwarinagar, Subrahmanyannagar, and Seethappa Layout.



- Provision of medical care
- Maternal-child health including family planning
- Prevention & control of locally endemic diseases
- Collection & reporting of vital statistics
- Education about health
- National health programmes-as relevant
- Referral services
- Training of health guides, health workers, local dais & health assistants
- Basic laboratory workers
- School & anganwadi health check ups

Weekly Schedule of the center

1. Monday- Ante-natal check up & Free scanning
2. Tuesday- OPD
3. Wednesday- Well-women Clinic and Sneha Clinic
4. Thursday- Immunisation & Health check up
5. Friday- Ante-natal check up & Free Scanning
6. Saturday- OPD & Review meeting



National programmes

1. Pulse-polio programme
2. Vitamin 'A' –Blind eradication programme
3. Prohibition of Tobacco programme
4. Eradication of Dengue
5. AIDS programme
6. Immunization programme

State level programmes

1. Suvarna Arogya Chaitany programme
2. Anganwadi check-up
3. Health check up to mal-nutrition children

The main services rendered at centre are antenatal Services, Immunization for Children, family Planning services, Out Patient services, T.B. Patients, Eye checkup, Health check up of Anganwadi children, General Health checkup, School Health Checkup, Health awareness programme, Post Natal Service, Adolescent Health education, Free Scanning Services, Physiotherapy clinic by Acharya.



The health services provided at the center are as follows:

Sl.No	Particulars	No.of beneficiaries
1.	Immunisation	
	BCG+'O' OPV	1368
	Measles	1368
	DPT1+HB1+OPV1	1368
	DPT2+HB2+OPV2	1368
	DPT3+HB3+OPV3	1368
	DPT+OPV 1 st BD	1368
	DPT 5 yrs	1515
	T.T, 10yrs	1463
	T.T., 16yrs	1396
	ANC T.T, 1 st Dose	1539
	ANC T.T, 2 nd Dos	1539
2.	Anti natal check ups	1539
3.	Post natal check ups	1368
4.	Sterilisation	427
5.	IUCD	342
6.	Oral Pill new	214
7.	Condoms	256
8.	F.S.tablets	1539
9.	OPD	18000
10.	Pulse-polio	10797
11.	T.B	24
12.	Scanning	622

b.Urban Family Welfare Centre-Palace Guttahalli

The Center works on the following components:

1. Increasing the supply of family welfare services to slum populations through improvements in outreach services using female link workers.
2. Upgrading of existing and construction of new health facilities.
3. Improving the quality of family welfare services provided to slum populations,



This Center is funded by Directorate of Health Services. The staff pattern is one L.M.O, one L.H.V, Junior Health Assistant-Female-2, Junior Health Assistant-Male-1, S.D.A-1 and link workers-8. The center provides services to the people of ward no. 35 & 64 where the population is 54,275 and the eligible couples are 8955. The areas are Sadashivanagar, Tata Institute Quarters, Ashwathanagar, Malleshwaram, CPRS, M.S.R.Nagar, Chikkmaranahalli, Swimmingpool Extn, Vyalikaval, Jabbar Block, A.A.N.Block , Palace Guttahalli and V.R.Puram.

Family welfare programme which is a need of the day stress the following recommendations.

1. One or two children to a family.

2. Having more children and not bringing them up in a proper standard is violence.
3. Having healthy children.
4. Using contraceptives at the time of male-female mating.
5. Sterilization both tubectomy and vasectomy.
6. Late marriage.
7. Fixing marriage age of both male and female. It is 18 years for female and 21 year for male.
8. Educating woman for having smaller size of family.
9. Spreading family planning programmes in slum areas.
10. Disseminating education in slum areas in such a style that they prefer small size of family.
11. Spreading and advertising about the use of family planning measures.

Sl.No	Particulars	No.of beneficiaries
1.	Immunisation	
	BCG+'O' OPV	551
	Measles	537
	Measles 2 nd dose	542
	DPT1+HB1+OPV1	546
	DPT2+HB2+OPV2	544
	DPT3+HB3+OPV3	538
	DPT+OPV 1 st BD	542
	DPT 5 yrs	479
	T.T, 10yrs	466
	T.T., 16yrs	398
	ANC T.T, 1 st Dose	595
	ANC T.T, 2 nd Dos	594
2.	Anti natal check ups	603
3.	Sterilisation	211
4.	IUCD	236
5.	Oral Pill new	896
6.	Condoms new	33800
7.	Prevention of blindness+VIT 'A' deficiency in childhood	1011
8.	Anganwadi health check ups	822
9.	School Health Check up	7203
10.	General Health Check up	1682

11.	Awareness programmes	4095
12.	F.S.tablets	15725
13.	OPD	5105
14.	Pulse-polio 1 st Round	5122
	2 nd Round	5108
15.	High risk area immunisation	250
16.	Sneha clinic	98
17.	Prasuthi Aaraike	22
18.	Non-iCDS Health Check up	2110
	Tota	86336



Health Services

1.Non-ICDS children's health check up:

This programme was organized both in the field and center. The height and weight of the children was taken. The low weight children were brought to Doctor for check up and they were provided milk powder and FS tablets. This children were also registered nearby Anganwadi center to provide its nutrition food. The number

of number undergone this check up are 2110. Among them 1772 were normal, 330 were moderate and 8 were severe.

2.High risk area immunization.

3.Hypertension & diabetic screening health camp was conducted at A.A.N Block, Ashwathnagar and Mathikere. 381 patients are benefited.

4.Regular antenatal checkups and its importance, Immunisation for pregnant women and their diet etc.,

5.Postnatal checkups, importance of breast feeding, the child hygiene during postnatal period has been done.

6.Immunisation for children upto 16 years age and its importance.

7.In Pulse Polio Program 12,110 children are benefitted.

8.Awareness programme on breast feeding was conducted at Vyalikaval. 151 mothers were participated.

9.Vitamin-A prophylaxis is given to 7701 children.

10.Anganwadi health check ups are done. 508 children are the beneficiaries.

11.Prasoothi Araiye Yojane:- Nearly 22 SC/St and BPL women have benefited under this programme for the year 2012-13. They have to produce the caste certificates and Hospital card before delivery and Doctor certificates staying 48 hours in Hospital after delivery. They are given a cheque of Rs.1,000/- and Rs.400/- respectively.

c.Mobile Clinic [Ambulance]

Sumangali Seva Ashrama has initiated the Services on Wheels programme. This is a unique mobile hospital programme that seeks to address problems of mobility, accessibility and availability of primary health care with a special focus on children and women, in urban slums and remote rural areas.

In Karnataka, a majority of the rural population lacks adequate medical care. In many cases, people travel far away to gain access to effective and affordable treatment. The mobile clinic concept responds to this need of them. If people can't visit the doctor, then the doctor has to visit them – that was the idea of the Ashrama. In case of any serious health issues or emergency the patient will be referred and taken to major hospitals for immediate treatment. It is helping to reach the Pulse polio drops and vaccine to all the children in and around Hebbal, Bangalore.

Rural population lacks adequate medical care. The Ambulance bring basic medical care to people who otherwise would have to walk many miles to receive any kind of treatment. It helped in reaching pulse polio drops to nearly 12,000 children.



6.TRAININGS

a.Home Products

Our Institution has regular trainings to different women from Bangalore rural and urban. This year we had given home products training in Bangalore urban and rural. There were 60 women who have trained under this programme for the year 2010-11. This training consists of manufacturing phenyl, washing powder, cleaning powder, liquid soap, liquid blue, herbal shampoo, candle making and nutrition powder. Every month we are providing 2000 Ltrs phynoyl and 500 Ltrs soap oil to M.S.Ramaih Hospital.

b.Decoration: This is atraining as well as an income generating activity to our Ashrama. We have done 10 decorations at different Govt offices and Private programmes.

7.SUMANGALI SEVA ASHRAMA ACTIVITIES

Ahrama since its establishment is working for the women empowerment and children welfare. It is providing free shelter, food, education and health, community service and housing to the needy. The different services rendered by Ashrama are as follows:

Spiritual activities

Every year through the Basava Samithi, Arivina mane is conducted in the Ashrama to aware the people about spirituality, morality, social equality, women empowerment and the overall development of the society. Nearly 80 devotees attended the programme. Everyone in Ashrama has to do meditation to get concentration and peace of mind to lead a successful life. The inmates, staff and children get an opportunity to attend other spiritual programs in different places.

The following National Festivals were celebrated in the Ashrama.

- a.Independence Day
- b.Gandhi Jayanthi
- c.Childrens Day
- d.Republic Day
- e.Lal Bahaddur Shastri Jayanthi
- f.Vivekananda Jayanthi
- g.B.R.Ambedkar Jayanthi
- h.Teacher’s Day
- i.Labour Day
- j.Women’s Day

On every national festival flag hoisting will be there. Compulsory attendance must be there by all the members. The president and administrator of SSA Smt.S.G.Susheelamma and Smt.Rama B.Mane with special invitees and guests informed the importance of celebrating national festivals and the greatness of our freedom fighters who had sacrificed their lives in the process of bringing the freedom to our mother land.

Basava Jayanthi

The Basava Jayanthi is a compulsory celebrating occasion in the Ashrama. The main intention of celebrating Jayanthi is to spread the messages of Shri.Basavanna to the society. Basava Philosophy is the greatest in world having lot of information to lead a proper and pure way of life. During Basava Saptaha everyday there was a cultural programme like Bharatha Natyam, Vachana Vocal, Classical music, Bhajans and Instrumental music. Local people, leaders, donors, Gurujis, guests, elders and children attended the function. All the children, inmates, Rural women and folk artists attended and presented their talent on the occasion. Prizes were given to the best singers of vachanas.

Annapurna Scheme

This is one time investment of Rs.50,000/- by the donors. The interest will be used for providing meals to the inmates of the Ashrama. The number of donors under the scheme increasing every year. The donor register in the name of their beloved ones birthday, wedding day, and festivals. Special meals with sweets and fruits will be served on the occasions to the children and inmates of Ashrama.

Protests against anti-social elements



Ashrama since its establishment is protesting the anti-social elements like consumption of alcohol, women atrocity, illiteracy, women reservation, female feticide and cow slaughter and shared parenting etc.

Note books and Cloths Bank

Donors, hotels, temples, companies and shops donate books and clothes to the Ashrama. We distribute note books to our children as well as rural school children. It is also distributed to local poor, school children, slum people and other needy.

Family Counseling

Family counseling centre is working to provide some relief or solvation to the people who come with different kinds of problems. We handle different cases like dowry harassment, alcoholic, egoism, property dispute, domestic violence, sexual abuse, family disputes between mother and son, husband and wife, mother-in-law and daughter-in-law, Young and elder, illegal marriage, financial problem, deserted, depressed, raped, divorcee, needy for their children's higher education and the patients for their treatment.

Through family counseling our organization has united many scattered families. The downtrodden and deserted women relinquished by their family are given permanent shelter, food and clothing. They are exposed to vocational training that can lead to gainful Employment. Most of the women after training, with their potentiality and individuality brought out in full zoom, are now trainers in various fields working for the good cause.



Counseling is done by the President of Ashrama Smt.S.G.Susheelamma and Smt.Sowbhagya, Smt.Geetha and Smt.Parvathi. They are trained under Smt.S.G.Susheelamma. The follow up has been done by visiting the houses of the cases to find the facts by collecting required information in solving the problems. M.S.W students are involved in the follow up work of the cases. So, they can learn skill of counseling, procedure of follow up, visit to concerned police stations to protect the aggrieved from law and defence. If the settlement is not done through counseling, then the cases will be referred to the Court. Cases like divorce, property partition and preparation of Will are done through the court. At the

time, we produce the documents regarding the particular case and witness to the Court.

The details of services provided to the needy are as follows:-

Sl.No	Particulars	Total	Salvation	Balance
1.	Hostel	57	55	02
2.	Shelter	100	70	30
3.	Jobs	20	12	08
4.	Old age home	12	12	-
5.	Family problems	87	36	51
6.	Application for brides	12	0	12
7.	Reference to other organisation.	15	15	-
8.	Help to women referred by Police station	28	28	-
9.	Visitors			12,743
9.	Others	89	89	-

Vriksha Mahadasoha- 1 Crore tree Plantation program

Man has been closely related with the nature since the dawn of civilization. Nature is helpful for all human beings. Nature abounds with trees. Trees are one of the best gifts of nature. As the civilization proceeds towards development, valuable nature assets are also getting damaged day by day. So it is the ease with trees. Now the ecological balance is distributed and the life becomes difficult. The first and foremost thing we get from trees is oxygen. We inhale oxygen from air, which are provided by trees. Trees maintain the climate and the weather of a country. They help causing rainfall and save our country from destruction. Trees save our land from erosion and make it fertile. We get our major food production from trees. Besides we get many kinds of medicines from trees. In real sense trees give us many things that we can not even count. The ratio of cutting and planting trees is

very much different. We cut more but plant less. We have to plant more and more to prevent ourselves from natural disasters.



Midday meals

Midday meals is a Govt. project where school children get hot meals at lunch time in school days. Ashrama has taken the responsibility of serving meals to 298 school children everyday. It contains greens, pulses, grains and vegetables. So, mid day meals helped the poor to forget their hungry. Now, their studies are going well with surplus food.

Help for higher education

Ashrama is supporting girls to continue their education after high school. 6 Girls who are in our shelter are going to college for further studies. Ashrama is helping other students who are from financially weak families by providing sponsors and admitting them to colleges.



SUMANGALI MULTI-PURPOSE CO-OPERATIVE SOCIETY (SMPCS)

SMPCS is purely women oriented organization with 1081 share holders, registered under co-operative society Act. This is the major outlet for all the produce of the Ashrama and various many others (self employed women seeking local market for their products) using this as their marketing outlet. Now, it is providing computer training to the local youngsters for their better career.

M.S.W internship

They involved in the social works organised and attended by SSA. They learnt the process and skills of counseling and group work. They will be allotted to work in group or team with children and community. They taught regarding the social work, recognition of needy, the place of service, mobilization of public, resources and all. They participate in different awareness camps and programmes conducted by SSA. Ashrama issued them certificates for their field work and block placement.

Computer Lab

This lab was donated by Rotary Club, Bangalore South. Computers are utilized for the training of Anganwadi teachers to help them in computerization of their datas

and reports. The school children are learning computer basics and drawings in the center.

9.LIST OF PRESENT FUNDING AGENCIES

Sl.No	Name of the funding agency
1.	Department Of Women and Child Development(Govt. of Karnataka)
2.	Adoption International
3.	Sponsorship of children
4.	India Abroad Foundation
5.	Sairam Trust UK
6.	Shri.Nanjundarao Trust
7.	Annapoorna Project
8.	Urban Family Welfare Centre- Directorate of Health Services
9.	Ganesh Nursing Home
10.	Victoria Hospital
11.	P.H.C, C.N.Halli-SSA
12.	Donors, Philonthropists.
13.	Canara Bank, Head Office
14.	Central Legal Services Authority
15.	Smt.Manjula Bhaskar, U.S.A
16.	M.S.Ramaiah Hospital
17.	Women For Peace

LIST OF PAST FUNDING AGENCIES

Sl.No	Name of funding agency	Duration
1	Karnataka State Social Welfare Advisory Board	1978-1998
2	Action Aid	1982-2005
3	Sidbi	1991-1993
4	Norad	1994-2001
5	CDG	1993-1995
6	I.P.P	1996-2001
7	G.E.Fund	1997-1999
8	British High Commission	1997
9	CEBEMO	1997-2002
10	Asha M.I.T	1998-2000
11	Irish	1998
12	Global Ramanashree	2001
13	Skip	1993-2001
14	R.C.H	2003
15	Women Development Corporation	1991-1997
16	N.C.L.P	2002-2006.
17	CAPART	2005-07
18	Karnataka State Finance Corporation	1990-1999

1. AWARDS & ACREDITATIONS



Sumangali Seva Ashrama is the recipient of National Award for child welfare which has been given on 2nd November 2012 by President Sri. Pranab Mukherjee.

11. FUTURE PLANS

1. construct high school, pre university college, degree college, job oriented course, computer training centre, Play ground and auditorium.
2. In 2 acres of land old age home is to be constructed for hundred people.
3. Short stay home for needy women.
4. Simuruba plants to be developed to support farmers by growing them in their lands.
5. Work shops to be done regarding health, hygiene, environment and E.D.P.

6. Workshops to other organisations development.
7. Housing scheme to BPL families.
8. Trainings to promote different production and marketing through wide linkages.
9. To reach Mobile Clinic service to Bangalore Urban and rural Dist.
10. Toilet to each house in rural areas.
11. To promote rain harvesting programme.
12. Plantation through bio diesel and trees planting.
13. Conducting Cancer Detection programme.

Join Us TO SUPPORT

TO BRING change into the lives of many neglected lives of Karnataka. With a minimal budget, committed staff and volunteer support we strive to provide hope, first and foremost, for our residents.

We are grateful for many of the DONORS, DONOR AGENCIES, STATE AND CENTRAL GOVT., our auditors PAST AND PRESENTLY who ARE SUPPORTING US.

All donations to this institution is exempted from Income Tax under 80G of income tax Act 1961, as per the order No.Accts/718/35,88/CI-II Dated 09.07.97, 1-93 of the Commissioner of Income Tax Karnataka, Bangalore. We are also covered under the Foreign Contribution Regulation Act. 1976. Please visit our website: www.ssa-india.org for more details.

