

Sumangali Seva Ashrama
Annual Report- 2013-14

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1. President's words



Sumangali Seva Ashrama's(SSA) vision is to work as a catalyst in bringing sustainable change in the lives of underprivileged children, youth and women, with a life-cycle approach of development. Enable the civil society across the Karnataka to **engage proactively in the change process** through the philosophy of civic driven change. SSA is to empower underprivileged children and youth through relevant education, innovative healthcare and market focused livelihood programmes.

Warm Greeting to all fellow travelers and well-wishers,

Sumangali Seva Ashrama is dedicated to creating a better future for children living in our hostel. As long as girls are treated as inferior and less valuable than boys, malnutrition will remain high. Importance has been given to promoting girl child education, reaching out to underprivileged sections of society, and integrating human values into the educational system.

In recognition of the diversity of women's situations and in acknowledgement of the needs of specially disadvantaged groups, measures and programmes have undertaken to provide them with special assistance. These groups include women in extreme poverty, destitute women, women in conflict situations, women affected by natural calamities, women in less developed regions, the disabled widows, elderly women, single women in difficult circumstances, women heading households, those displaced from employment, migrants, women who are victims of marital violence, deserted women and prostitutes etc.

when women are supported and empowered, all of society benefits. Their families are healthier, more children go to school, agricultural productivity improves and incomes increase. Today, women are leaders who epitomize the human values of caring, sharing and re-building societies free of stress and violence. Steps are taken for mobilization of poor women and convergence of services, by offering them a range of economic and social options, along with necessary support measures to enhance their capabilities.

To promote organic farming vermi compost project has been implemented to improve the fertility of soil, income generation for rural people, more harvest for farmers, environmental protection, no chemical pollution and mitigates migration from rural to urban areas.

“Jai Hind, Jai Karnataka”

2.SHELTER

a.Premananda Makkala Kuteera(PMK)

Here, children learn values, share responsibilities and form life-long relationships. A family environment gives them a solid foundation on which to build their lives, each child is protected and enjoys a sense of belonging. Through love and acceptance, emotional wounds are healed and confidence is built. Children learn to trust and believe in themselves and others. With this self-assurance each child can recognise and fulfil her potential.



Each child's voice is heard and taken seriously. Children participate in making decisions that affect their lives and are guided to take a leading role in their own development. The child grows with respect and dignity as a cherished member of her family and society. Children are protected from abuse, neglect and exploitation and are kept safe during natural disaster and war. Children have shelter, food, health care and education. These are the basic requirements for the sound development of all children.



Admission

The children who are in vulnerable situations like begging, victims of trafficking, single parent who are not able to look after their children, children of addicted parents, sexually abused etc are identified and assessed and through the Admission Committee admitted into the PMK. Immediately after the admission into PMK home, the children are admitted into Basavananda Higher Primary School or Sumangali Girls High School based on their age and Head Mistress's opinion, the child is provided bridge course in the hostel alone.

Staff

There are 13 staff working in this programme on various capacities. The staff comprise of Project In-charge-1, Wardens -cum-Teacher-5, Documentationist-1, Cooks-4 and Security –1.

Children Strength

Right now we have 106 girl children at PMK home who are getting their 1st to 10th Grade in our schools.

Facilities

The following facilities are available

- Home
- Food
- Medical
- Recreation
- Picnic
- Training on leadership, cultural activities and extra curricular activities



Corporate Social Responsibility (CSR) help has been taken from following Companies:

S.No	Name of the Company	Service (Help)
1	Sabre	Sponsorship
2	Toyota Kirloskar	Sponsorship
3	Cognizant Technologies	Stationeries, Play materials
4	Alcatel Lucent	Stationeries, Play materials
5	Oracle	Stationeries, Play materials
6	IBM	Stationeries, Play materials
7	Dell	Stationeries, Play materials
8	Consero Global	Stationeries, Play materials
9	Sunguard	Stationeries, Play materials
10	Infosys	Sponsorship



Every year Prof.Nanjunda Rao Memorial Trust is encouraging the talented children by rewarding them with Vidyarathna & Vidyaprathibha Puraskar. The following girls are rewarded for the year 2013-14.

Vidya Rathna Puraskar		
S.No	Name of the child	Class
1	Kavya.S	5 th Std
2	Savithri.M	5 th Std
3	Tulasi.K	6 th Std
4	Latha.K	6 th Std
5	Bhuvaneshwari	7 th Std
6	Varadaraju	7 th Std
7	Shyla.K.V	8 th Std
8	Heena Kausar	8 th Std
9	Bindushri	9 th Std
10	Arathi Sharma	9 th Std
11	Lavanya.M	10 th Std
12	Preethi.B	10 th Std

Vidya Prathibha Puraskar		
S.No	Name of the child	Class
1	Amulya	5 th Std
2	Pooja.P	5 th Std
3	Bhargavi.N	6 th Std
4	Mohankumari.R	6 th Std
5	Shashikala.B	7 th Std
6	Sukanya.A.B	7 th Std
7	Anitha.V.N	8 th Std
8	Sujatha	8 th Std
9	Kavana.M	9 th Std
10	Sowbhagya.K.R	9 th Std
11	Yashoda.M	10 th Std
12	Asha.K	10 th Std



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

Sowharda-Short stay home works for the women who have no place to go. The aim of the home is to provide primary need of shelter, food, clothing and care to the marginalized women/girls living in difficult circumstances who are without any social and economic support, to provide emotional support and counseling to such women, to rehabilitate them socially and economically through education, awareness, skill up gradation and personality development through behavioral training etc., to arrange for specific clinical, legal and other support for women/girls in need of those intervention by linking and networking with other organizations in both Govt. & Non-Govt. sector on case to case basis and to provide such other services as will be required for the support and rehabilitation to such women in distress.



We provide them boarding, lodging, medical facility, vocational training and counseling. The aim of this unit is to rehabilitate them in a manner, which will be beneficial to them. The home is also providing the rehabilitation of destitute women and run away girls, social health and education for the underprivileged, employment opportunities, family counseling, legal advice and medical care to abused women.

c.Punyakoti Vanaprastashrama- Old age home

The Process of social change i.e. modernization, urbanization and technological changes have modified the value system and shifted the socio-economic priorities which have thrown the life on fast tracks and often left with no time for our senior citizens. The old and senior citizens, who have provided a great service to the society, feel neglected and unwanted at this stage of life. The declining physical strength and other geriatric ailments add to their problems. It is the social apathy at this fag end of their lives which is a cause of major concern. The problem is more severe in the urban areas and it is going to worsen in the coming years.

In these circumstances, provisions of the care of older persons have increasingly to be provided by NGO's.



The PUNYAKOTI VANPRASTHA ASHRAMA is one such old age home with a commitment to serve its senior/old aged citizens. It is providing residential accommodation, food, medical support, library and reading room facilities for the old aged persons free of costs.



Senior Citizens are a treasure to our society. They have worked hard all these years for the development of the nation as well as the community. They possess a vast experience in different walks of life. The youth of today can gain from the experience of the senior citizens in taking the nation to greater heights. At this age of their life, they need to be taken care of and made to feel special. There are 15 inmates benefiting from this programme.

Staff for old age home

There are 4 staff working in the centre. Their role and responsibilities are as follows;

Superintendent/ Manager

- SHE IS TOTAL RESPONSIBLE FOR THE PROGRAMME
- MONITORING AND SUPERVISION OF DAY TO DAY AFFAIRES OF THE OLD AGE HOME
- TAKE CARE OF THE INMATES IN ALL ASPECTS INCLUDING MEDICAL CARE
- MANAGING AND MAINTAIN THE HOME

WARDEN-2 NO

- RESPONSIBLE FOR COUNSELING THE INMATES
 - TAKING THEM TO HOSPITALS FOR ANY TREATMENTS
 - VISITING THE FIELD AREAS AND CONDUCT AWARENESS ON THE PROBLEMS OF THE ELDERLY PERSONS

Cooks

- RESPONSIBLE FOR COOKING THE FOODS IN TIME
- KEEPING THE KITCHEN AND DINING HALL NEAT AND CLEAN
- TAKE THE INSTRUCTION FROM THE WARDEN/SUPERINTENDENT FOR DAILY ROUTINE OF MENUS AND OTHERS

a. Basavananda Higher Primary school

Basavananda Primary & Higher Secondary school has the adequate infrastructure to provide this expertise infused with human values and cultural nourishment. Our holistic approach aims at molding the character and personalities of the children of this school to become future leaders of society, makers of beautiful, happy homes and builders of a mighty, flourishing nation. Who knows, another Indira Gandhi, Klapana Chawla, Kitturu Chennamma, Jagadish Chandra Bose, C V Raman, Ravindranath Tagore or Kuvempu may arise from among these children? We pray to God in all humility, to grant us strength and wisdom to realize the fulfillment of our vision. The strength of the children for the year 2013-14 is 220.



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.

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.

On 4th June, 2013 “Youth Forum” donated notebooks & school bags to the children.

On the occasion of the birthday of our Honorary Treasurer Smt.B.Rama Maey Rs.15,000/- was donated to school for the

uniforms and shoes of the children.



On 18th July, 2013 Lions Club, Vijayanagar has donated notebooks to the children.

On 19th July, 2013 the SBI, Cholanagar Branch has donated 6 fans to our school.

The “Ksheera Bhagya” scheme was introduced by Govt to distribute free milk thrice in a week to our children.

On 13th August, 2013 the Cognizant Technology Solutions conducted sports to the children and prizes were given them and notebooks were donated to the same.

Lion SriB.T.Muniyappa & Smt.Geetha donated uniforms to the school children.

67th 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 children performed cultural programmes on the event. The MSW students conducted sports to the children and distributed prizes to the winners. Mrs.Chudamani distributed sweets to the children.



The children celebrated Children's Day and Kannada Rajyotsava by performing cultural activities. The top scorers from 7th standard 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. Varadaraju, Bhuvaneshwari and Yaseen.G won 1st, 2nd and 3rd prizes by receiving Rs.1,500, 800 and 700 respectively. On same event Geethanjali Trust has donated Rs.5,000/- as scholarship to Bhuvaneshwari, Tulasi and Kavya.K.



Shri.Ravishankar and Smt.Kusuma Ravishankar had given scholarships to our students from Prof.M.S.Nanjunda Rao Memorial Trust. The recipients are Kavya.N, Savithri.M, Amulya, Pooja, Tulasi.K, Latha.K, Bhargavi.N, Mohanakumari, Bhuvaneshwari and Varadaraju.

The school had organized an excursion to the historical place Mysore, Srirangapatna and Nanjanagaudu Talakadu and Shimsha on 28th December 2013.

Republic Day was celebrated on 26th January, 2013. Sri.B.T.Muniyappa presided the programme. Sports and Cultural programme was conducted on the occasion.



Basavananda Higher Primary school has got 100% result for the year 2013-14.

b.Sumangali Seva Ashrama- Girls High School

Education is very essential for the development of women with the knowledge, skills and self-confidence necessary to participate fully in the development process. 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 and girls has a tremendous impact not only on their own development, but also on that of their families and communities. 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 2013-14 was 35. There were 27, 06 and 02 students in 8th , 9th and 10th classes respectively.

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.

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The childre's Day and Rajyotsava was celebrated on s14th November, 2013, Geethanjali Trust has donated Rs.5,000/- as scholarship to Bhuvaneshwari, Tulasi and Kavya.K.

Republic Day was celebrated on 26th January, 2013. Sri.B.T.Muniyappa presided the programme.



The school girls have won following prizes in “Prathibha Karanji”.

S.No	Name of the student	Class	Competition	Prize
1	Sakku Bai	8 th Class	Kannada Speech	3 rd Prize
2	Heena Kausar	9 th Class	Hindi	1 st Prize
3	Meghana	9 th Class	Karnataka music	1 st Prize
4	Sonia	8 th Class	Clay Modeling	3 rd Prize
5	Sukanya	8 th Class	Fancy Dress	3 rd Prize
6	Swathi	8 th Class	Debate	3 rd Prize
7	Kavya	10 th Class	Rangoli	1 st Prize
8	Vaishnavi	10 th Class	Folk Dance	1 st Prize
9	Shyla	10 th Class		1 st Prize
10	Vani	10 th Class		1 st Prize
11	Jyothi	10 th Class		1 st Prize
12	Shahikala	10 th Class		1 st Prize
13	Sowbhagya	10 th Class		1 st Prize
14	Bhuvana	8 th Class	Quiz	1 st Prize
15	Bindushree	10 th Class		1 st Prize
16	Arathi	10 th Class		1 st Prize
17	Shyala	9 th Class		1 st Prize
18	Heena	9 th Class	Dandiya	2 nd Prize
19	Aruna	10 th Class		2 nd Prize
20	Ashwini	8 th Class		2 nd Prize
21	Priyanka	10 th Class		2 nd Prize
22	Amrutha	10 th Class		2 nd Prize
23	Mamatha	10 th Class		2 nd Prize

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

Sl.No	Name of the students of Vidyaratna Scholarship	Class	Amount
1.	Shyla.K.V	8 th std	1000-00
2.	Heena kausar	8 th std	1000-00
3.	Bindushree	9 th std	1500-00
4.	Arathi Sharma	9 th std	1500-00
5.	Lavanya.M	10 th Std	1500-00
6.	Preethi	10 th std	1500-00
	Recipients of Vidyapratibha Scholarship		
1.	Anitha.N	8 th std	1000-00
2.	Sujatha	8 th std	1000-00
3.	Kavana.M	9 th std	1200-00
4.	Sowbhagya.K.R	10 th std	1200-00
5.	Yashodha.M	10 th std	1200-00
6.	Asha.K	10 th std	1200-00



The children went on tour to Mysore, Srirangapatna and Nanjanagud on 28th December, 2013. It was very informative and our children enjoyed a lot by visiting the historical places with teachers and friends.

This year school has shown good academic progress. We got 95% result in SSLC for the year 2013-14 .

c.Kanmani Kinder Garten-Adoption International

Most of the rag-pickers are extremely poor, illiterate, and belong to immigrant families. Many commence their profession at the young age of five to eight years. Most of them never attend any school or have any formal education. Most of their families are in need of extra incomes from these young children. While they are collecting rags they are subjected to chemical poisons and infections. Because of malnutrition they suffer from retarded growth and anemia. The rag pickers are very susceptible to diseases like tuberculosis and cancer due to their exposure to hazardous materials. So, to eradicate child labour and to provide education, food, health and co-curricular activities we have started the Kinder Garten in August, 2010.



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.



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 etc. This center has caring teachers who handle children from the tender age of three 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 center provides them food which includes greens, grains, pulses and vegetables. They are undergoing health check up once in three months at our Primary Health Center. They have also undergone dental check up by Rajiv Gandhi Dental College. We take them to local trips twice in a year.

INTEGRATED CHILD DEVELOPMENT SERVICES, BANGALORE URBAN

SUMANGALI SEVA ASRAMA

ICDS ANNUAL REPORT FOR THE YEAR 2013-2014

Sumangali seva ashrama has been implementing the ICDS programme for the last 20 years successfully. This programme is run under the able guidance of Department of Women and Children, Government of Karnataka, UNICEF and Central Government.

To start with SSA was given 130 centres, now SSA runs 176 + 8 (Mini) centres with the help of dedicated workers. The programs are ably managed by Child Development Project Office. 1 CDPO, 5 supervisors, 4 office assistant, 174 anganwadi workers and 162 helpers.

The following programmes are done under this project:-

1. Supplementary Nutrition programme
2. Immunisation programmes
3. Udyogini and Asare scheme (loan for self employment)
4. Mothers meeting
5. Health and Nutrition camp
6. Health camps
7. Bhagyalakshmi scheme
8. Urban stree shakthi
9. Kishori shakthi
10. Cases against-Domestic violence Act 2005

1. Supplementary Nutrition Programme: Women and children are brought under this programme, Pregnant women & Nursing mother-2801, children from 6 months to 6 years 10713, Anganwadi workers 174 Anganwadi Helpers 162, adolescent girls 368. This programme touches 14218 per month.

2. Immunisation programme: BCG were administered to 2018 beneficiaries, DPT to 3rd dose 4073 beneficiaries, Measles to 4123 beneficiaries, 2305 Pregnant were immunized with T.T. Vaccination. 4073 were given Hepatitis B.

3. Udyogini scheme(loan for self employment): women under udyogini (loan of from Rs.25,000-`100,000) scheme 10 have been benefitted from this programmes so far.

4. Mother`s meeting: This meeting is held in all the 184 centres, the supervisors in charge of the circle conducts the meeting and CDPO reviews the meeting. The discussion are 1. Safe mother hood 2. Cleanliness 3. Aids 4. Breast feeding and its importance 5. Care of infants and children 5. Menopause 6. Nursing mothers and Pregnant women etc., good and healthy food habits.

5. Health and Nutrition camps: Health & Nutrition camp is conducted in all the anganwadi centres. The nutritive and consumption, its necessity in the growth of children and pregnant women by physically demonstrating this in the monthly camps (Green leafy vegetable, cereals ,sprouts, fruits etc.), in the month of September special nutrition camps held in all the centres. In this camp low cost with high nutritive calorie recipes prepared by stree shakthi members and anganwadi workers, Exhibition and preparation of Nutrition food competition were held in all the circle and prizes were distributed.

6. Health Camps: Every Saturday in Domlur anganwadi centre health check up camp will be conducted in coordination with Shirdi Sai hospital.

Once in 2 months special health check up has been conducted for malnourished children by the BBMP hospital doctors.



From the department of women and child Rs.750/- has been give to malnourished children for medicines. Under this scheme ICDS and NON ICDS beneficiaries are also covered.

Health checkup camps were conducted in co-ordination with other NGOs in all the 5 circles.

In co-ordination with Akshara foundation health check up was conducted in Banaswadi.

Awareness camps were conducted by Sumangali Seva Ashrma for anganwadi workers on Cervical cancer .Free cancer check ups were held for the women who attended the camps.

7.Bhagya lakshmi scheme: This scheme was introduced by the Government of Karnataka in the year 2006. Parents with 1,2or 3 girl child are eligible for this scheme. Where in a girl child gets Rs.10,000/- by way of a deposit and the girl child on attaining the majority the girl child approximately get Rs.40,000/- in addition to this she will get yearly scholarship and will also cover any health problem for both herself and her parents.

The programme continued,. The children born since august 2008 will get Rs.20,000 as deposit and get Rs.1,00,000 after attaining 18 years.

8.Nagara stree shakthi: Under this scheme we are running 362 groups in Bangalore slum. Each group has 15-20 members. This is a weekly savings scheme. Out of this amount loan is distributed to the members with the nominal interest. After 6 months from the date of formation, these groups will be linked to banks for loans. Indian bank,R.T.Nagar branch have come forward for this venture.



Till now 100 groups were linked with banks for loan and the repayment was done regularly without fail. Revolving funds were distributed to all the stree shakthi groups by the department.

9. Bala Sanjeevini: Under this scheme child with BPL card will cover the medical facility up to 36,000/- . During this year nearly 31 children have benefitted under this.

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 348 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. Work shop for S.S.L.C.students: Work shop was conducted for students who are preparing to take Public exam in 2 sector each camp consisted 500 students. Parents were also given guidance how to monitor the student and help them to appear for the exam. Guest lectures like psychiatrist and Science were present and they Gave suggestions to the students about taking up exams interaction between student and lecturers was good.

12. Cases against Domestic violence act 2005: Under this Act cases against dowry harassment, physical and mental violation, Economic violence, sexual violence, verbal abuse, Property disputes etc., are referred to our office. Government has appointed an Protection Officer, and she visits the aggrieved person and lodges DIR report to the magistrate. Counseling is also done. We have submitted 434 cases. 10 Legal Awareness programmes were conducted on domestic violence in all the 5 Sectors.



13. Akshara Foundation: has given pre-school toys to Angawadi centres and Pre school training has been conducted to Anganwadi workers. They are giving full free hand services in extending the pre school activities to the beneficiaries.

MAKKALA HABBA programme was conducted by Akshara foundation in which a kit was given to mother and a child out of which they

have to use the material and make a model. They will select best out of it and prizes were given.

Other general programmes

1. Balamela was conducted in all the 5 Sectors
2. Stree shakthi yearly anniversary was held in all the 5 sectors.
Sports, cultural programmes were conducted during the programmes.
3. Breast feeding week programmes was conducted in all the centres.
4. Special nutrition programme camp was conducted in all the 5 sectors
5. Banaswadi anganwadi children were taken on a One day trip to Balbhavan by Smt.Susheela David , Retd., MOH .
6. NGO`S meeting was conducted in Banaswadi to discuss about improvement of anganwadi centre. NGO`s of APSA, HOPE, AKSHARA FOUNDATION and SANGRAHA participated.
7. Road safety awareness programme was conducted by HOPE foundation in Vijinapura.
8. In D.J.Halli Magic show was conducted by Bhadresh Jadugar from Tumkur , regarding the health improvement of malnourished 3rd and 4th grade children. .

BHEL factory also conducted health check up in D.J.Halli and nutritious energy food was given to all the malnourished children.

All national festivals were observed in all the centres. Religious festivals like Sankranthi & ganesha festival observed in some centres. *We thank all our sponsorors ,donors, area leaders ,Councillors, Area MLA`S for their great support in bringing our project to success.*

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 80,363 people. The coverage area is Boopasandra, Chamundinagar Part-1, Chamundinagar Part-11, Guddadahalli, Hebbal, Cholanayakanahalli, V.Nagenahalli, Bhuvaneshwarinagar, Subrahmanyannagar, and Seethappa Layout.

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 and Free Scanning Services.

Financial assistance Scheme to the beneficiary under health programmes:

1. Prasoothi Arogya Yojane (For Pregnant Women)

Other programmes conducted at PHC:

1. Uterus Cancer check up
2. Free eye-camp
3. B.P & sugar test
4. Nutrition week
5. Breast feed week
6. World Health Day

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



The health services provided at the center are as follows:

Sl.No	Particulars	No.of beneficiaries
1.	Immunisation	
	BCG+OPV+hep.B	774
	Measles	1558
	DPT1+MS+OPV booster	1598
	DPT 5 yrs	1368
	T.T, 10yrs	1189
	T.T., 16yrs	685
	ANC T.T, 1 st Dose	1307
	ANC T.T, 2 nd Dose	1967
	LPV+OPV-1	1349
	LPV+OPV-2	1414
	LPV+OPV-3	1612
2.	Anti natal check ups	1362
3.	Post natal check ups	1307
4.	TO/LTO	295
5.	IUCD	364
6.	Oral Pill new	250
7.	Condoms	239
8.	F.S.tablets	1539
9.	OPD	6,400
10.	Pulse-polio	10220
11.	T.B	23
12.	Scanning	612

13.	IFA tablets	2618
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b.Urban Family Welfare Centre(UFWC)-Palace Guttahalli

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 65,317 and the eligible couples are 8955. The areas are Sadashivanagar, Tata Institute Quarters, Ashwathanagar, Malleshwaram, CPRS, M.S.R.Nagar, Chikkmaranahalli, Swimming pool Extn, Vyalikaval, Jabbar Block, A.A.N.Block , Palace Guttahalli and V.R.Puram.

Objectives of the UFWC

- (1) To provide Primary, Preventive, Curative, Promotive and referral health services to the people in the designated area.
- (2) To co-ordinate with the Directorate of Health Services to achieve improvement in the Millennium Development Goals such as IMR, MMR, Life expectancy etc.
- (3) Prevention and Control of communicable diseases.
- (4) To engage in providing essential quality Primary Health Care services to the people in the designated areas.
- (5) Increasing the supply of family welfare services to slum populations through improvements in outreach services using female link workers.
- (6) Upgrading of existing and construction of new health facilities.
- (7) Improving the quality of family welfare services provided to slum populations.



The Services provided

- Curative Services
- First Aid
- Referral Services
- Family Planning Services
- Antenatal and Postnatal care
- Immunizations
- Counselling on all matters, in particular HIV/AIDS
- Implementation of National Health Programs
- Health Education Activities and Environmental Sanitation
- Designated Lab Tests or sample collection for sending to testing labs
- Other health related services, as directed by the authorities.
- Paying careful attention to the needs of patients and communities and ensuring that they are more involved and are satisfied with the health services that are provided.
- Adolescent girls education



Drugs Available in UFWC

The following drugs are always be available in the Center and will be dispensed as per requirement free of cost.

- a) All Essential Emergency drugs
- b) Antibiotics
- c) Analgesics
- d) Anti Helimenthics
- e) Anti fungal drugs
- f) Anti Hypertensive
- g) Anti diabetic
- h) Anti diarrheal
- i) Sedatives
- j) Anti snake venom
- k) Vitamins and other supportive drugs
- l) Eye drops
- m) Ointments
- n) Dressing materials
- p) IV fluids
- q) Other drug as and when requires.

Sl.No	Particulars	No.of beneficiaries
1.	Immunisation	
	BCG+'O' OPV	538
	Measles	529
	Measles 2 nd dose	603
	DPT1+OPV1	603
	DPT 5 yrs	550
	T.T, 10yrs	544
	T.T., 16yrs	430
	ANC T.T, 1 st Dose	509
	ANC T.T, 2 nd Dos	501
	LPV 1 st Dose	533
	LPV 2 nd Dose	529
	LPV 3 rd Dose	528
2.	Anti natal check ups	518
3.	Sterilisation	238
4.	IUCD	227
5.	Oral Pill new	681
6.	Condoms new	23,090
7.	Prevention of blindness+VIT 'A' deficiency in childhood	4482

8.	Anganwadi health check ups	1336
9.	School Health Check up	5073
10.	General Health Check up	3088
11.	Awareness programmes	4220
12.	F.S.tablets	511
13.	OPD	7131
14.	Pulse-polio	10020
15.	Prasuthi Araike	77
16.	SAM children	252
17.	ANC BD	12
	Total	67290

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 252. Among them 210 were normal, 24 were moderate and 18 were severe.

1. Community Need Assessment Approach (CNA):- This survey is conducted in April & May every year to know the health needs of the people. The target & achievement is fixed accordingly. The report is submitted to Health Dept and the needs of the people is discussed in monthly meetings with Health Officers.

2.Acute Flaccid Paralysis(AFP):- All the clinics and hospitals are consulted to get the reports of the children suffering from AFP. The same is submitted to BBMP for the treatment of such children. Four children are recognized for the year 2013-14.

3. Vitamin 'A' Prophylaxis:- This is helping to eradicate night blindness. Every year the drops is given to Jan 15th-30th as 1st round July 15th-30th 2nd round in Anganwadies. The children from 9th month to 5 years had given.

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 10,020 children are benefitted.

Arogya Bandhu Scheme- Four new Primary Health Centers

S.No	Name of the PHC	Total population	Coverage of areas	Services Provided
1.	Attur Layout	56,046	Attur layout, Attur village, Yealahanka New Town, yealahanka 4 th & 5 th Phase, Cauverynagr, Tirumal nagar	ANC & PNC check up, Immunisation, School immunization, Outreach immunization, Pulse-polio, Janani Suraksh Yojane, General Health check up, SAM Children, OPD, Anganwadi Health check up, Awareness camps, TB care, Vitamin 'A' Prophylaxis, Sneha Clinic, Nutrition programme
2.	Nelamaheshwari	1,30,750	Dasarahalli, K.G.Nagar, Bhuvaneshwarinagar, Kalahasthinagar, Ravindranagar, Prashanthinagar, Kalyananagar, Maheshwarinagar, Devanna Colony, Chokkasandra, Vidyanagar	ANC & PNC check up, Immunisation, school immunization, Outreach immunization, Pulse-polio, Janani Suraksh Yojane, General Health check up, SAM Children, OPD, Anganwadi Health check up, Awareness camps, TB care, Vitamin 'A' Prophylaxis, Sneha Clinic, Nutrition programme
3.	Mallath Halli	86,800	Mallath Halli, Kottigepalya, Malagala, Annapurneshwarinagar, Papareddypalya	ANC & PNC check up, Immunisation, School immunization, Outreach immunization, Pulse-polio, Janani Suraksh Yojane, General Health check up, SAM Children, OPD, Anganwadi Health check up, Awareness camps, TB care, Vitamin 'A' Prophylaxis, Sneha Clinic, Nutrition programme
4.	Bangarappanagar	1,30,750	Veerabhadranagar, Muneshwaranagara, Pushpagirinagar, Dwarakanagar, Boregowdanadoddi, Bangarappanagar, Gottigere, Ideal Homes, Kenchenahalli, BEML	ANC & PNC check up, Immunisation, School immunization, Outreach immunization, Pulse-polio, Janani Suraksh Yojane, General Health check up, SAM Children, OPD, Anganwadi Health check up, Awareness camps, TB care, Vitamin

			Layout, Haligevaderahalli, Mutthurayanagar, BHEL, Mylasandra, Pattanagere, Concorde layout	'A' Prophylaxis, Sneha Clinic, Nutrition programme
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c.Mobile Clinic [Ambulance]

Mobile Clinic which is providing health coverage to people living in the unreached and underserved deep interior forest and remote villages. To reach desperate families who struggle everyday with poverty and lack of health care in Bangalore overcrowded slums and remote villages from Bangalore North, Ashrama has launched a mobile clinic program in 2006 to provide critical on-site medical services and free medicines. These urban slum dwellers and rural people are faced with inadequate housing, poor hygiene and lack of safe drinking water and sanitation.

Mobile Clinic that works with the needy, helped to mobilize the local community by creating awareness for the program. Taking health care directly to this vulnerable population fills a critical need. Mobile medical van is staffed with a doctor, ANM and driver so that the immediate health care needs of the patients can be assessed and treated, and proper referrals can be made when necessary. Another focus of the mobile medical unit is to identify and care for patients with chronic diseases like diabetes and hypertension, and to provide them with a continuous supply of free medicines. All patients will be maintained to monitor the program and to facilitate patient follow-up.

6.TRAININGS

a.Home Products

Our organisation 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 40 women who have trained under this programme for the year 2013-14. 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 a training as well as an income generating activity to our Ashrama. We have done 14 decorations at different Govt offices and Private programmes. The decoration has been done in flowers, beads, rangoli, crane and plastic items.



7.SUMANGALI SEVA ASHRAMA ACTIVITIES

Spiritual activities

Every year through the Basava Samithi, Arivina mane is conducted in the Ashrama to aware the people about spirituality, morality, social equality and women empowerment. Sixty devotees attended the programme.



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.B.Rama Maney 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.

Geethanjali Art Gallery

Basava Jayanthi

Basava Jayanti was celebrated featuring recitals of vachanas and cultural programmes to enlighten on Lord Basavanna's personality in a nut shell. Lord Basava stands as one of the most outstanding multi-physic not only in the firmament of the religious history of India, but also the whole mankind of the universe. Lord Basava through his unique message he revolutionized the living of human being and he practiced what he preached .Lord Basavanna was a philosopher a social & economic reformer, he is the founder of parliament & also he was the generator of idea of democracy.



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.

Sumangali Art Gallery

Geethanjali Trust, Ganganagar, Bangalore has constructed a building in our premises for multipurpose like library, seminar hall, yoga classes, and meditation & spiritual classes and also social activities.

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 is a type of psychotherapy that may have one or more objectives. It may help to promote better relationships and understanding within a family. It may be incident specific, as for example during a divorce, or the approaching death of a family member. Alternately, it may address the needs of the family when one family member suffers from a mental or physical illness that alters his or her behavior or habits in negative ways.

In addition to observation, the family counselor often helps the family reflect on better ways of communicating with each other. So family counseling may in part be instruction and encouragement. In fact, it often teaches family members new and more positive ways to communicate to replace old, negative communication patterns. The aggrieved persons come with the issues like depression, relationship Issues, teenage issues, property issues, domestic violence and stepfamilies. We provide them individual Therapy, Couples Therapy, Family Counseling and Group Counseling. All consultations are completely confidential.

Case study

Mrs.Brinda was suffering from the physical, mental and emotional harassment by her husband and in-laws. She came for counseling. She and her family members have undergone many sessions with us. And finally We advised her husband Mr.Shivakumar not to torture Brinda. Otherwise she will be depressed where nobody will be happy. Mr.Shivakumar understood the condition and the situation of his wife. He changed the way of looking his wife from anger to affection. Now, they are leading a happy life.



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	-

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

To promote female education Ashrama is supporting girls to continue their education after high school. It is bearing all their college expenses like fees and conveyance.

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 products of the Ashrama and supplier of vermibeds to the NGO's in Karnataka. using this as their marketing outlet. Now, it is providing computer training to the local youngsters for their better career.

M.S.W internship

The MSW students would get the opportunity to work in different areas of issues related to Children, women, Family Counseling, Health and Human Rights, ICDS Project, including participation in the review of Programmes of the ongoing projects in SSA. Interns will also get an opportunity to have interaction with legal luminaries, Senior Doctors, Social Workers, Senior Journalists as well as other reputed NGOs situated in Bangalore.

Vriksha Mahadasoha- 1 Crore tree Plantation program

According to the environmental protection agencies, planting trees is a must if we want to save our planet. Trees not only remove harmful chemicals from the soil, but also help reduce the greenhouses leading to global warming. Planting trees for the environment is good as they are renewable, biodegradable and recyclable. Trees keep in check the air and water pollution. Reduce global warming simply by planting trees for the environment. So, we started to plant the trees in our State to balance the ecology system.



Cancer Care Camps

Cancer is a class of diseases characterized by out-of-control cell growth. There are over 100 different types of cancer, and each is classified by the type of cell that is initially affected.



Early detection of cancer greatly increases the chances for successful treatment. There are two major components of early detection of cancer, education to promote early diagnosis and screening. Increased awareness of possible warning signs of cancer, among the general public, can have a great impact on the disease. Early diagnosis can often make a difference to how easily cancer is managed/treated and the chance of making of good recovery.



Vermi Compost Project

Vermiculture/ Vermicomposting through Earthworm is economic and easy technology to convert all bio-degradable waste into best quality organic manure. All types of bio-degradable materials like urban solid waste/ rural solid wastes/

food processing industries' wastes (Agro Waste) can be used to produce organic manure by adopting Vermiculture/ Vermicomposting process. It is the most Eco-friendly solution to reduce the most talked about problem of global warming by reduction of use of chemical fertilizers and pesticides.



Sustainable use of self produced organic manure helps improvement of soil structure, porosity and overall fertility of the soil. It can also help in development of wasteland by use of vermicompost manure. It improves soil structure, texture, aeration, and water holding capacity and prevents soil erosion. Vermi- Wash i.e. the liquid generated due to vermicomposting is a very effective and organic pesticide. This project is undertaken to promote the organic farming.

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

Smt.S.G.Susheelamma Award

Smt.S.G.Susheelamma Award was given by Samaja Seva Samiti to Smt.Rukmini (Social Service and Smt.Nagamani.S.Rao(Media). Another same award by Gandhibhavan associated with Sheshadripuram Evening Degree College, Bangalore was given to Smt.S.K.Nagarathna Rao.

AWARDS & ACREDITIONS





Smt.S.G.Susheelamma is the recipient of Mother Teresa Excellence Award by International Integrity of Peace & Friendship Society and Eshwamma Puraskar by Sathya Sai Baba Trust for the year 2013-14

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.

14.To promote plantation, organic farming and vermi compost in Karnataka.

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.

THANK YOU
