



मित्र Foundation

सर्वे भवन्तु सुखिनः

Sarve Bhavantu Sukhinah

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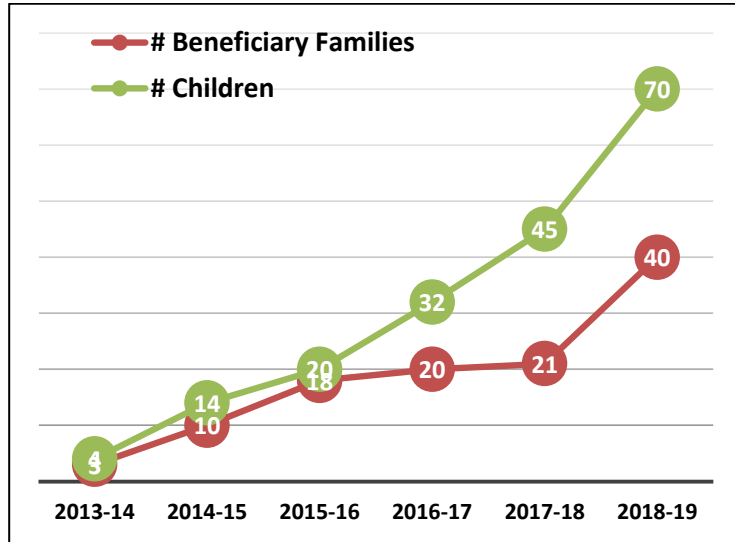
Annual Report of Jeevan Shakti Fund: April 2018 – March 2019

To,

All the donors, partners and well-wishers

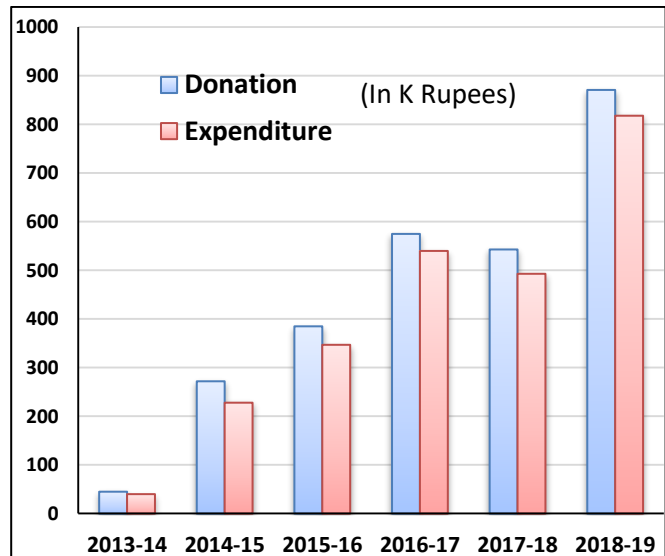
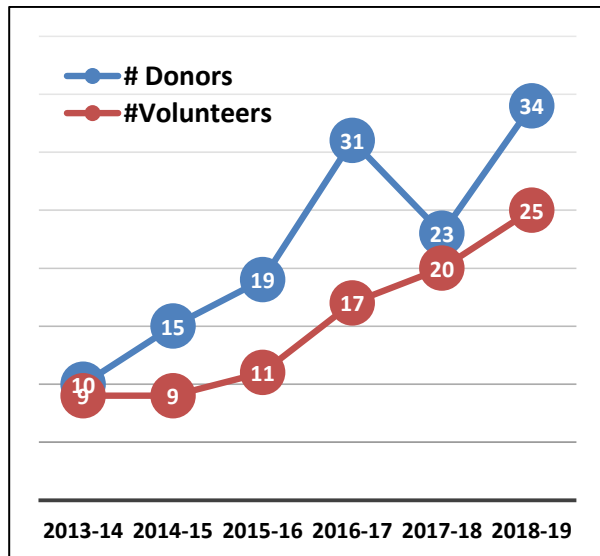
Dear Friends,

Mitra Foundation and Jeevan Shakti Fund [completed 5 years](#) in November 2018 and are now in the 6th year of its operations. We had planned to start scaling up our operations after completing 5 years and we had set a vision to double the number of beneficiaries in the next 2-3 years. However, we were able to reach near that mark within 6 months itself!



Number of our beneficiaries grew from 21 to 40 in the year 2018-19, as the graph shows. Number of children supported by Mitra Foundation also increased from 45 to 70.

To support this, we also needed to raise more funds and increase the number of volunteers. Thanks to all our donors and tireless volunteers for their wholehearted support in making this happen.



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In addition to this, we also expanded geographically beyond the main Bangalore city. We could reach out to opportunities from Chikaballapur, Bellary, Ramanagara, etc. We were able to do this through support received from families, friends, and contacts of our volunteers in these areas.

Just like the previous years, our core work continues to be in the areas of providing educational support, counseling of the beneficiary families, enabling employability, providing sustenance, among other things.

1. **Counseling:** Most of the beneficiaries need some emotional support. Counseling involves 'actively listening' to their issues and in addition providing useful information to them from time to time. The information could be related to options for their employability based on the skillset they possess, choosing the right path for further/continued education, or vocational training. Many beneficiaries speak to volunteers from Mitra Foundation to share their problems, their successes and sometimes simply because they need someone to talk to, especially if they don't have any social support.



Volunteers visited house of a beneficiary in Chikaballapura for counselling.

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2. Enabling Employability (self or external):



Volunteers handing over Vegetable cart and sewing machine to beneficiaries



Helping the beneficiary families to be self-reliant has been one of the prime endeavors of the Jeevan Shakti initiative. We help the beneficiaries towards this by enabling them to earn more through employment/earning opportunities.

This support is provided in the form of providing them means of self-employability like sewing machine, vegetable cart or facilitating trainings etc. so that beneficiaries can earn a livelihood for their families.

Read more about one such opportunity of support at: <http://mitrafoundationtrust.org/2255-2/>

3. **Education support and continuation:** In most cases, the beneficiary families find it difficult to continue the education of their children due to insufficient financial resources. Jeevan Shakti Fund [supports the education of children](#) for the affected families by financing school and college education up to PUC. During this year, we provided educational support to 31 beneficiary families and more than 50 beneficiary children. Knowing that education is a single gateway by which beneficiary families can achieve a difference, we pay significant attention to this aspect.

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Beneficiary Children supported by Mitra Foundation.

4. Basic Sustenance support:



Groceries being handed over to a beneficiary

There are times when the beneficiary families need support for their basic sustenance in terms of groceries, etc. This typically happens when the patient is in the last stage of cancer or the time just after he/she passes away. This is the time when the family goes through a very tough time. We provide groceries for a small period of 2-3 months or on a need-basis till the family recovers and the spouse is ready to stand on her/his feet and sustain themselves.

In all interactions so far with the beneficiary families, we find them very keen to improve their standard of living using the abovementioned support. We expect this to continue as we plan to provide more opportunities to such families. We describe some of the other key events organized during this duration by Mitra Foundation as part of the Jeevan Shakti Fund initiative in the following sections.

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Jeevan Shakti Manch – Jul 2018

Jeevan Shakti Manch is a platform where we invite all our volunteers, donors and well-wishers together along with all the beneficiary families and interact with them. We organize talks from external speakers that are relevant, informative and useful to our beneficiaries. The beneficiaries meet each other and experience sharing enables them to draw inspiration and courage from their stories.

The 5th edition of Jeevan Shakti Manch was held at Bangalore Hospice Trust, Karunashraya, on 28th July 2018.

We had two invited guest speakers at this event. Mr. Pooja Oballappa, HM of Govt school, Annasandrapalya and Mr. Prahlad Kulkarni, Commercial Tax Officer & Ex-serviceman graced this occasion. Mr. Oballappa made the audience aware of the various Government Schemes that they could avail to help themselves. Mr. Prahlad Kulkarni spoke about several opportunities in the Indian Armed Forces: Army, Navy and Air Force. Both the talks were very useful to our beneficiaries.



Mr. Oballappa and Mr. Prahlad Kulkarni addressing the beneficiaries during Manch 2018

More information on this event can be read in the blog by one of the volunteers at <http://mitrafoundationtrust.org/mitra-foundations-jeevanshakti-manch-on-29th-july-2018/>

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Shakti Smaran Divas – Mar 2019

Shakti Smaran Divas is the day of the year when we remember Shakti, our beloved friend, who left us on Mar 5th, 2014. We spend this day interacting and entertaining the cancer patients or the caretaking staff. Idea is to provide relief to them from their stress.

In March 2019 we conducted this event at Karunashraya. We had invited magician Mr. Sathish and his team to entertain the patients, their families and the staff at Karunashraya. The show was a great success.



More information on this event can be read at:

<http://mitrafoundationtrust.org/a-day-at-shakti-smaran-diwas-2019/>

The next chart shows the different domains in which we provided help to the families with whom we have been working.

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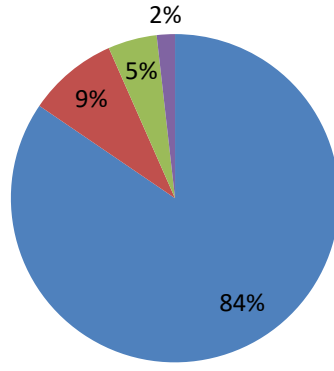
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Financial Summary (Jeevan Shakti Fund) for the duration of April 2018 – March 2019

During the year 2018-19, we spent a total of ~7.89 lakhs towards Jeevan Shakti Fund Activities. Just like the previous years, the most significant part of the expenses was for Education support of children of our beneficiaries. The overall split of expenses is as below:

Expenses for Jeevan Shakti Fund: 2018-19

■ Education ■ Events ■ Livelihood ■ Admin



* A total of 32 beneficiary families were supported for their children's education

* A total of 13 beneficiary families needed support for livelihood

* Events include Jeevan Shakti Manch and Shakti Smaran Divas.

Our aspiration for the next year 2019-20 is to support more than 50 beneficiaries. We need support from all our well wishers towards achieving this.

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