



मित्र Foundation

सर्वे भवन्तु सुखिनः

Sarve Bhavantu Sukhinah

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Annual Report of Jeevan Shakti Fund: April 2019 – March 2020

To,

All the donors, partners and well-wishers

Dear Friends,

Mitra Foundation and Jeevan Shakti Fund are in the 7th year of its operations. With each passing year, we face multiple new challenges, but the groundwork done by the volunteers keeps us going steadfastly.

“The best way to find yourself is to lose yourself in the service of others.”

– Mahatma Gandhi

As the abovementioned quote says, our volunteers have immersed themselves in helping the beneficiaries all-round the year, catering to different needs as outlined in the later sections of this report summarizing our work in 2019-20.

Increasing the number of grassroots volunteers and scaling up the operations to serve and reach out to more beneficiaries has been an emphasis and will continue to be the focus as it has happened since the last few years. The number of beneficiaries has roughly doubled in the previous year, reaching 39. In the current year, we had only moderately increased the numbers to 43 but focused on handling the new scale. Consequently, the number of children supported now had grown to over 60. The increased level of support required was realizable due to our passionate volunteers as well as donors who have helped in raising adequate funds. We thank everyone for supporting us in this journey so far and expect continued support in the future.

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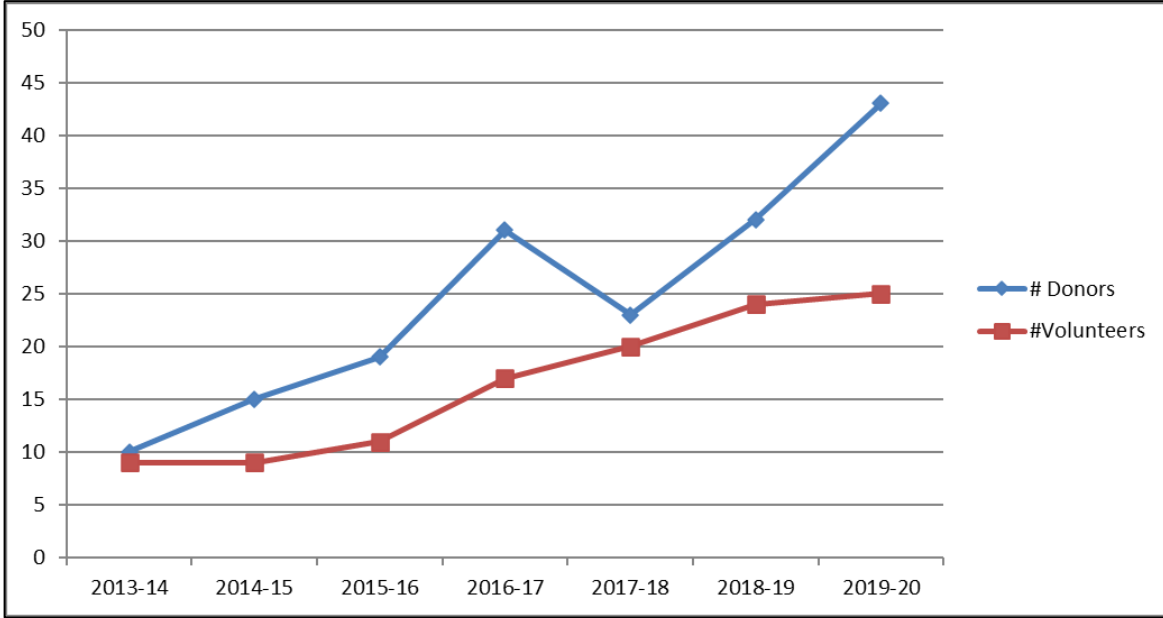
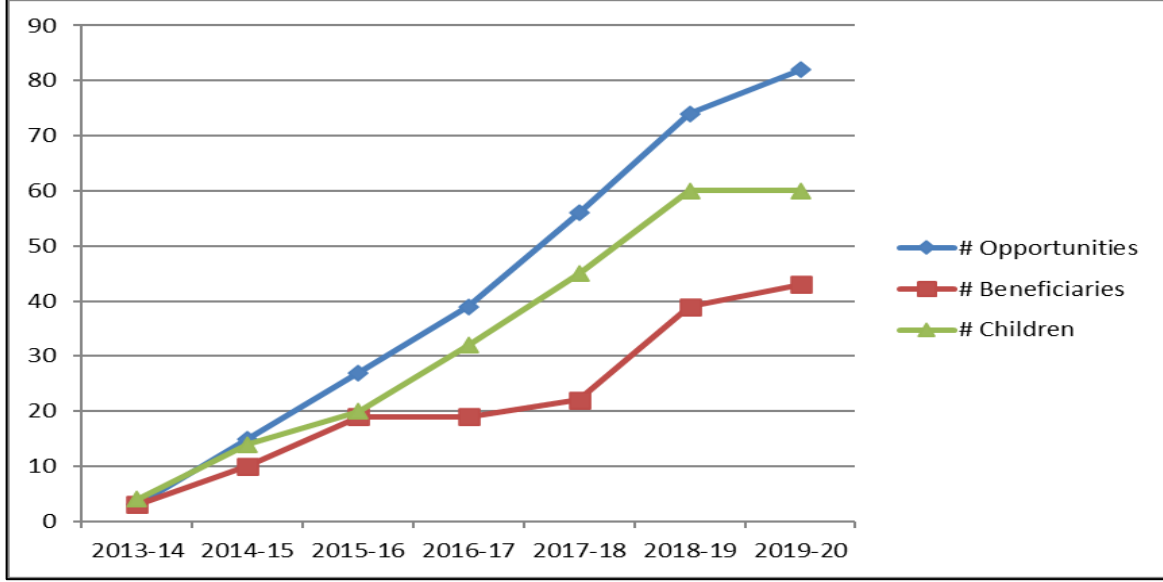


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Mitra Foundation took the bold step of looking at a few beneficiaries beyond the Bangalore city by reaching out to opportunities from Chikaballapur, Pune(one beneficiary moved), and Bellary. We were able to do this through support received from families, friends, and networks of our volunteers in these areas.

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In line with our continued emphasis, we provide educational support, counseling for beneficiary families, and enable their employability by facilitating vocational training, livelihood support, and medical assistance, as necessary.

1. Counseling:



“It is not primarily our physical selves that limit us but rather our mindset about our physical limits.”

- Ellen J Langer

Volunteers meet the beneficiary families in Manch and talk to them in person.

Counseling involves “Actively Listening” to their issues and in addition providing helpful information to them from time to time.

It could be related to options for their employability based on the skillsets they possess, choosing the right path for further/continued education, or vocational training.

Our volunteers regularly talk to the beneficiaries and know their problems, their achievements. Sometimes we simply become their listener, especially if they do not have any social support. This calls for enormous patience from our volunteers and ability to put themselves in the shoes of the beneficiary during discussions.

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2. Enabling employability (self or external):

“Do not judge each day by the harvest you reap but by the seeds that you plant.” —Robert Louis Stevenson



Volunteers handing over sewing machine to beneficiary

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.

We have a couple of successes in the past year like one of our beneficiaries being able to get into the Bangalore Home Guards, and another of our children, whom we had supported through his schooling through 10th is now working at HLL.

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3. Education support and continuation:

“Education is the most powerful weapon which you can use to change the world” – Nelson Mandela

We provided educational support to 43 beneficiary families and more than 60 beneficiary children during this tenure. Knowing that education is a single gateway by which beneficiary families can achieve a difference, we pay significant attention to this aspect. Increasingly we are finding that some children need additional tuition support, especially for those studying in class 10th and 12th. We had supported few students in the year 2019-2020 and planning to formalize it for the coming years based on the needs.



Few Beneficiary Children supported by Mitra Foundation

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Volunteers handing over cheques to beneficiaries

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 of the affected families by financing school and college education up to PUC. Knowing that education is a single gateway by which beneficiary families can achieve a difference, we pay significant attention to this aspect.

One of the new need we had seen and started supporting is specific supplementary support after school hours specifically for those in class 10 and 12.



Recently one of the beneficiaries contacted us and shared about her son's achievements at his school. She mentioned that Mitra foundation is the only family she can share the happiness with.

Similarly, other beneficiaries also contact us and share their kids progress at school from time to time.

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Registered as a Charitable Trust under Indian Trusts Act. Donations are exempt under Section 80G (5) (vi) of THE INCOME TAX ACT 1961 w.e.f. 21.04.2016

Vide Registration No. CIT(E)BLR/80G/N-172/AADTM5969M/ITO(E)-2/VOL 2015-2016



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4. Basic Sustenance support:



Groceries being handed over to beneficiary families

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.

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This section covers the key events organized during this year by the Mitra Foundation as part of the Jeevan Shakti Fund initiative.

Jeevan Shakti Manch – Jul 2019

The 6th edition of Jeevan Shakti Manch was organized at Bangalore Hospice Trust, Karunashraya, on July 28th, 2019. Nearly 20 donors and well-wishers, 18 volunteers, and 34 beneficiaries participated in this event.



There were sessions by few of our invited speakers: Nithyanandan Ji, from Smile Welfare Society talked about opportunities and career planning for children in 10 to 10+2 classes, Mrs. Meenakshi from APSA, who talked about vocational training options and Mrs. Shobha from We Visionary Association, sharing about opportunities and support for women entrepreneurs. This was followed by some of the beneficiaries sharing their experiences and then talent presentation and entertainment by the beneficiary children.

More information on this event can be read in the blog by one of the volunteers at [Jeevanshakti Manch - 28th-July-2019](#)

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Shakti Smaran Diwas – Mar 2020

Shakti Smaran Diwas 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. The idea is to provide relief to them from their stress.

This year, on 8th March 2020, we observed this day differently. We spent our time with senior citizens at [Nemmadi Vishranti Dhama](#), Bangalore. The primary objective of the trust is to run senior citizens home on a non-profit basis, where inmates genuinely feel and are cared for and looked after well during their sunset days.



SHAKTI SMARAN DIWAS 2020

We had organized some fun activities for senior citizens there. We found that they were so excited to see us and very enthusiastic to do fun activities. There was a big smile on their face after winning the games just like kids. They were happy to talk to us, share how they feel and being with us. We just need to spend some time with them and the magic happens.

More information on this event described at [Shakti Smaran Diwas 2020](#)

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IAPCON – Feb 2020

International Conference of Indian Association of Palliative Care (IAPCON 2020) -

Recently Karunashraya counselors presented at the 27th International Conference of Indian Association of Palliative Care (IAPCON 2020), a poster titled “Supporting the families through networking in Palliative Care,” including their work with Mitra Foundation. The conference from February 14th – 16th, 2020, was organized at Guwahati Medical College Hospital, Assam.

Mr. Ramaswamy Natampally, one of the active members of the Mitra Foundation team, also attended the conference where he presented his work with Banjara Academy from Bangalore, a poster titled “Building up a workforce in Volunteering.”



You can read more about it at [Building up a workforce in Volunteering](#)

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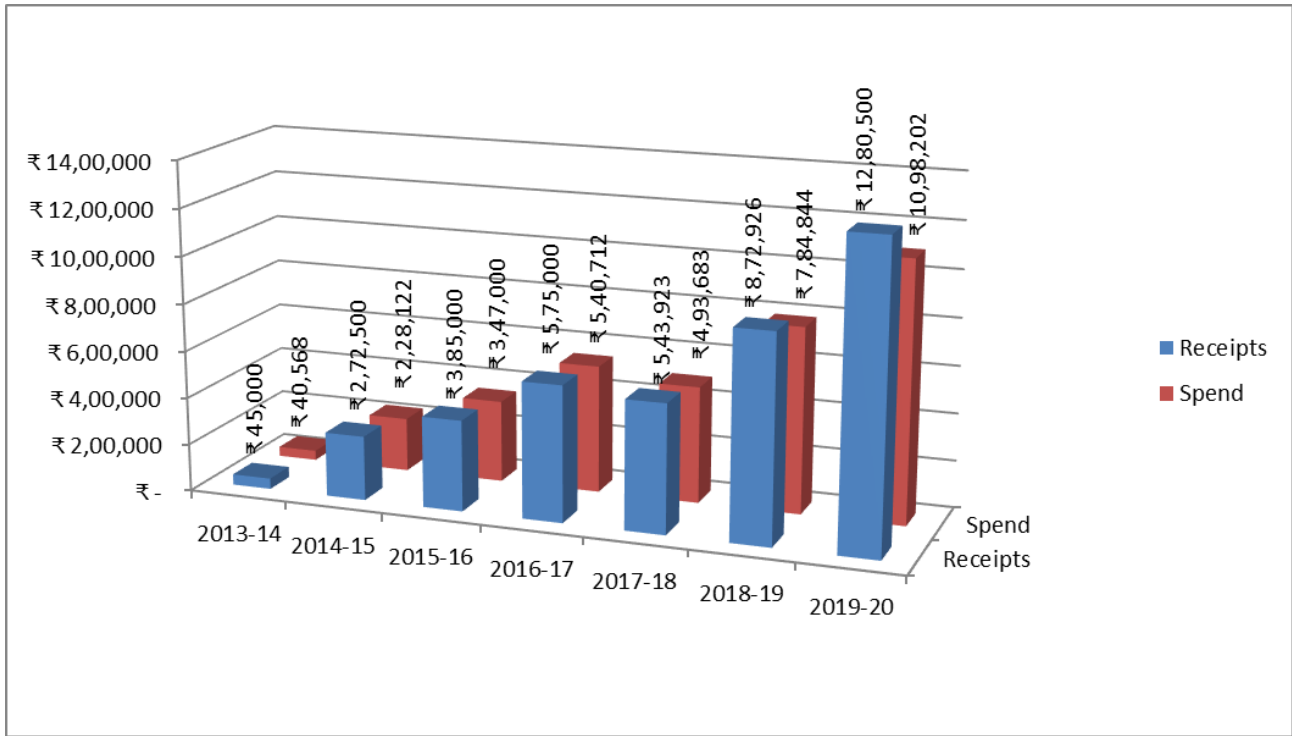
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Financial Summary (Jeevan Shakti Fund) for the duration of April 2019 – March 2020

During the year 2019-20, we spent a total of approximately 11 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.



Our aspiration for the next year 2020-21 is to support about 50 beneficiaries. We look forward to continued support from all our well-wishers towards achieving this.

Please find out about our activities and connect with us via the following links

<http://mitrafoundationtrust.org/>

<https://www.facebook.com/mitrafoundationtrust/>

<https://www.instagram.com/mitrafoundation.trust/>

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