Mahatma Gandhi's Talisman

I will give you a talisman. Whenever you are in doubt or when the self becomes too much with you, apply the following test:

Recall the face of the poorest and the weakest man whom you may have seen and ask yourself, if the step you contemplate is going to be of any use to him. Will he gain anything by it? Will it restore him to a control over his own life and destiny? In other words, will it lead to Swaraj for the hungry and spiritually starving millions? Then you will find your doubts and your self melting away.
Our Inspiration

Padmashri Ishwarbhai Patel
13/09/1934 - 26/12/2010

Sanitation... a way of life...
Beloved Friends in Service,

It is always an immense pleasure and blessing for us to reflect and share our learnings with you. The last couple of years have witnessed the unfolding of several new efforts alongside the resurgence of others. For two years, a committed team of volunteers and karyakartas mentored the growth of twelve children as they prepared for the Ekatva tour through the US and UK, performing a dance and drama show to spread the message of Gandhiji. In early 2013 we inaugurated the Manav Gulzar Center—the space bustles tirelessly with hundreds of children attending our value-based education and community programs. In response to community demand in Ramapir no Tekra, we relaunched our Women's Saving Program. Earn N Learn also extended its initiative, targeting adolescent girls in Ramapir no Tekra who have dropped out of school, and giving them an opportunity to continue learning and gain exposure to the world. While our local communities are growing stronger, our global family has also been expanding. The number of volunteers, both locally and internationally has been on the rise, reflecting the positive intentions of our world today.

As our work reaches new heights, our internal growth and spiritual process continues to explore new depths. In addition to continuous sharing, reflection, and inner purification through service, our children and communities continue to keep us grounded and humbled, helping to shine the light within.

Manav Sadhna has been walking on this service journey for nearly 25 years. It is only possible because of the unconditional love and heartfelt support we receive from you. Your spirit is always alongside us as we plant the seeds of love and hope. We heartily wait for you to visit us soon and spend time with us. If you have any questions, comments or suggestions, please do write to us.

Thank you and God bless you for all the good that you do.

In Deep Gratitude,
Love All, Serve All
The Manav Sadhna Parivar
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SARVA DHARMA PRATHNA
All Religion Prayer

Om Tat Sat Shri Narayan

Om Tat Sat Shri Naraayana tu, Purushottama Guru tu
Siddh Buddh tu, Scand Vinayak, Savita Pavak tu
Brahm Masad tu, Yahav Shakti tu, Isupita Prabhu tu
Rudra Vishnu tu, Rama Krishna tu, Rahim tao tu
Vasudeva go - Vishva Roopa tu, Chidananda Hari tu
Adwitiya tu, Akal Nirabhay Atmalinga Shiva tu
Om Tat Sat Shri Naraayana tu, Purushottama Guru tu

Asato Ma

Asato ma sat gamay
Tamaso ma Jyotir gamay
Mrutyoma Amrutam gamay

Shanti Mantra

Sarvetra sukhi na santo,
sarve san tuni Ramaya
Sarve bhadrani pashyantu,
ma kaschid dukh mapniyat
Om shanti, shanti, shanty

Satya, Ahimsa, Chori Na Karvi

Satya, ahimsa, chori na karvi, vana joru nav sangharvu
Brahmacharya ne jate mahenat, koi ade nav abhadavavu
Abhay, swadeshi, swad tyag ne, sarva dharma sankha ghanava
Ae agiyar a mahavrati samaji, namrapane dradh acharva

Speak the truth, practice non-violence of thoughts, speech, actions, do not steal,
do not accumulate more than you need. Control all your senses,
perform efforts on your own, do not believe in untouchability, all are equal.
Do not have fear of anything, use things made in your own country,
sacrifice tastes, all religions are equal. Practice these principals,
bow down with respect and practice these things in your life.

Ishavashyam Idam Sarvam
(Hinduism)

isavasyam idam sarvam
yat kinca jagatya jagat
tena tyaktena bhunjita
ma grdha kasya svid dhanam

Satya, Ahimsa, Chori Na Karvi

Satya, ahimsa, chori na karvi, vana joru nav sangharvu
Brahmacharya ne jate mahenat, koi ade nav abhadavavu
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perform efforts on your own, do not believe in untouchability, all are equal.
Do not have fear of anything, use things made in your own country,
sacrifice tastes, all religions are equal. Practice these principals,
bow down with respect and practice these things in your life.
Bismillah ir-Rahman ir-Rahim (Islam)
Bismillah ir-Rahman ir-Raheem
Kul huwallahu ahad, Allahu samad
Lam yalid walam yoolad
Walamya kunilahu kufuwan ahad

Our Father, Who Art in Heaven
(Christianity)
Our Father, who art in heaven
Hallowed be Thy name
Thy kingdom come
Thy will be done
On earth as it is in heaven.
Give us this day our daily bread
And forgive us our trespasses
As we forgive those who
trespass against us
And lead us not into temptation
But deliver us from evil
For Thine is the kingdom, and the power
and the glory forever.
Amen.

Navkar Mantra
(Jainism)
Namo Arihantanam
Namo Siddhanam
Namo Ayariyanam
Namo Uvajjayanam
Namo Loe Savva-sahunam
Eso Panch Namokaro
Savva-pavappanasano
Manglananch Savvesim
Padhamam Havei Mangalam

Mazda Att Moi Vahishta
(Zoroastrianism)
Mazda aat-moi vahishta
Sraos-cha, Shayothna-cha, Vao-cha
Taa Tu Vohu Manangha,
Asha-cha, Ishu-dem stu-u-tu
Kshma-kaa, kshathra, Ahura
Frashnem vasna hai thyem daao
A-hoom

Ek Omkar Satnam..
(Sikhism)
Ek-omkaar sat naam kartaa purakh nirbha-o nirvair
akaal moorat ajoonee saibham gur parsaad.
Jap.
Adi sach jugaad sach.
hai bhee sach naanak hosee bhee sach.
sochai soch na hova-ee jay sochee lakh vaar.
chupai chup na hova-ee jay laa-ay rahaa liv taar.
bhukhi-aa bhukh na utree jay bannaa puree-aa bhaar.
sahas si-aanpaa lakh hohi ta ik na chalai naal.
kiv sachi-aaraa ho-ee-ai kiv koorhai tutai paal.
hukam rajaa-ee chalnaa naanak likhi-aa naal.,
Our Mission

Our mission is simply to serve the underprivileged. At Manav Sadhna, we navigate with the philosophy of love all, serve all. By seeing God in every individual (Manav), mere service is transformed into worship (Sadhna). To this end, Manav Sadhna is engaged in constructive humanitarian projects that cut across barriers of class and religion while addressing issues faced by socio-economically neglected segments of society. In executing this mission, Manav Sadhna is guided by Mahatma Gandhi’s unshakable beliefs in love, peace, truth, non-violence and compassion.

A Brief History

In 1990, a team of young volunteers, inspired by Gandhian values, began gathering under the branches of a tree in the Gandhi Ashram every Saturday to play with street children. They provided the children with a nutritional meal and taught them about basic hygiene by cutting their nails and bathing them. This activity quickly came together into a full time endeavor working to brighten the future of underprivileged children. Under the guidance of Gujarat Hannan Sevak Sangh, Safai Vidyalaya and Environmental Sanitation Institute (ESI), Manav Sadhna was established both in India and in the United States. Today, from a quiet corner in the Gandhi Ashram, Manav Sadhna serves more than 8000 children and women through more than 35 projects. We also indirectly touch the lives of many more individuals through our healthcare and educational support projects. The projects are created based on the needs and participation of the community.
By promoting values, education and awareness among the children in this slum area, we hope to eradicate many of the challenges the Tekro residents face so that they may become more empowered to change and uplift their standard of living. Manav Sadhna hopes to reach children of ages 5-15 in standards 1-10 in these projects in order to bring about this change.

All the projects that Manav Sadhna supports are need-based and integrated with each other. Manav Sadhna believes in a home-to-home approach in which teachers and other staff visit the homes of those in the community and connect each family member with a project that may be beneficial to them. This connection with the community is important to Manav Sadhna so that the needs of the community can be pinpointed and the residents can be better served.

**Education Program Objectives**

- To promote the development of children through value-based education,
- To strengthen the academic foundation of the children and improve their reading and writing skills,
- To develop the potential and individual talents of the children so that they may grow up to be productive and happy members of their communities,
- To provide remedial education in reading and writing to children who have not been a regular part of the formal education system, and raise them to a level at which they may be enrolled in formal schools,
- To supply children with nutritious food, and teach them good eating, health, and hygiene practices and values,
- To teach children the value of service

**Value-based Education**

Manav Sadhna has incorporated a value-based approach to education, inspired by the teachings of Gandhiji, throughout all of their teaching projects. The purpose of this approach is to instill essential core values, such as respect, love, cleanliness, and faith, into those that Manav Sadhna educate and interact with. The hope is that by embedding these values from an early age, when they grow up they will become second nature to them. In addition to these, we include teaching respect for elders and parents, honesty, speaking to others with love and respect, cleaning up after yourself, etc. which can make a big difference not only in their lives but also in the lives of those surrounding them.

*If you are planning for a year, sow rice;
If you are planning for a decade, plan trees;
If you are planning for a lifetime, educate people.*

Chinese proverb
Besides economic challenges, a host of obstacles stand in a slum child’s path to education. Many children lead home lives that are detrimental to their educational pursuits, and their schools’ curriculum and teaching style are sorely lacking in quality. Municipal schools suffer from poor teaching quality, curriculums that promote memorization rather than understanding, and promotion based on attendance instead of performance. Moreover, fees are charged for students above 7th standard, often encouraging parents to remove their children—particularly girls—from school after finishing the 7th. This program was developed to motivate students to stay in school and allow those weak in particular subjects to benefit from external academic tuition.

Educational Activities

Prayer and Opening Activities

Manav Sadhna believes prayer is food for the mind and soul, and therefore each activity begins with a prayer. In addition, every morning and afternoon the children all come together for an all-religion prayer. The main purpose of this activity is so that as children develop, their spiritual development is nurtured as well. These sessions also include news reports, riddles, and songs. By giving the responsibility to each standard to present these to their peers, the children learn values such as self-discipline, self-reliance, leadership, and confidence.

Academic Education

Manav Sadhna began this project with the theme of supportive education. We encourage small class sizes of twenty-five to thirty to ensure individual attention. In the afternoon classes of standards 5 to 10 are in session for the children attending Vidhyadham. Children are taught Maths, Science, English, and Social Studies. Special sessions in song and dance, library usage, and personal hygiene are also important parts of the curriculum. These classes are taught by special teachers appointed by Manav Sadhna and with the help of various volunteers.
Meet Geeta

Geeta’s family consists of her parents, four sisters, and two brothers. Her father drives a tricycle and is the sole source of income for the family. It was difficult to make ends meet on his meagre income. Frequently the family subsisted on one meal a day. In such adverse conditions, it was difficult for Geeta to have a distinct identity of her own and as such she could have easily given in to the adversity and poverty that surrounded her. Geeta, however, chose to take control of her own destiny by finding solace in education. She understood that it was only through education that she could help lift herself and her family out of this vicious cycle of poverty. Since standard 5, Geeta has been studying at Manav Sadhna and is a diligent and hardworking student. She would take care of household chores by day and concentrate on her studies at night. Manav Sadhna supported Geeta by providing her with the required books and knowledge to aid her growth. In this manner, she scored a brilliant 82% in her 10th standard board exams. She selected the science stream as her specialization in 11th and 12th standards, and just completed her 12th standard board exams in which she obtained 63 percentage and hoping to get admission in engineering.
Extracurricular Activities

Leadership Activities
At the beginning of the year, the children hold elections and elect two of their peers, a boy and girl, from each standard, that take on leadership roles such as teachers assistants. Every year, Manav Sadhna holds a summer camp for 3 days where 30-40 children who have shown leadership abilities, are taken to a different location outside the city. During this camp, children do activities that build leadership qualities, team building, and trust.

Library
The community centre has set up a sharing library for the children as well as the community to use. Every day a newspaper is delivered so that the students can keep up with world news and develop a habit for reading. Once a week the children are taken to the library where they can choose a story to read silently and then share with their peers.

Cultural Activity
Every week, each standard in Vidhyadham is given a class on the culture of Ahmedabad, Gujarat, and India. This allows the children to gain a general knowledge about their hometown, state, and country and the culture it gives each resident.

Lok Darshan Project (Filmmaking)
Manav Sadhna started a film making project in order to allow children to express themselves through video. The children are also able to see how different films are made, why they are made, and how many people are involved.

Adolescent Class
Traditionally, women's sexual and gender issues are still taboo today in many parts of the world, India included. Manav Sadhna has begun Adolescent classes every Friday to bring about a change in the way these topics are approached. The 8th and 9th standard girls that come to these classes are able to gain knowledge about how their body changes during puberty so that they are not confused when these changes occur.

There is also discrimination between genders in many of these communities. Through these adolescent classes, we hope to bring about the thought that everyone is equal whether female or male. Manav Sadhna is conducting these classes with the support of the Rudra Women's Empowerment Center.
Recognising that a solid foundation in basic academics can facilitate educational growth, and that value driven education can encourage change within the community, was the primary motivation for the introduction of Bal Sanskar Kendra by Manav Sadhna.

After seeing the lack of basic education and values in other programmes with students of standards 5 to 9, it was evident that a programme for the younger children needed to be implemented to prepare them for the higher standards. This new program was set up to provide academic and value-based education, as well as nutritional, health, and hygienic support to our beloved children in the Ramapir no Tekro slum. Manav Sadhna holds daily after school extra tuition sessions in the community centre for standards 1 to 4 in the mornings from 9 to 11 am.

Our holistic education involves a multi-faith approach combined with an engaging academic environment, which will bring out the potential of our community's children. Around 9 o'clock every morning over 130 small children come through the gates of their community centre, cheerfully running into their classrooms where they start their day with a prayer and other activities.

**Growth Chart**

The teachers maintain a detailed report on the children. This report includes family information, their values, academic progress, attendance, and home life. This report is then shared with the parents at the annual parents meeting. The parents are then able to get a better idea of what their children learn at the center and how their children behave outside of the home. The report also helps the parents learn about their children’s hygienic habits so that they can help their children get better habits.
Evaluation and Impact

The focus of Bal Sanskar Kendra is on Value Based Education. Manav Sadhna believes that value based education is just as important as academic education and the values that children learn at a young age will be beneficial to them throughout life. Throughout the year, the children have gained a sense of regularity, personal hygiene, self-discipline, and self-confidence. Through value-based education, children are taught to keep themselves clean and organised and being respectful of others and those around them. The children are asked to keep their shoes in a line and keep their hands to themselves in order to build up their self-discipline and learn responsibilities.

Behaviour

Aatish, a student in the 3rd standard, has been coming to Bal Sanskar Kendra since the 1st standard. He lives with his mother, father, and older sister in the Tekro in a household that is not stable financially. When he first came to Bal Sanskar Kendra he was not disciplined or respectful to his peers and teachers. He would blame others for his faults when doing something wrong, and use foul language. Now, Aatish is a well-behaved, well disciplined, and very respectful child. He is pays attention in the classroom, and is willing to help out his teachers and peers while excelling academically as well.

Jigisha - An Inspiring Story

Jigisha, a student of the 3rd standard, lives in the Tekro. He mother is a rag picker and her father a labourer with a drinking problem. Despite this household situation, she is a regular student. One day, Jigisha found 2 rupees and approached the teacher to return it. The teacher asked her to hold on to it for two days and bring it back then. The teacher forgot about the two rupees, but two days later, Jigisha brought back the two rupees and approached the teacher once again to return them. These two rupees could have been easily lost in the two days that Jigisha was holding on to them, but she made sure that she kept the money safe to return to the rightful owner. These values were values that Jigisha learned at Bal Sanskar Kendra, and will help her throughout life.
Knowing is better than wondering’. To know, we must explore, see, and experience, and Manav Sadhna embraces this philosophy by taking the kids on not only educational tours, but fun excursions as well. The majority of their parents are unable to afford the expense, so we assist by arranging and subsidizing the tours. We believe it is extremely important for the children to visit and explore historical places, hill stations, and the zoo, all of which they study, as well as enjoying excursions purely for fun, and we use our Khushi bus for the trips. This year over four hundred kids were taken on both educational and fun tours in and around Gujarat.

- 100 kids went on a tour to Diu and Somnath in December 2012. This was the first time most of them had experienced the beach, and they enjoyed it enormously.
- 200 Bal Sanskar students went on various one day picnics to places of historical and architectural significance in and around Ahmedabad.
- These trips included Adalaj Vav, Tri Mandir, the Natural Park at Gandhinagar, Kids City, and others.
- The students of Manav Gulzar visited Abu and Ambaji, a beautiful hill station in Rajasthan. This was an amazing experience which they will never forget.
- Our Ashramshala kids visited Saputara, a hill station in Gujarat. They also went to Navsari to see where Gandhi's Salt March ended, and the Narmada River, the biggest river in Gujarat.
Due to improper financial condition at home, some children have to go out and work. They perform activities like polishing shoes, working at tea stalls, binning papers and cardboard; for these children going to a school and getting quality education is next to impossible. Thus, these children are gathered at a street near their area of work and provided value based education facilities.

Through this Street School initiative, Manav Sadhna continues to support Gandhiji’s vision of eradicating ‘untouchability’ and promoting equality and love for all.

PURPOSE
- To provide value based education facilities to the kids.
- To inculcate good values, good thoughts in the minds of these kids.
- To keep them away from addiction and illegal activities.
- To develop a right mindset towards the society.
- Due to weak financial conditions, as these kids can’t avail education facilities; either they don’t go to school or show lack of interest towards getting education from school. So we provide them education facilities and inculcate an interest towards school.
- Provide the children with improved nutrition, healthy living conditions, and an environment where the kids can grow in a holistic environment.

Prayer
Daily - Afternoon and before eating, the Street School children take part in group prayer. A beautiful and soft approach to instilling very subtle values that will be interpreted by each child differently, but can have impact on and instill values of faith, love, compassion, humility, and hope in to their hearts and minds.

Cleanliness
- There are two aspects to cleanliness taught to the children, through various methods, to illustrate its importance. Our methods include stories, songs, short movies, drama, etc.
- The first aspect is related to personal cleanliness and hygiene. We ensure the children understand why it’s important to stay clean and the health issues which can arise if they do not practice essential tasks (i.e. cutting nails, bathing, washing hair and brushing teeth).
- The second aspect is related to cleanliness of the environment. The children are taught why the environment they live in should be kept clean, the impact if it is not maintained properly and how they can contribute towards keeping it clean.
Highlights of the Year

• The parents of these kids usually didn’t allow these kids to get educated due to some blind beliefs which they followed. Then we met these parents and explained to them the importance of formal education and tried to change their mindsets. This step actually helped a lot in getting some of the kids to enroll in our program.

• We also taught these kids how to play football; the result is such that most of these kids who followed cricket have now dedicated themselves to playing football every day for an hour. This has induced a feeling of brotherhood in these kids and their peers.

• We also conduct art and craft classes for these kids from time to time. Thus encouraging their creative sides and letting them explore new options.

• Children of Shankar Bhuvan and Sabarbati Street School enjoyed the fun fare organized by the college students of Ahmedabad. There were many fun games such as Pistol Shooting, Scrabble and minute to win. The kids enjoyed the event and won many prizes.

• All four Street school children went to both educational and fun tour this year in December and January. They enjoyed every moment of the tour and had lots of fun at various places such as Kankariya, fun city and Taranga Hill Station and Dharoi Dam a place 200 kms away from Ahmedabad.

Meet Vipul, Student of Shankar Bhuvan Slum

Sachin a seventh standard student of Municipality school in Shankar Bhuvan and currently the brightest kid at the street school has a very inspiring story. He joined street school about 3 and half years back. At that time he was very poor in his academics, hence he used to hate his school a lot. After joining the street school he was explained all the concepts in the simplest way possible which helped him to grasp things easily. Belonging to a family of 6, everyone in his family goes out to work and hence no one ever cared about what he did; he used to play with ill-mannered elder kids in his area after school, and used to utter a lot of cuss words while speaking with others. He was encouraged to join the street school for extra tuitions. The transition has been such that he is securing first rank in his school for the last two years, never does he speak any foul language, and also helps his fellow classmates at school and friends at the street school to learn new things and grasp concepts in English and Mathematics easily.

Results of students at different street schools

<table>
<thead>
<tr>
<th>Name of the street school</th>
<th>No. of students</th>
<th>First exam (Pass %)</th>
<th>Second exam (Pass %)</th>
<th>Third exam (Pass %)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shankar Bhuvan</td>
<td>38</td>
<td>44.73</td>
<td>71.05</td>
<td>86.84</td>
</tr>
<tr>
<td>Sabarmati</td>
<td>32</td>
<td>37.5</td>
<td>53.12</td>
<td>81.25</td>
</tr>
<tr>
<td>Bholu</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>93.33</td>
</tr>
<tr>
<td>Vadhiyari vas</td>
<td>30</td>
<td>33.33</td>
<td>63.33</td>
<td>90</td>
</tr>
</tbody>
</table>
Basic operating knowledge of the computer is becoming a necessary job skill to possess; however, many are unable to afford the high costs of regular computer classes. To meet this need within the community, Manav Sadhna offers computer classes both in the Gandhi Ashram and at the Ramapir no Tekro’s Community Centre for a minimal cost of Rs.100 per month. Normal fees for these courses are often up to ten times higher. The students who attend these classes are typically those in the community who wish to improve their basic computer skill sets.

We offer courses of 3 to 6 months duration in Microsoft Office, Tally, Desktop Publishing with CorelDraw and Adobe PageMaker. These classes are supplemented with computer theory, typing, basic word-processing, and spreadsheet skills. In the year 2012-2013, 254 students received training in these skills at Gandhi Ashram and the Community Centre, and through the distance learning education programme, 165 students received computer education at the weekend.

**Highlights of the Year**

**Workshop for Personality Development**
This year we planned to use Saturday afternoon between 1:00pm to 3:00pm for computer student’s special activities. This commenced on the 25th of August with the Personality Development Workshop, delivered by Shri Darshiniben, Shri works with several corporations as a professional trainer, and volunteered to present a session in two parts; Attitude, and Change the Focus to the Positive. The workshop was well received by our students, who all gained from their participation.

**Special Internet Course**
A volunteer from Germany, Felix, took a special internet course from 10:30am to 11:30am Monday to Thursday for a month. The course was extremely valuable to the students who enjoyed the syllabus, and they became confident and knowledgeable using the internet as a result of it.

**Educational Tour to the Science Express**
Between the 19th to 21st December 2012, the Science Express Train was at Kalupur railway station. The students of our computer centre were taken there and learned more about the technology behind computer systems.

**English Language for Computer Students**
Becky, a volunteer from Australia, is at Manav Sadhna for one year as an English teacher, and is taking two groups of our computer students through an English language course.
Computer Education for Ashramshala kids
Standards. 6, 7 and 8 students from the Ashramshala come to learn computer skills every day from 2:00pm to 3:00pm. Standard 6 kids were taught theory for basic computer knowledge, followed by WordPad and PowerPoint. Standard 7 and 8 kids were also taught basic computer theory. They learnt Microsoft Word 2010, which was the latest software during the year. We took examinations at the conclusion of the course.

Computer Education for Vidhyadham kids at Community Centre
Standard 5 to Standard 9 kids from the Vidhyadham Tuition classes at the Community Centre in the Ramapir Tekro come to learn computer skills every day from 4:00pm to 6:00pm. These are regular periods arranged in their educational timetable. The kids of standards 5, 6 and std. 7 were taught theory of basic computer knowledge, then they were taught Paint, and Microsoft Word 2010. Standard 8 and Standard 9 kids learnt Microsoft Word 2010 and Microsoft Excel 2010. We held examinations regularly.

Certificate Distribution
To reward and further motivate all the students who completed their whole course, we distributed Course Certificates to 43 students at Gandhi Ashram and 29 students at the Community Centre class. Through this certificate they can obtain more opportunities in the future.

Distance Learning
Dr. Baba Saheb Ambedkar, Open University (BAOU) targets high school and college students whose financial circumstances have led them to fail or drop out of school. Manav Sadhna works with BAOU to offer several of the institution’s distance learning courses at our centre. Students can receive certifications including the Bachelor Preparatory Program, which allows students without a high school diploma to obtain diploma status, and the Certificate in Food and Nutrition, which enables individuals to gain the credentials to work in any Anganwadi in India. The Manav Sadhna’s Computer Center also serves as an abhyas kendra (study center), by offering its computer lab to those students who are undertaking courses for certificates in Computing, Personal Computer Software Programming, and Computer Concept.
Students: 111

Introduction

Mahatma Gandhi established the Gujarat Harijan Sevak Sangh in 1932 to provide impoverished children with a value-based education. Under this organisation, Padmashree Ishwarbhai Patel started the Parikshitlal Ashramshala in 1978-79. As one of its first efforts to educate the neglected and downtrodden sectors of society, Manav Sadhna has been supporting and strengthening this hostel since 1989. From its onset, the Ashramshala hostel has aimed to improve the lives of children, mainly from the valmiki (“untouchable”) community, through value-based education and life skills. The Valmiki community is generally associated with street cleaning and sanitation, and are often discriminated against and seen as outcasts of society.

Our Purpose

- To improve basic education for all children who stay at the Ashramshala.
- To instill our core values into the children. These values are drawn not only from the life and teachings of Gandhiji, but also from other inspirational leaders connected with Manav Sadhna, such as Ishwarbhai Patel, and the founders of our organisation.
- To develop the children’s self respect - to achieve a goal, the children are encouraged to not depend on others and to be as self-reliant as possible.
- Respecting others - The children are taught not only to respect their peers and teachers living at the Ashramshala but also those that are younger and older to them within their families and communities.

Structure and Programmes

On a daily basis, the children at the Ashramshala follow a schedule planned by the teachers and staff. In the morning, the children have breakfast and prayer, and then go to their Municipal Schools. In the afternoon Manav Sadhna runs their value-based and supportive educational programs.
Standards 1-3

For many years, the Ashramshala has been operating successfully with the help of the Mehta Foundation. All of the children have been regularly attending municipal schools, but many of the younger kids were not strong in the basics. The Ashramshala looked into ways to improve the quality and scope of their early education, and we have now begun an exciting new programme, the Gyanshala Project. This involves the third graders in a new school that is right in the Ashram. The first and second graders joined the same school, but iare taken daily to a different location, the Manav Sadhna Community Center, by rickshaw. The Ashramshala chose to begin this school because the new style of education and curriculum that the Gyanshala teachers introduced has proven to be very beneficial for the kids.

Standards 4-8

We started the year off by reviewing the basics with the children and then slowly introducing the new material that the children were learning in school so that the kids would have a solid foundation in the basics. Different techniques were used throughout the year to implement the value based and academic curriculums. There was a greater focus on children who needed more one-on-one time with teachers, along with slower learners.

In order to help the children learn better, the teachers need to be trained as well. Therefore, this year different training sessions were held for the teachers in which they learned different and new teaching strategies along with how to help children that learned differently. To make the year go smoothly, teachers also improved their planning strategies to ensure that they met their goals each day.

Supportive Education

Support education aims to bring the children’s level of education up to the Government’s standard for their age and academic year. The Parikshitlal Ashramshala incorporates supportive education into their teaching curriculum by providing extra curricular activities such as arts and crafts, sports, computer education, and providing a library to support their reading skills; most of which are lacking in the Governmental school programs.

Rewards

In order to help motivate the children, different awards and prizes are given to those who excel throughout the year. Ahmadabad Municipal School decided to give prizes to those children who had received first, second and third places in their school. Out of the nine students who placed, five children were from the Ashramshala hostel.
Highlights of the Year

Monthly Parents Meetings

These meetings give us the chance to talk to the parents about their child’s education and development. We discuss what the children are taught, including values, the rules of Ashramshala, and the overall curriculum. The meetings also give us the opportunity to explain to the parents how they can play a role in helping us educate their children.

Creative Education

We have been implementing creative education into our curriculum, teaching the children through a variety of activities. We use educational CDs and videos, and also use games to help us teach.

Talent Competition

The Ashramshala holds competitions annually for the kids to enjoy and have the opportunity to be creative. Each year, the teachers are more and more surprised by the level of talent the kids have. This year, we spent an entire afternoon having a Mehdi and hairstyle competition. The wonderful part was seeing how every child showed enthusiasm; including three boys who decided to join the hairstyle competition.

Children’s Fair

Our 6th to 8th standard students had made science projects from their curriculum to gain practical experience. The younger kids had made different items from clay. They have the freedom to make what they want to and they had created many lovely small things like toys, kitchen vessels etc.

Bank Excursion

In the Mathematics curriculum, there is a chapter about banks and their functionality. To assist their understanding, we took our 7th grade class to the bank. They saw everything from cheque books to ATM’s, as well as their functions. We are trying to create an environment of practical understanding and show them how things work rather than have them gaining knowledge from books alone.

Science Exhibition

Similarly, we took approximately 100 children to a Science fair at Kalupur railway station. There was a special train in which the exhibition was conducted, presenting information about climate change, energy, water, and the environment. The children especially enjoyed the part where they could perform practical experiments, adding to their understanding of Science.

Karate and Yoga Classes

Three girls in our Ashramshala have been enrolled in a private school where they get the opportunity to take extra classes, like karate and yoga. The other kids at the Ashram also wanted to learn this, and so we decided to have our own karate classes once a week for standards 4th – 8th from 5-6 pm. The three girls teach the classes to their fellow students, and all of the kids are very excited to learn.
Girls and Boys Education Program

During this activity, students were provided with information regarding the process of puberty, including body changes, to make them ready and comfortable. They were also oriented about psychological and emotional changes that can take place during this time. Sessions were provided separately for boys and girls, and the students had many questions and responded well to the information provided.

Power of Honesty

This story is about two kids. One afternoon in January 2013 Rahul and Janak found two cell phones while playing in the ashram campus. Both these kids are from a financially weak background with their parents working as sweepers. Rahul lives in Vejulpur in a one-room house with the rest of his four-member family. Janak lives in Shahpur in a joint family of fourteen members. The everyday struggle faced by the parents and children is unimaginable. Any other person from such a background could have easily kept the cell phones or even sold them and earned some cash. However, both Janak and Rahul came straight to the Gurumata (Caretaker) and informed her about the phones. The owner of the phone was calling her phone, so the kids told the owner where they were and asked her to come and collect her cell phones. The owner was so touched by the deeds of the kids that she offered them money as a gift of appreciation.

They were reluctant to take money as they were always taught in the Ashramshala never to take others people’s possessions and that returning a lost item was their duty. The owner was awestruck and happy that the kids refused to take the money. She sat with them and talked for an hour and tried harder to get them to take the money as a small token for their deeds. However, both children refused the gift. Both these kids study at the ashram shala. The curriculum of the ashram shala instilled values of honesty and truthfulness in them. Because of the value based education system all the kids of the ashram shala are responsible and sincere. They are also true to themselves, their parents and to society. We commend Rahul and Janak on learning these values and staying true to them when tested by life situations.
Introduction

Over the years Manav Sadhna’s health programme has extensively supported the community of Ramapir no Tekro. These include an awareness programme, sanitation programme, medical camps and treatment through two health clinics, and also taking care of individual patients within the community. This annual report includes all the activities that have been worked on within the various health programmes from March 2012 to April 2013. Manav Sadhna has three projects: Education, Health, and Nutrition. In the Health project, we try to serve those who do not have access to basic healthcare; if they need medicine, health reports, or any medical care, we aim to provide it.

Muskan Dental Clinic

The Muskan Dental Clinic is located at the Manav Sadhna Community Center in the Tekro, and has been running for the past four years providing free and comprehensive dental services to the residents of the Ramapir no Tekro and surrounding slum areas. Dr. Vishal Prajapati is the current dentist who runs the clinic and he also has an employed assistant. The clinic is open daily from 2:00 - 5:00 pm and the facilities available at the clinic include a dental chair, an x-ray machine, an autoclave, an x-ray developing box, scaler, micromotor, suction, three way syringe, and other equipment and materials needed to deliver comprehensive dental service.

Impact

- Over 500 patients have been treated in the clinic in the last year alone.
- Over 100 Anganwadi children have received check-ups and treatments including fillings, scaling, extractions and root canals.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>RCT</td>
<td>48</td>
</tr>
<tr>
<td>Scaling</td>
<td>45</td>
</tr>
<tr>
<td>Disimpaction</td>
<td>10</td>
</tr>
<tr>
<td>Filling</td>
<td>250</td>
</tr>
</tbody>
</table>

Education related to dental health is very limited in the Tekro. These residents tend to wait until their problems are unbearable or at the last stage, at which point they end up taking pain killers, which temporarily relieve the pain but provide no real treatment for their problem. This year, our objectives were to increase awareness related to dental health, and encourage residents to address dental concerns in a timely fashion. This awareness is vital as it was discovered through our work that 80% of the people living in the Tekro eat tobacco and other such harmful substances, severely impacting their health and teeth.

Medical Camp

Manav Sadhna takes on a diversity of projects, one of which deals with the medical conditions and issues of the people it serves, providing the needy with various medicines and antidotes, while organising medical check-up camps for hundreds of patients. These camps are facilitated through the assistance of the government, private hospitals and a plethora of specialists who participate in these services without payment.
Dental Camp

Every year, Manav Sadhna hosts a series of dental health camps to provide dental care and treatment and raise awareness about dental hygiene

- The two dental camps were organized at the community center and Sabarmati Gandhi Vas slum area. A team of doctors from Karnawati Hospital was present at the camp, which benefited a total of 613 patients. Around 220 patients who had more complicated cases were taken to the hospital for a follow up visit to receive additional treatment at no extra cost.
- Another two camps were organised for workers and helpers of Manav Sadhna’s Anganwadis (Preschools), a total of 151 women. These camps were unique in that they not only provided these women with free dental care, but also provided them with more knowledge regarding dental hygiene so that they can also teach the information to their own students. In this way, these camps were able to indirectly reach out to all of the pre-school kids.

Skin Camp

The skin disease treatment camp was organised with children in the Parikshlal Ashramshala-Gandhi Ashram in September-2012.

A skin specialist, ophthalmologist, general physician and pediatrician were present at the camp. Through this camp, the children of the Ashramshala and the people of the surrounding community were all treated/diagnosed free of charge. People who needed medication were also provided with the medicine free of charge. In total, 240 people were treated and those who needed additional hospital care had this arranged for them.

All of the children have been followed-up with and seem to be benefiting greatly from the camp and help from the GCS staff. The entire event ran extremely smoothly, and the doctors, children, and surrounding community were very happy with the outcome.

Manav Sadhna provides numerous healthcare resources to the slum dwellers. Awareness camps are one of the most important educational resources. They are used as a simple and effective way to improve the health of the slum dwellers.
Malariya Awareness Camp

Every year, Manav Sadhna hosts a Malaria awareness camp during the rainy season. As always, an awareness camp was hosted this year. The health department supported Manav Sadhna by providing the Chlorine tablets needed to purify and cleanse the slum dwellers' drinking water. Five teams were created, each consisting of two women. In total, there were ten women. These five teams separated and visited different areas of the slums. They made home to home visits, provided information on how malaria is spread, and educated individuals on how to prevent infection. In addition, the teams distributed TB pamphlets to the people. These pamphlets contained information about TB’s symptoms and an address at which people can acquire a DOTS report. The team workers also sent fever-stricken individuals to nearby health clinics to be treated. Along with disease education, the teams provided tips on proper hygiene and sanitation procedures. The goal was to properly educate the slum dwellers so that the disease can be prevented.

General Camp
Gandhi Leprosy Colony, Ritanagar (Opposite Vastral Canal) Amrevadi, Ahmedabad

Manav Sadhna has many projects in education, health, and nutrition serving many different communities. One such community that benefits from these projects is the Gandhi Leprosy Colony. The people in this community who suffer from leprosy also face many problems in their eyes, skin, arms and legs along with other ENT problems and sicknesses. After seeing the different health issues these people faced, Manav Sadhna decided to hold a general health camp for them on January -2013. A total of 105 people were treated at the camp free of cost.

<table>
<thead>
<tr>
<th>Programme</th>
<th>Patients covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dental Camp (Tekra Centre)</td>
<td>245</td>
</tr>
<tr>
<td>Dental Camp (Sabarmati)</td>
<td>368</td>
</tr>
<tr>
<td>Dental Camp for Anganwadi</td>
<td>151</td>
</tr>
<tr>
<td>Skin Camp</td>
<td>240</td>
</tr>
<tr>
<td>General Camp (Leprosy Center)</td>
<td>105</td>
</tr>
<tr>
<td>Boys Scouts Physical Examination</td>
<td>30</td>
</tr>
<tr>
<td>Total</td>
<td>1139</td>
</tr>
</tbody>
</table>

Boy Scouts Physical Examination

Manav Sadhna has been running a Boys Scouts programme at the Ramapir no Tekro Community Center for the last 2 years. Through this programme, the youth develop leadership, discipline, and confidence skills while learning how to maintain a strong and healthy physical body. In January of 2013, the scouts were planning on going to Mt. Abu for an adventure camp. However, all the scouts were required to pass a physical examination before they would be allowed to go. The scouts were taken to Sanjivini Hospital for their physical examination, and Manav Sadhna covered all costs.
Care for the Elderly

Manav Sadhna has been providing care to the elderly for the last five years. These are older individuals who live alone and have no one for support. Through the health project, Manav Sadhna has been providing these individuals with hospital care, medication, and any other health care need. The project is currently serving nine people. One of these elders is Jasodaben, who had chest pain and breathing problems. After bringing her to GCS Hospital, we discovered that she also had diabetes, and she was started on treatment right away. After staying in the hospital for ten days, she was released. She is now receiving ongoing treatment and Manav Sadhna covers all costs for the treatment. Many elders in the Ramapir no Tekro community, like Jasodaben, are benefiting from Manav Sadhna’s health care projects and receiving medical treatment.

Long-Term Patient Care

For the last three years we have been doing door-to-door consulting for the aged people. We check their blood pressure, diabetes, heart problems, paralysis and epilepsy. We go for follow-up visits, and provide them with monthly medicines. This door-to-door service is of great benefit to the elderly since they would have great difficulty accessing these services otherwise.

This year Manav Sadhna has 9 people under their care. These people include Dahiben, Rasikbhai, Vishala, Nanumaa, Jethima, Kasturbhai, Jasodaben, Jesinghbhai and Geetaben. All of these patients have genuine cases where they are critical, unable to afford health care themselves and require additional support to improve their health. Manav Sadhna takes these patients to the correct doctors for treatments and ensures all follow up procedures are conducted properly.

Arogya Mandir (Health Clinic)

The Arogya Mandir Health Clinic has been open for almost 15 years. It was opened with the goal of giving underprivileged members of the slum areas a place where they could receive affordable healthcare and medications that are not readily available to them. The clinic takes in patients who range in age from infants to the elderly, and treat them for the most common symptoms seen in the slums. For children, these symptoms generally include worms, cough, running noses and fever. For adults, the most common symptoms include vomiting, cough, fever, arthritis, tuberculosis and various skin diseases.
A doctor and two pharmacists currently run the clinic. It is open every day except Sunday from 7:00 pm to 9:00 pm. The clinic has medication available to treat the most common health problems, and all of the medications are available for only a three-rupee fee. Blood reports and x-rays are also available at fifty percent of the cost. For any emergency care or for symptoms that cannot be treated at the health clinic, the patients are connected with local government hospitals.

Impact: The clinic sees approximately 600 patients each month for a total of about 7,200 patients each year.

**TB Dot Center**

The Arogya Mandir Health Clinic also hosts and runs a TB Dot Centre, a programme for helping patients with tuberculosis by providing them with medication. The program runs on Mondays, Wednesdays, and Fridays from 8:00 am to 12:00 pm. At this center, one of our health workers not only gives the patients the medication, but also makes them take the medication in front of her to ensure that they are indeed taking it. If any patient misses a day in taking the medicine, a health worker visits his or her home to explain to them why the medication is necessary, and makes sure he or she returns to taking the medicine.

Impact:
There are currently 82 patients taking medication for tuberculosis.
A total of 22 patients have completed their treatment.

**Adolescent Girls Class**

Manav Sadhna, through their health project, holds an awareness camp about malaria every year, during the monsoon season, for adolescent girls in the Tekro community. These awareness projects take place in the many Anganwadi schools, but for girls who are between the ages of eleven and eighteen. Through these classes, these girls are able to openly ask questions about their health that they wouldn't normally feel comfortable asking a doctor. All of the girls in the class open up and share their problems and concerns with each other and the teachers and are able to reach a solution. After going through one of these classes, the girls have expressed that they didn't even know some of these health issues existed and were grateful for the opportunity to learn the information.

Impact:
A total of 10 awareness camps took place at different Anganwadi classes. Each Anganwadi class had anywhere between 10 and 25 girls attending.
Meet Pintubhai

Case Study; Dantanya Pintubhai Bansibhai
Age: 30

Pintubhai’s Story: Pintubhai comes from a very poor family. His father has passed away, and his mother is 50 years old. Pintubhai is the sole supporter of his family; but one day, during his work, tiles fell upon his foot, and Pintubhai did not notice the damage that it had done. He continued to work, while his foot swelled and was profusely bleeding. When he noticed, Pintubhai went to a general doctor, who simply dressed the wound. Not having enough money to visit the doctor a second time to change the dressing, Pintubhai continued to wear the same dressing over his wound for 10 days, allowing the dressing to stick to the area of the wound and infecting it. An Anganwadi ben noticed Pintubhai’s foot, and took Pintubhai to the hospital on October 27 to get his foot checked out properly. The doctor said that it was something they needed to check out, and tried to unwrap the bandage from the foot, but noticed that the bandage was stuck to his wound. When they unwrapped it, Pintubhai’s skin also came off with the bandage, and the doctors had to properly clean and dress the wound, and started treatment for Pintubhai right away. They X-rayed his chest and foot, and did blood and urine tests to rule out possible infections, and to see where the illness had spread so they could properly start his treatment. On 3/10/12, Pintubhai had an operation on his foot, which thankfully was successful, and after talking to the Doctor, he decided to not charge Pintubhai for his treatment/operation.

From the Health Project, we follow up with Pintubhai, seeing if he needs any medicine, we have given him a cane, and we also drop off monthly groceries until he is able to work once more. Right now Pintubhai is able to slowly walk with a cane, and is recovering nicely.

It is health that is real wealth and not pieces of gold and silver.

Mahatma Gandhi
Launched on 2nd October 1975, Anganwadi (pre-school) is a Government scheme which represents one of the world’s largest and most unique program for early childhood development. Anganwadi is foremost a symbol of India’s commitment to her children – India’s response to the challenge of providing pre-school education and breaking the vicious cycle of malnutrition, morbidity, reduced learning capacity and mortality. By working with the Government, Manav Sadhna is able to reach a much larger population as the Government has a large Anganwadi infrastructure and network already set up. Manav Sadhna is currently running 79 Anganwadis throughout two slums, Junawadaj and Sabarmati.

Goals and Service of Anganwadi’s

- Provide nutrition to underprivileged children ages 0 to 6 years.
- Foster the mental, physical, and emotional development of these children.
- Improve the health of pregnant and feeding mothers.
- Promote awareness on health, hygiene, and nutrition to these pregnant and feeding others.
- Give immunizations.
- Network between various government departments involved in the ICDS to ensure communication and a united vision.

Supplementary Nutrition Program

Supplementary Nutrition: Manav Sadhna provides a nutritionally balanced breakfast and lunch to the Anganwadis that it runs. The Government finances much of the Anganwadi expenses, however, finances provided for nutrition is often not enough. Manav Sadhna steps in by contributing more money to nutrition. This extra funding from Manav Sadhna ensures that the food provided is both nutritious and tasty. The food is cooked in a kitchen owned by Manav Sadhna which employs cooks for this specific task. This is unlike many other Anganwadis where teachers have to cook food at the Anganwadi itself, thereby disrupting valuable teaching time and time that could be spent with the community. The children that attend Anganwadi are between the ages of 3 and 6 years old; however, the Government finances nutritional support to 6 months to 3 year old children and to pregnant and/or nursing mothers. Manav Sadhna helps the Government in this by actually distributing the food to the beneficiaries in the community. The following table summaries the total nutritional support that is provided in the year 2012-2013.

<table>
<thead>
<tr>
<th>Beneficiaries</th>
<th>No of Beneficiaries</th>
<th>Types of Nutrition</th>
<th>Length of food provision</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months to 3 years</td>
<td>3284</td>
<td>Weaning food</td>
<td>One Month</td>
</tr>
<tr>
<td>3 to 6 years</td>
<td>2496</td>
<td>A nutritionally balanced breakfast and lunch. Nutri candi is also offered (contains folic acid, vitamin A and Vitamin C)</td>
<td>Everyday</td>
</tr>
<tr>
<td>Pregnant mother, nursing mother and adolescent girls</td>
<td>2854</td>
<td>Ready to eat food which contains protein, calories and nine micro nutrients</td>
<td>One Month</td>
</tr>
</tbody>
</table>
The Awareness and Education Programs

Manav Sadhna aims to ensure the long-term health of the communities that they work with. In order to achieve this, Manav Sadhna runs various ‘health awareness programmers’ aimed specifically at the mothers.

Celebration of Breast Feeding Month

Breast feeding is the ideal food for child's healthy development. Breast feeding is vital for the first six months in children's life for the best growth and health development. There are different views, superstition and misconception prevails about the breast feeding in women due to lack of education. It can reduced upto 20% of infant mortality rate if children gets the first breast feeding within 2 hours of delivery and it continuous for six months. The message has been spread out throughout the month in all the Anganwadis.

Nutrition Awareness Month

To reduce the malnourishment in children and change the prospect of mothers a Nutrition awareness month has been celebrated throughout the month in all the Anganwadis areas. A Healthy Child Competition has been organized to motivate mothers in order to take good care of their child. This competition not includes only children but also nursing and pregnant mothers. They were given prize as a motivation.

A Rasoi Show has been organized in the Anganwadis. The mothers are taught the types of food they should be feeding their children and how they should be preparing the food. For example, they are taught to cook food in such a way that they do not lose nutritional content (eg not over boiling vegetables, using less oil etc....). They are also taught recipes which are tasty, nutritional and inexpensive.

Gender Equality Program

Seminars are also held specifically for adolescent girls who are free to ask any questions that they have and may not feel comfortable asking their own mothers. They are also given basic education on family planning, hygiene and healthy cooking. They are also aware about the sensitive issues like domestic violence, gender inequality. By providing this basic health awareness, it is hoped that the long term health of the community will be greatly improved and that they will learn good habits that can be passed on throughout the generations.
**Health Services**

**Vaccination**

Vaccination is boon to prevent children from six deadly disease. Children get protection from disease like TB, Diphtheria, Tetanus, Polio etc. In order to reduce the deficiency of Vitamin children are given Vitamin A dose every six months. This can be done with the proper coordination with Government Health Department and Anganwais. The Anganwadis has played the leading role in success of Polio eradication campaign. The following table summarizes the total vaccination provided to children and women in the year 2012-2013.

<table>
<thead>
<tr>
<th></th>
<th>BCG</th>
<th>POLIO</th>
<th>DPT</th>
<th>ORI</th>
<th>D. T.</th>
<th>T. T</th>
<th>VITAMIN A</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>457</td>
<td>5590</td>
<td>557</td>
<td>557</td>
<td>413</td>
<td>619</td>
<td>914</td>
</tr>
</tbody>
</table>

**Family Planning**

In order to break the poverty cycle it is very important to control the birth rate. The family planning program is very essential and important. Anganwadi workers has to do the additional responsibility in their respective areas to aware women about using various contraceptive to control the birth rate and motivate men and women to adopt the family planning program after two child. Goverment hospitals are doing free family planning operation and also gives Rs. 100 as a incentives. Manav Sadhna also provides 500 gram of Ghee to the beneficiary. In the year 2012-2013 there are 61 family planning operations has been done through the support of Anganwadi workers. The Anganwadi workers gets the motivational rewards in cash too.

**Health and Hygiene**

Pregnant women are taught to make regular visits to the doctor eat appropriate food and take any necessary supplementary vitamins which can become depleted during pregnancy such as iron. Mothers are also taught basic hygiene skills, such as washing hands before and after eating, keeping nails trim and clean and eating certain foods with cutlery rather than with hands.
**Homeopathy Treatment**

With the support of Dr. Sujoy Mehta, a homeopathy doctor a pilot project organized to give homopathy treatment to the 64 selected children of 21 Anganwadis. With the continuous support and treatment we were able to bring out 19 children out of 64 from the malnourishment.

**Education**

Anganwadi is run for three hours a day for 3 to 6 year old children. The emphasis is on a 'value based education' and therefore not focused solely on the academic. Children are therefore taught basic skills and habits such as washing their hands before and after eating. Even small tasks such as having them remove their shoes and putting them in a neat line teaches them basic discipline and self-maintenance. The dedicated teachers that run the Anganwadi spend time teaching the children songs and getting them to explore their creative side through drawing and various arts and crafts.

**School Enrolment Celebration**

Two years of Anganwadi education and various activities kids are prepared to go to the formal school. It is responsibility of Anganwadi worker that all the kids received admission in formal school after five years. The process of meeting with parents of children started prior to the academic years start. The school teachers organized a welcome celebration for the new students. They greeted each new students with Kanku and Tilak and sounds of drums. There were 814 children enrolled in to the formal school in 2012.

5, Teacher Training: To enable Anganwadi teachers to teach effectively, Manav Sadhna invests time and money in teacher training. Teachers are taught skills such as time management and how to get the community to bond with each other. They are also taught how to explain to the community that the Anganwadi is something that they should care for and not consider it to be simply another Government initiative. A focus of the teacher training is to motivate them by letting them know how important their work is and the long term impact it will have for the children, the community and for future generations.
6, A Loving Environment: The children of each Anganwadi run by Manav Sadhna are given the opportunity to come to a toy room at the Manav Sadhna premises where they have free time to play with plenty of toys. The room is spacious and supervised by the Anganwadi teachers. When the children are asked whether they want to go home, the answer is always a unanimous 'NO!' This playtime is important as the children usually do not have access to such a loving and safe play environment in their own homes and communities. Manav Sadhna also often provides the children with little treats such as ice cream which can be especially rewarding when the weather is hot!

Manav Sadhna would like to take this opportunity to thank all the donors for their wonderful support towards this noble cause. Without your help, the above mentioned works would not be possible. Your contribution, be it small or large, has gone a long way towards making a sustainable difference.

**Inauguration of Anganwadi (Bholu-12)**

The inauguration program and construction of new Anganwadi is going on with the contribution of TAP situated in Australia. With contribution of TAP 11 Anganwadis are being constructed till now and in this month the construction of bholu 12 is being done in Thakorvas situated near Gandhi ashram whose members are closely related with the ashram. This Anganwadi is designed by Ciera and Even the architect of TAP; the other voluntaries had helped to accomplish the work.“Baka bhai” and all other voluntaries had worked very enthusiastically from the very first day of construction of Anganwadi. The youngsters and small girls had also helped in the activity and made the atmosphere joyful. The people of that area had work considerably by working continuously for the Anganwadi. The inauguration function was started on 13-07- 2012 in the present of trustees of the organization, builder of the Anganwadi Bakabhai & his team & other voluntaries.
Women's day celebration

After discussing with the folks who were interested, it was decided that our sisters and mothers in the slums deserve to have pure fun and relaxing evening. Now a days they get plenty of lectures and updates about how they need to learn more things work harder and empower themselves. But we felt they need pure, selfless love, respect and lots of fun also.

So, MS karyakartas along with GS and Jeevan Tirth started planning an event for the women’s day. Several inputs and ideas were shared within the organizations. All karyakartas and volunteers were committed to this event that day. Even our older boys participated in serving and helping.

It felt like a big wedding event in Gandhi Ashram! The place was decorated and prepared for hosting of hundreds of mothers and sisters. The women started arriving from 2pm. That was an hour early than start time of 3pm! Our international women volunteers welcomed each woman at the gate with big smile, kanku tilak and handmade flower. On their departure, they were given a packet of beautiful assorted bindi donated by one of the volunteer. 50 women from Leper Center vastral in special bus, 100 Muslim women from Jamalpur, from Shankar Bhuvan and many from Rama Pir Tekro came. Over 1200 mothers and sisters came to Gandhi Ashram that evening. Most of them were dressed so nicely like they came to a wedding. Kids and husbands were not allowed!

We had swings, drama (with message), 2 mehdi booth, makeup, hair style, sari style, instant pictures, fun sports, good quality ice cream (diamond king!), pani puri, bhel, chanā chor garam. It was just so beautiful to see all these 1200 plus sisters and mothers laughing, singing, swinging, dancing and eating.

Truly they were 1200 little girls for 3 hours! Over 100 men and women volunteers served with so much love, respect and gratitude. All the food was made in the MS kitchen with love. Everyone participated and contributed to make this event so pure, loving and beautiful.

We saw one rag picking ben with makeup, telling her friend to push her swings because she had mahendi in her both hands! Then one of her friend came eating pani puri, so she opened her mouth wide telling her to feed her one! Some of the majis using small plastic spoon had ice-cream all over the face! It is a blessing and opportunity to serve, contribute and witness such a pure selfless love, fun and joy of caring and sharing.

A small break from waking up at every night and rag picking wondering in the streets of Ahmedabad for 5-6 hours to earn one dollar! Lot more to be done, but they sure deserved this love, respect, space, feeling special and fun. The entire event cost was about $600 and about 1600 serving hours with love and gratitude to make it a blast.
Ramapir No Tekro is a dense slum community of more than 1,00,000 people living. Manav Sadhna started working hand in hand with this community 20 years ago to promote a holistic set of programs including education, health and hygiene, livelihood alternatives, nutrition awareness and more. From this hub Manav Sadhna serves more than 500 children, women daily and provides classrooms, a community library, a computer lab, a youth gym, a dental clinic, a day care center, Women's saving program, weekly gatherings for elderly widows, various education programs and a platform for cultural programs and events.

Tulsi Plant Distribution

For the past five years, we have distributed 300 Tulsi plants to residents of the community during the monsoon season. This project allows us to lovingly get to know the residents of the community better and build relationships. Every year, we choose a different area of the community in order to reach a wider number.

It’s also an opportunity to share about good sanitation and hygiene habits. We explain that the Tulsi plant, as every Hindu is aware, is like God, and needs to be cared for properly. This requires washing hands and being clean before caring for the plant. This encourages residents who are not washing regularly or taking care of their hygiene to do so.

Plastic Sheet Distribution

We distribute plastic sheets to needy individuals every year during the monsoon season. These sheets are meant to help repair roofs and walls of their homes so that water doesn't enter when it's raining. We go through our projects and workers to find very needy families for this project. For example, some families were living on the streets with their children and no sturdy roof or flooring. Some members of the family may have been sick as well. One donor gave us 100 plastic sheets, which were given to these families so that they could place it on their roofs to stop water from leaking. The families were so grateful and happy for the donations; they were relieved knowing that for the 3 month monsoon period there wouldn’t be water seeping into their homes.
Anganwadi Pre-Natal Care Workshops

In a similar spirit, we hosted a specialist in pre-natal care who trained all of our Anganwadi teachers in the best practices for how to care for yourself while pregnant. A specialist in the prenatal field and a Manav Sadhna volunteer held this training at the community center. This information was then shared forward to families connected to each Anganwadi.

Gas Employee Gathering

Many residents of the community are employed by the many of the gas companies in Ahmedabad doing labor work. The employees of these gas companies wanted to hold a meeting in the community in which they could discuss their rights and the problems they were having with the union leaders and those of the companies. Over 600 members of these companies and their employees who live in the community met at the community center for a program to help strengthen the relationship. This meeting also helped the community realize how Manav Sadhna is supporting them as well as demonstrate how Manav Sadhna is trying to support them.

Women's Saving Project

In 2009, Manav Sadhna started a women's saving project at the community center in order to help the families save money. Many of the families in the community believe in doing many functions as grand as they can and therefore end up taking out loans for these functions. Therefore, Manav Sadhna opened this program to help the women realize how saving 5 rupees a day could add up at the end of the year. Manav Sadhna returned the money the woman saved with interest allowing these families to see how important savings was. The program also included a mandatory monthly meeting in which the woman gathered together to share with each other, and Manav Sadhna invited guest speakers to come and share with these women on could better their lives. Then in 2011, Manav Sadhna decided to help these women open their own bank accounts, but the women were not comfortable with having to go to the bank for these transactions and therefore stopped saving. The woman came back to Manav Sadhna and asked to reopen the savings program at the community center, which reopened in March 2013. There are 210 women that are participating in this program that are regularly saving as well and have collectively saved about 95,000 rupees this year.
Mutthi Annadan

Introduction

Inspired by the Bhoodan movement initiated by VinobaBhave, ManavSadhna has started the “EkMuthiAnnadan” program for the elderly and needy people. Under this program one handful of grains is taken as donation from the rich and gifted, and distributed among the 60 poor and needy elderly women of the community.

Purpose:
- Give widows a way to accept help without having to beg or compromise their dignity.
- Try to bridging the gaps between have and have not.
- Helping the needy and poor elderly people get basic groceries which would suffice them for an entire month.
- To organize Bhajjans and Satsang activities so that they feel light hearted from their everyday hardship.

Meet Kankuben and Leelaben

Kankuben is a 70 year old woman who lives all by herself in a rented accommodation in the community area. She does not have any one to look after her and goes in one of the apartments nearby to work. She earns Rs700 per month and almost half of it goes in the rent of her house. Thus, she has to arrange for all her other expenses including food in the remaining mediocre amount. Thus we got her enrolled under this program and have been helping her since the last few months.

Leelaben stays in a hut built along the roadside; she had suffered from a fracture in her leg and thus due to improper treatment had lost her leg; thus, she couldn’t find any work and had to resort to begging for feeding herself. Our staff members found her in a very impoverished state and thus this decided to enroll her under this program, so that she could get the basic supply of food grains and thus she could cook her own food.
Highlights of the year

- Once the food grains collected, every month on 26th it distributed to 60 needy women just Rs. 15 token.
- Radhikaben' who along with providing financial support to this program also helped in deciding proper nutritious diet for these elderly women.
- Naginbhai a local volunteer from the slum helped a lot to distribute the grains through out the year.
- Shri Naginbhai Jagda donated new sarees for women.
- During the winter Radhikaben had offered cold creams, hair oil for hair and skin massage for these women.
- Laura Tesimale, a friend and supporter of Manav Sadhna offered one day picnic to all 60 women to nearby temples.

Thanks to,
Our heartiest thanks to Radhikaben, Mamtaben and Arth and his friends and all 20 families who immensely supported this program throughout the year. With their support we able to feed all these women through out the year.

Bhajan Satsang

Every Monday, from 4p-6p, a group of needy women from the community gather for bhajans in our community center. The gathering also serves as an inspired support circle where the women can share about their struggles of being poor, widowed, etc. and receive encouragement from the group as well as Manav Sadhna karyakartas. We also visit these maajis homes regularly to build relationships and help them with any problems that they or their families may face.
The Vadil Vatsalay project was created to bring love, respect, and happiness to the lives of the most elderly members of the Tekro community and to spread the importance of elderly care. Every Monday, 70maajis (old women) from the Tekro come to the Community Center to sing Bhajans (prayers), hold Satsangs (group discussions), and talk about their health. During these meetings, Manav Sadhna also provides a nutritious snack. An annual trip is also arranged for the maajis to different locations such as Mandir's and the seaside. In the past, we took the maaji's to Somnath-Junagadh.

In July - 2012 Manav Sadhna has organized a week long tour of Haridwar and Rishikesh for over 90 elderly women of slum community. Most of them have never been to Haridwar and Rishikesh before. Also, their utmost desire is to take holy deep in the river Ganga. As soon as we have announced the tour all the Maji’s had been so exited and feels like their dream come true. They have been visited various temples in Rishikesh and Haridwar. They all fortunate to have took holy deep in the river Ganga. During the tour we found that they have amazing sense of understating and stamina at the age of above 70 years. We all know that most of them have no source of income and totally dependent on their children even though each and every temple they visited we saw that they have donated little amount of money to the beggars. They all returned with big smile and life time memories.
Festivals are a huge part of life in India and the significance of the festivals are spread equally from poor and wealthy families. Manav Sadhna has given the special place to the festivals. Manav Sadhna believes in all religion so we celebrate all the festival with the same spirit. End of this year we celebrated various festivals with involvement of children and community. We strongly believe that the involvement of the community in festivals are very essentials for their social development. The festivals such as Independence Day, Idd, Janmasthami, Raksha Bandhan, Navratri, Diwali, Ganesh Festival, Christmas were celebrated this year in involvement of children and presence of community people.

The highlights of some of the major festival celebration at Manav Sadhna

**Independence Day:** August 15th is celebrated as our Independence Day. Like every year we celebrated this day in presence of children and community people. The flag hoisting ceremony led by the scout boys of Manav Sadhna. The event ended up with various games organized by the teachers.

**Janmastami:** We celebrated Janmastami for the birth of Lord Krishna. On that day we had celebrated major event in short time. 35 kids of Vidhyadham along with many Bal Sanskar kids and street school participated in that program. The program ended with Garba at the community center.

**Diwali:** On the 10th November, we held a Diwali celebration where the Vidhyadham project, Bal Sanskar project, and Ashramshala project got together to celebrate Diwali. In the celebration, there were dances, speeches on Diwali celebrations, and a dancing session at the end with all the students, ending with giving the children a special snack.

**Christmas:** This year, Christmas was celebrated in a different way. The theme of this year’s celebration was family and love. The students of Jamalapur Community center, street schools, Ashramshala, and the community were invited and participated which brought about 800 people to the celebration. The message of love and family was spread throughout the community in hopes that the families would take time to bond with each other.

**Ramazan:** Ramazan is the holy month for the Muslim people. Manav Sadhna has been celebrated roja every year inviting all the Muslim friends. According to the Islam 27th Roja (fast) is very pious and there is a significant importance of this day. On this day many of Manav Sadhna’s staff members and kids observed roja (fast). In the evening Manav Sadhna organized iftari (means open the fast) and had invited our Muslim friends for dinner together. The wonderful meals has been prepared by our 3 women cook of Manav Sadhna. This was the wonderful example of communal harmony that Manav Sadhna is believed all religion and love all serve all.
Manav Gulzar is a powerful place where Hindu and Muslim people live and work together. This is a place where one can see temple and mosques in the same place. This place is also called Ram Rahim no Tekkro is the second largest slum area in Ahmedabad and consists mainly of people falling under the classification of Scheduled Caste who are originally from villages around Gujarat or potter families from Rajasthan.

**Target Group and Beneficiaries**

By promoting values, education and awareness among the children in this slum area, we hope to eradicate many of the challenges the Tekro residents face so that they may become more empowered to change and uplift their standard of living. The center hopes to reach children of ages 5-15 in standards 1-9 in these projects in order to bring about this change.

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<thead>
<tr>
<th>Bal sanskar Kendra</th>
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<th>Computer class</th>
<th>Sewing class</th>
<th>Football</th>
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<td>20</td>
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**Nutrition**

The gas connection provided by the companies has increased greatly in cost for the past few years. Regardless, we have been able to provide proper nutrition to the children through foods like: Chikki, bataka pauva, milk, biscuits, and nuts. This ensures that children not only benefit from the nutrients, but also enjoy the taste.

Before we used to rent a room to prepare the meals, but now we have built a kitchen in the community center itself that ensures daily meals for the children on site.

**Unique gym**

All the projects in manav gulzar community center are need based projects. With the gym project came lots of benefits for the youth in the community. The gym creates good leaders for the community, the youth can begin to do service for the community as well.
We just have started gym from this month and we have received many compliments. Right now 18 youth are the beneficiaries. Everyday 6-8 they come to the gym for physical exercise, martial arts and several different things. They come in the gym to learn gym activities while learning good values also. In a starting month we have seen lots of changes in their behaviors. Before they came here most of them had different types of addictions that were harmful to their health. Because of the good environment the youth receive in the gym, they have broken their addiction habits as well. We will look forward to do many other activities next year.

Project Sewing Class ("Apdu Kapdu")
They were taught
Different types of stitching: straight, circular, rectangular and piping both narrow and broad
Completing the edges of handkerchiefs and scarves
Box plate and simple plate
Stitching of simple bags and pillow covers
Practicing the above techniques to ensure complete understanding.
Machines were regularly maintained and repaired as needed. There have been 101 women that have received training here. The new designs have been incorporated into the training as fashion trends change.

Rehana and Reshma.

There are two women in the training Rehana and Reshma. They both have after training earned 350- 400 rupees per month after bringing their own machine at home. They are both so happy that they can now utilize their knowledge from training to earn for their families. This is the case with many other girls as well. This is evidence of the fact that these girls are able to learn and be contributing members of their families.

Events of the Year

We have had frequent volunteers at the Jamalpur Community Center. Felix has been volunteering at the center for the past year. He has been teaching self defense to many girls in the community. This has been a unique and helpful experience for the girls.

All projects of Education began at the centre after vacations on 11th June 2012. Of these, the Tuition class and Bal Sanskar Kendra kids were warmly welcomed on the first day.

The Community Center inaugurated officially on January 30,2013 after the two years of construction work. All the families and children in the Ram-Rahim Tekro were invited as well as the staff from all the community centres of Manav Sadhna.

We gathered all the folks that are working with education projects and had a celebration of Teachers Day. We went around to the various spaces and had the kids swap roles with the teachers so they understand what they go through on a daily basis.
We often have special days for children based on certain themes. Whether it is Rangoli day, or Hairstyle day, the themes give children an opportunity to participate creatively in the events. There are competitions held during these days through which children earn prizes.

The computer class meets 11-6. Eighty-five students attended between June and December. Twenty-three students completed the full course. Forty-two students attend regularly currently. There is a weekly progress exam given to the students to assess their progress.

To motivate all the students who ever have finished their whole course we distribute course certificate to those 25 students in computer class. Threw this certificate they can get man opportunities in the future.

Community Approach

All the projects that Manav Sadhna supports are all need-based on what the community needs and all integrated with each other. Manav Sadhna believes in a home-to-home approach in which teachers and other staff visit the homes of those in the community and connect each family member with a project that may be beneficial to them. This connection with the community is important to Manav Sadhna so that the needs of the community can be pinpointed and those in the community can be better served.

Bal sanskar Kendra academic evaluation

![Exam Pass Rate - Bal Sanskar](image1)

![Exam Pass Rate - Vidhya Mandir](image2)

Special thanks to our soul supporter Chris and Sumita of Flowering Tree, USA for their great support to the Manav Gulzar Community Centre.
History

Since 2008, Manav Sadhna has been supporting the Gandhi Leprosy Seva Sangh, which we affectionately call the “Loving Community,” because of its warm and loving residents, helping this small community of leprosy patients and their family members continue to develop in a positive way.

Involvement

Over the years, Manav Sadhna has launched a number of initiatives to improve actual living conditions in the community, such as constructing toilets, building a Rs. 19L community hall, coordinating with government administration for city services, building a children's playground, tree plantations, etc. However, and in line with our mission, we feel our most important, valuable, and sustainable investment has been with the youth of the community.

Our efforts have resulted in visible inspiration and joy in the childrens' faces, the formation of a youth leadership group that facilitates volunteer activities within the community, as well as some of the girls completing Standard 12 with ambitions of finishing college. Truly remarkable developments given the desperate circumstances the community evolved from in the past.

Here are some of the major programs and activities from 2012 that have contributed to the development of the Gandhi Leprosy Seva Sangh.

Afterschool Tuition Class

Manav Sadhna sponsors the cost of a daily tuition class to support the children's education. The children gather in a comfortable, newly renovated classroom and receive values-based education and help with lessons and homework from Manav Sadhna-trained teachers, teachers who also live inside of the community who have excelled in their own educational pursuits. Following the program, all the students receive a nutritious snack.

The tuition class is also, importantly, serving as platform to organize the youth and inspire them to get involved with community service activities.
Besides support with formal government curriculum the students have also organized drama and dance programs for festivals and celebrations inside of the community. We are also slowly starting to invest in various sport and play equipment that can be enjoyed after school work is finished, and on holidays.

This year, we took a group of students in 7th and 8th class, as well as children from the nearby Jamalpur community we work with, on a 2-day field trip to Taranga Hill, a holy site, in North Gujarat for educational programs, as well as enjoyment. Children in the community hardly ever leave the compound or Ahmedabad, which made the excursion even more special for them.

**Bhav nu Bhojan**

Since 2010, Manav Sadhna has been sponsoring a Rs. 10,000/month daily dinner program for a group of 30 of the community’s neediest leprosy patients, many of whom are without family, and are out on the street all day begging. An all-religions prayer is played before each meal and bhajans are played during. All of our guests appreciate the dignified environment in which the meal is served, as well as the relaxed and comfortable social time outside of begging. Several children attend the program and assist with the cleaning of the space, prayer, and serving of the meal.

This year, for the first time, we took all of the dinner guests to a nearby temple for aarti and plan to continue this outing once in a month.

**Youth Leadership**

This year saw the organic forming of a youth leadership group made up of boys and girls in their mid-teens to early 20s. Their mission is to voluntarily serve the community, keep it clean, and especially inspire the youth to develop positive values and habits. For example, twice in a month, the group gets together on a Sunday to clean the troublesome areas of the compound.

We are very inspired by this trend, as it is uncommon to find such a level of care and dedication in slum environments. The opportunity is there now for this community to be positively transformed from the inside out, and for proactive, service-based leadership to become the norm. This would have a powerful impact on the community’s self-sufficiency and livelihood in a generation or two.
It's easy to imagine this group pulling in the youngest members of the community. They grow up in the group, picking up its values. Some grow to be leaders of it and inspire new members to join. Ultimately, some go on to be leaders of the community. A beautiful cycle.

**Medical Camps**

Leprosy patients can and do face rejection from doctors because of the disease, and so find it challenging to have illnesses treated. This is why we have organized free medical camps inside of the community in the past, but we found them difficult to provide regularly due to the long distance of the community from our base of operations on the Gandhi Ashram.

This year, and with the support of a close friend of Manav Sadhan, Mr. Nilam bhai Patel, we helped connect the community with the Sanjivani Health and Relief Committee, an NGO specifically dedicated to providing almost free medical camps to deserving communities.

Now, every other week, a team of doctors visits the community and treats any member with an issue, no questions asked. Medication is free and new cases are only Rs. 10.

**Women's Empowerment Program**

In conjunction with our sister organization, Gramshree, we are starting to work with a group of ladies who are committed to improving their lives and financial well being.

Women tend to work in this community so households have extra income, and because of their lack of education, as well as the fact they come from a leprosy community, they face exploitation in the form of unfair wages from employers. Sometimes the women will only earn three or five rupees an hour for tedious labor, but take it because they feel it’s their only option.

Our goal is to inspire the ladies to think more positively about their self-worth and futures, train them in sewing techniques where they could earn more money, as well as negotiate with their current employers for better wages.

This will be a gradual, step-by-step process that’s just now starting to get underway, but has incredible potential.

**Festivals and Celebrations**

Festivals are a huge part of life in India and the significance of the festivals are spread equally from poor and wealthy families. The Gandhi Leprosy Seva Sangh is a lively community and plays host to a number of celebrations and festivals throughout the year. This year in Loving Community celebrated Gandhi Jayanti, Christmas, Kite Festival, Valentine's Day, Leprosy Day, Women's Day.

**Looking Ahead**

Besides continuing to invest in all current programs, especially the youth leadership group and women's empowerment program, we also plan to launch a vegetable and flower garden in a secluded space behind the community hall. We feel adding art and beauty in slum areas is an important contributor to encouraging the kind of mindset and actions that can improve living conditions. Some small upgrades and repairs to the children’s playground we opened in 2011 are also planned.
The issue of child labour looms large over India. Meager earnings and basic needs often force slum children into labour in order to support the survival of their families, depriving them of their childhood, education and health. Earn N Learn is an after school program that teaches such children how to make greeting cards, gift bags and other products from recycled handmade paper and provides them the opportunity to work a few hours daily to earn in a safe environment. The children spend their mornings in school and then attend earn and learn, where they also receive a nutritious meal, academic support and loving mentorship. To earn more about our program and the products made by our children at Earn N Learn, visit our website www.earnlearn.org

Highlights Of The Year

This year, in the two Craftroots exhibition, the children received a unique opportunity to display their talents to the community in the form of their products. Through this exhibition, guests from all over India were able to see the work that the Earn N’ Learn kids have done.

New table has been purchased specially for the children to make their work much easier.

Last year children had given loan to purchase the cycle. The children have paid their loan within time limit. Cycle helps them lot travelling to home to MS and to their schools.

The earn and learn children received nice sports shoes in Diwali as a gift for that they can go to the market themselves in order to understand the shopping skills.

The Change

Ranjan’s parents have said that she now has much more discipline at home; she helps around the house and is now more regular with her studies. She also respects her parents more. She is always happy and cheerful, and in turn makes everyone else around her happy as well. Both Rahul and Naresh are not only learning more each day, but also helping out at home. Naresh has just given the 10th standard board exam, and is now trying to get more involved with Earn N’ Learn. Priyanka is getting more involved with the work in Earn N’ Learn by giving more attention to the products and their sales and explaining the work behind Earn N’ Learn to all of the visitors of Manav Sadhna.
Earn and Learn for Girls

Through years of development work, we have come to understand that empowering the woman often empowers the entire family. Unfortunately, young girls generally end up becoming the most neglected members in their community, since importance is often given to boys. By creating income-generation opportunities for girls and promoting values, we hope to eradicate many of the challenges the Tekro residents face, so that they may become empowered to change and uplift their standard of living.

This project took place at the Gramshree Rudra Center in Ramapir no Tekro for a total of 25 girls. The girls sat together for a prayer, listened to basic education lessons, and learned how they could earn an income by making different bags and caps out of paper. Through these lessons, girls who never met before grew close and became friends, essentially joining different parts of the community together. The parents of the girls were exceptionally proud to see what the girls were learning and how much fun they were having. This project was lead by Anita, a member of the same community who also used to come to Manav Sadhna for classes and Saturday Special when she was younger. She now runs her a class in her own home and uses the money she earns to provide for family and put herself through college. She has been grateful for the opportunity to work with the 25 girls and lead them to feeling empowered by earning an income so that they too can aid their families.

Helping Hands

Shri Haritbhai is soul support of Manav Sadhna had they invited the kids to their home for a Diwali celebration and even gave them a gift to thank them and encourage them to continue their good work. Anjai Desai, volunteer of Manav Sadhna helped sale the Christmas cards last year in December. Through Vaishali didi, the kids in the Earn N’ Learn Project had the opportunity to design and make Kankotris for a wedding.
Every person has his or her own skill, whether it is singing, dancing, drawing, acting, or even playing. Some may think that these skills serve no useful purpose, but when these skills are harvested and channeled in the right direction, they lead to fruitful results and allow personal expression. However, if people aren't given the opportunity to use these skills and talents, they will go to waste. Manav Sadhna has been reaching out to children, youth, and women in many underprivileged areas to help them nurture their talents so that they can learn to express themselves in different ways. The Arts and Crafts project focuses specifically on kids between ages 5-16 because of their youthful energy and curiosity, allowing for faster cultivation of such skills.

These projects are spread out to many underprivileged areas including the Manav Guljar Community Center, Manav Sadhna Community Center, Loving Community Center, Naroda Ashramshala, Ashramshala in Gandhiashram, Sankarbhuvan Street School, and Powerhouse Street School.

**The Highlights Of The Year**

The kids are taught how to draw many different things ranging from natural scenery and flowers to still life drawings and portraits.

They are taught to make different styles of art through the direct use of crayons, colored pencils, and poster colors.

The kids were also taught how to make life like portraits of individuals doing various actions such as a person flying a kite, a kid playing with fireworks, a man selling balloons, and kids playing holi.

To teach the kids to be grateful and to celebrate the auspiciousness of the holidays, they were also taught how to make thank you and greeting cards for different occasions including Diwali, Christmas, and Birthdays.

Kids learned how to cardboard, waste paper, and plastic bottles that they found on the street to make model airplanes and helicopters.

The decorations and artwork displayed during any festival or function celebrated throughout the year at the various centers is designed and made by the kids themselves.

The Arts and Crafts at Manav Sadhna has been helping kids learn to express themselves in different ways for many years and will continue to inspire them to discover their hidden talents and cultivate them into making unique and remarkable creations.
The Ekatva Journey has been a blessing from God, where some of the most materially underprivileged children in our world, displayed and share some of the most amazing resilience, love and potential that can be seen in humanity. Through the leadership of a volunteer at Manav Sadhna, Nimesh Patel and with the creative help of Darpana Academy of Performing Arts, 16 children from the local Ahmedabad slum areas, were selected, and developed over 2 and half years. They grew creatively as well as in their virtues and values. The Ekatva Experiment was dedicated to the Journey and not the Show, thus bringing great importance to the small things on a daily basis.

On October 2nd, 2010 the children performed the first Ekatva show in Ahmedabad, with an amazing response. As the beauty unfolded many family members across the world began sending messages of support and hope to bring the Ekatva show and family to their city. Where there is pure intention and and hard work, there tends to be God's blessings. Half a year later the stars aligned for a two-month Ekatva World Tour across America and the UK. The show was performed in front of thousands of audience members at some of the most prestigious venues and left everyone shook and inspired with the feeling of love and compassion and the desire to help others.

After touring in India, The Ekatva tour went Internationally through Chicago, DC, NY, San Francisco, Los Angeles, Houston, Austin, Atlanta, London, Birmingham and Leicester. It was a pilgrimage where the Ekatva kids and family interacted with hundreds of beautiful organizations and thousands of souls, connecting in the spirit of Oneness. Through service activities, exploration, prayers, fun and more, the pilgrimage was a homage to humanity and a wholesome and grounding experience for all.

Upon their return, the 16 children were placed in private schools in Ahmedabad and all have successfully finished their first year of school. We are awaiting their results, but feel proud of their immense achievement, dedication and commitment to their future. Manav Sadhna and all the Ekatva Family are constantly in touch and connecting with all the kids through their school year. And through the support of all the Global Family we are committed to supporting the children's education through college!

What a blessing of an experience for all of us and the world. We bow down with deep gratitude.
The Dosti project was created with the intention to plant seeds of friendship in children of different backgrounds while learning qualities from each other that will better assist them in life. The hope is for the Ashramshala student to understand and realize the value of education and how much they can better their life if they continue with it. The Anand Niketan students are able to see that even though these students may not have all the money or material things in the world, these kids are still happy while offering their service to those around them. Thirty-six students from ManavSadhna and thirty-two students from AnandNiketan, a private school in Ahmedabad, were paired together and have been spending time getting to know each other.

During the first meeting, the Ashramshala children opened their doors to the Anand Niketan students by including them in morning prathna at Manav Sadhna. They then were paired up and spent the morning learning a little about each other; creating an art project together, and participating in trust exercises. The Anand Niketan students were able to see how the Ashramshala students were life family while the Ashramshala students were able to see how well behaved and disciplined the Anand Niketan students were.

The second meeting was held at Anand Niketan where the Ashramshala children were invited to here songs and dances prepared by the Anand Niketan students. All students then shared a snack together, watched a movie, and played games for the rest of the afternoon.

The third meeting was at Manav Sadhna where the children once again sat in Prathna and then talked with Virenbhai about Gandhiji, his life, and his ideals. We then split them up in 4 mixed groups and with their buddies, and after doing some seva in the form of brooming the premises, rotated among 4 activities - Sports, three legged race, rangoli, and watering trees. The children had a great time, learned good sportsmanship, and created beautiful rangoli designs together. The best part was at the end when we asked them to teach their buddy something new, we heard genuine conversations and numbers being exchanged.

The last meeting was held at Anand Niketan where the children ended the year with one last meeting together. We hope the experiences they shared together and the bonds they created will last life long and take the lessons they learned from each other and implement them into their own lives.
Manav Sadhna runs a variety of projects and activities in and around the slums of Ahmedabad, targeting children of all ages, women, and the elderly. Transportation is a constant need to and from these events – ranging from taking children on field trips, educational and religious programs, to bringing women and the elderly community to special events and health related matters. Renting a bus for each event became very costly, especially when the bus showed up late and having to keep up with its facilities. In order to meet the needs of Manav Sadhna as well as partnering organizations, Manav Sadhna decided it was necessary to invest in a new bus. Four years ago, Manav Sadhna received the donation to purchase a brand new bus. The community at Manav Sadhna christened the bus with the name “Khushi” to personalize the contribution and recognize its significance.

Highlights Of The Year

- The Khushi has been travelled 18939 km from April-2012 to March-2013.
- Over 5000 people (6 years to 80 years) safely travelled in Khushi in one year.
- Over 400 children travelled in Khushi in various places such as Diu, Girnar, Saputara, Taranga, Dharoi, Mt. Abu and also had picnic nearby Ahmedabad to little children.
- Khushi helped 250 girls students of Vinay Mandir and PTC hostel reached on time during their final board examination.
- Over 800 Anganwadi trainee used Khuhi bus for their filed visit training to different places in and outside of Ahmedabad.
- Khushi bus was used for craftroots exhibition on various occasions to transport their artist. Also women of Gramshree used khusi bus for fun and educational purpose.
- Khushi immensely helped 40 football players of Manav Sadhna for practice session every Sunday.
- Recently in March-2013 Khushi helped elderly men and women to travel Dwarka and Somnath Pravas.
- Many national and international volunteers travelled in Khushi many occasions.
- The students of Municipal School also got the benefit of Khushi many times.
- There are many known and unknown people used our Khushi for events and celebrations.

Manav Sadhna celebrated a “Vehical Appreciation Day” on 13th April in Gandhi Ashram. Many of you and our project children and mothers must have used either “Khusi” (bus) or “Lali” (Qualis) or “Vahli (Enova) or “Dholi” (Maruti Van) for utmost joy, fun and learning. We cleaned and decorated all loving, living vehicles. Then, we had prayer in our khushi bus with all the staff members of MS and children. Bhikhabhai and Mahendrabhai the two ‘Sarthi’ (driver) have carried thousands of children, women, men and gave so much joy and happiness over the years. The day celebrated to show our gratitude to the donors of these vehicles, our sarthi’s and all who enjoyed the rides.
Overview and History

Saturday Special continues and celebrates the very origins of Manav Sadhna for a couple of hours every Saturday afternoon in the Gandhi Ashram. Around twenty years ago, some of our founders were walking through the Gandhi Ashram, and stopped to play with a few of the slum children. This swiftly extended into clipping their nails, washing them, and giving them a healthy snack and clean drinking water every Saturday afternoon, and from these humble beginnings, Manav Sadhna evolved into the organization it is today. However, the core element of Saturday Special has always been to simply play and interact with needy children in a safe and loving environment. We continue the tradition by providing children from the area with an opportunity to play and learn every Saturday afternoon from about 3.30pm.

Operation

Saturday Special is coordinated currently by staff, with the help of volunteers and some outside groups. On arrival, we begin the afternoon with a prayer session, followed by an opportunity to share with the group. This has included children telling stories about the events of their week, poetry, and storytelling. It also gives the staff an opportunity to let the children know about upcoming events, festivals, and celebrations.

We also discuss health and hygiene related issues, often depending on the season. For example, with the weather warming up recently, we have talked about the importance of regular hand washing with soap before eating and after using the toilet and we also discuss the importance of eating healthy and nutritious food. We cover issues like malaria awareness, and in winter, prevention of the spread of germs like coughs and colds by covering the mouth when coughing.

After this we separate into groups for activities, which are lead by staff members and volunteers.

Volunteers from all over the world have brought their varying skills and knowledge to the event, and described it as being a wonderful part of their volunteer experience with Manav Sadhna.
Madhavi, Komal, Tapasya, Dolly, Rutu, Viraj and Stuti from the USA, Deepa and Ankit from the UK, Marie from France, and Luci from Australia were just some of the international volunteers who spent time at Saturday Special this year.

Local volunteers have also been regular contributors, including Kartik, Vineet, Nandika, and Kuashik, and we have also welcomed groups such as LD Engineering College students, Muskan Dental Clinic interns, and accounting students from the CA Institute.

Saturday Special is funded by Manav Sadhna, with assistance from generous donors including Daveshbhai, Labeshbhai and his group, Rajeshbhai, Priteshbhai (Pintu), Vandanadidi and her friends, and Anarben, to whom we extend our gratitude and thanks.

Activities

Activities have included; volleyball, basketball, football, cricket, khokho, and ball games involving music. The children also enjoyed arts and crafts, recently including adding their handprints to a tree, followed by a hand washing learning session removing the paint. They have also enjoyed origami and other arts and crafts activities.

After activities are completed, the children come into Manav Sadhna, wash their hands, and sit down for a delicious and nutritious meal prepared by our wonderful cooks, Kamalaben, Devaben, and Ramlaben, supported by some of our staff in serving and cooking.

We also prepare special delicacies for festivals during the year, and ensure that we provide seasonal fresh fruit as well.
Kiran Solanki, Scout Master is a local youngster with spectacular physical skills and sports know-how. He knows Scouting, Basketball, parkour, self-defense, yoga, volleyball. Under his able leadership Manav Sadhna’s scout program started in January-2011 to supports young students of community in their physical, mental and spiritual development, that they may play constructive roles in society. The movement employs the Scout method, a program of informal education with an emphasis on practical outdoor activities, including camping, woodcraft, aquatics, hiking, swimming, backpacking, and sports. The program continues with the immense support from The Taj Global Understanding, USA.

Last year, with the Scout students, we completed the first and second level curriculum. We then took an exam of the activities they had completed over the year in these levels and then appointed them badges for completion by popular scouts.

First Level Curriculum Activities
- Personal Hygiene
- Scouting Yoga
- Different Knots
- Land Signals
- Troop Games
- Building useful household items
- Nature Respect
- Cleanliness

Second Level Curriculum Activities
- Use of knots
- Cooking
- Compass Navigation
- First Aid
- Whistle Signals
- Outdoor Sports
- Nature Respect

Extra Outdoor Activities

On the day of Hanuman Jayanti, we decided to take the Scouts to Hanuman Camp so that they could understand the reason behind the festival and the reason we celebrate it. The purpose of this activity was also so the scouts could get a better understanding of the Hindu religion. The kids hiked 12 km that day and therefore understood the reason and meaning for hiking.

On Ambedker Jayanti, April 14, 2012, after understanding the reason behind this day, the scouts organized a 5km rally in the slum community. 6km away from the slum is Shani Maharaj Mandir, Dudheswar. The scouts went there and fed the poor and unemployed.
Every year at Manav Sadhna, Rath Yatra is celebrated. This past year, when it was celebrated, the scouts participated in the rally and fed the homeless Prasad and small children Limbo Sherbert. Many younger children in the Manav Sadhna programs also participated in this rally. The scouts looked after these children and brought them home safely.

On May 1-13, 2012, a swimming program was started with the children. The Scouts were on vacation from school during this time. The activities in this program are mainly to build skills in these young adults. Therefore, swimming was taught to these boys after they understood the reason why swimming was a skill they needed to have.

**Adventure Camp**

On January 13-17, 2013, the Scouts participated in the program with Scouts from Australia. During these days, the Australian Scouts taught and practiced skills and activities with the Scouts in the Manav Sadhna program. They taught and practiced cooking, different knots for construction and lashing, different games, and personal hygiene rules and reasons. All the scouts stayed together and with the knots they learned and practiced, they all built a trestle together. They then taught the scouts first aid and how to perform in different situations.

From January 18-21, 2013 the scouts participated in an adventure camp. They went to Mt. Abu in Rajasthan where they stayed in a hill station for that time. There is also a large scout campus there where the scouts participated in the adventure camp. 30 scouts went hiking, tracking, caving, rock climbing, and horseback riding, boating, shooting, and learned archery. Part of the adventure camp also included night hiking and caving.

This adventure camp time we had Australian scouters, Jules and Jaden Rekkers, Rebecca Phillipans, and Sarah Cook who gave our scouts a lot of support throughout the trip. We also had our scout troop sponsor, Brad Baldwin and his wife Kavita Baldwin’s support this trip. This experience allowed the scouts to learn a lot as well.
The MS football program began as a humble, informal practice organized by some football-loving volunteers with a small handful of children. Two years later, it has become a full-fledged program within Manav Sadhna. Many of the children have been a regular part of the program for over a year, with a deep commitment and a genuine passion for the game.

There are currently roughly 31 children in the program. They range in age from 8-16 years. The main activity of the program is a weekly practice on Sunday morning at Manav Sadhna. This practice has been happening regularly for over a year. The children warm up, stretch, work ball drills, play small sided games, and usually end with a match splitting all the children into two teams. Practice ends with a brief coaching session and nutritious snack.

**Practice Session**
- **Time and Day**: 7 Am, Sunday Morning
- **No of Players**: 15-35 (2 coaches)
- **Projects**: Powerhouse street, Jamalpur Centre, Ramapir no Tekro Centre, Ashramshala

The Manav Sadhna football program is coordinated by Rahul Sutaria and Neil Patel. Rahul is a staff member at MS and also runs arts programs for the children. Since a young age, Rahul has had a deep passion for sports, especially football. However, as a child he was never given the opportunity to play. Now, as a coach, he plays through the children. His dream is to have a player compete at the Olympic level. Rahul is the backbone of the football program. He rides his bicycle from several kilometers outside Ahmedabad every day to work at MS. Whether it's a weekend or holiday, you can always count on Rahulbhai to be there to help and put in effort with the utmost sincerity and care. He shows tough love with the football team, being strict when they make mistakes but being generous with praise when they show well. Neil is a volunteer from the US who grew up around the game of soccer. He is thrilled to have the game in his life through this program, and is committed to seeing it reach and benefit any child at MS who is passionate about the sport.

**Tournaments and Exhibitions**

In January, 6 players from MS (U-13) participated in the tournament. They played two matches on mixed teams with Kahaani players, playing against others from all over Ahmedabad. It was a great opportunity for the children to taste competition with players beyond their own teammates. In March, Manav Sadhna organized an exhibition match at Abhay Ghat. All of the children participated, split up into two teams. Teachers, family members, and fellow MS students filled the sidelines and cheered both teams on with flags prepared by the coaches. The match was a rousing success, with high-quality play from all the players.
Equipment

All of the children in the program have soccer equipment (1 pair shoes, 1 pair shin guards, 1 pair long socks, 1-2 shorts, 1-2 jerseys) that they keep and maintain themselves. A significant amount of the equipment have come via donation from people around the world.

- Equipment Support: Football Action, UK, Andria Caruso, Michigan, USA
- Kahaani’s director, Manisha Shah, has been a huge supporter of the MS program. She offered Kahaani’s large grass sports ground to MS for Sunday practice.

Program Successes

The most compelling indicator that the children find value in the program is their sincere dedication to practice and playing the game. Despite the difficulties of travel, playing on dirt fields with dust flying, being constrained by the lack of area, the children play on with no complaints. They attend practices very regularly, only missing them when they must study for important exams.

One shining example is Dasarth, a player from Jamalpur. Dasarath comes from a very challenged family background. To earn for himself, he works as a sweeper and rag picker. This work requires him to wake up early in the morning daily to do sweeping before he gets ready for school.

Dasrath is crazy for football. On Sundays, he still has to do his work. So he wakes up at 2am and works until 4am. He comes back home, gets ready, and goes around the neighborhood waking up and gathering the other children. He then leads them on a run for several kilometers to the main bus stand at Paldi, where they catch a bus the rest of the way to make practice on time.

Robin, one of the program’s more talented players, was invited by Kahaani to join their academy. Our vision is to send one child from the MS football program to the Indian National Football Team.

Team sports certainly imparts many valuable life skills. These children have markedly improved in their teamwork, cooperation, patience, and communication during practices. They have become proud and self-confident as athletes and young people.
Volunteer Voice

As Sadhna welcomes volunteers without any qualifications except for a sincere heart and soul ready to serve with love and compassion, we have had the opportunity to work alongside exceptionally dedicated and loving individuals. Over the years, we have found that each volunteer who comes adds his or her own vibrations to our ever-expanding family, no matter the nature of his or her work. Without this pure flow of positive energy, humility, hard work, and motivation that volunteers from all over the world bring to this family, Manav Sadhna would not be the same. Volunteering is also a unique and transformational journey for many who come to Manav Sadhna. A few volunteers have shared what their personal experiences have meant to them.

India is a place where I have been wanting to go to a long time. Incredible, marvellous, essentially different India was often in the back of my mind. My time there was no disappointment .. and Manav Sadhna (or MS) played a big part in that.

It is a wonderful NGO : not one where you have to pay 2000 bucks to come to end up not doing anything but one that plays a real role in change : ‘Be the change you want to see’ is one of their motto and it is not usurped. All over Ahmedabad, MS helps with diverse projects : whether it be education, one of the main missions/projects, health, assistance to persons in need or even organic gardening and many others.

From a ‘volunteer’ point of view it is also a wonderful thing. When arriving, you are welcomed in a family where you are sure to find assistance, help, support for when you need it, as well as a lot of frank, heartfelt smiles.

My beginnings in Ahmedabad were a little bit rough : not being used to the heat, noise, spicy food (!!) that are part of India, I must say I was a bit uncomfortable and homesick. I was also afraid that the fact that I did not speak Gujarati would impede me from doing anything ‘useful’ as well. However, I was wrong..

Thanks to the warm welcomes received everywhere and especially from the MS team, I quickly grew used to this place and was not afraid of what I perceived as an impossible communication with children at the beginning. A few sentences, a real interest in them are enough to establish a relationship where you can really communicate something, share. I would like to insist on this word, ‘share’. It was an important of my journey here, of my discoveries. In MS people don’t really give or receive, they share, they install a relationship where there is no need to count or get trampled up in your mistakes. It is this spirit of trust, of joy that really makes this a special place, that helps the children and people ‘assisted’ as well as the volunteers (I’m using this word for lack of another one, because you will see, there isn’t really such a thing here) move forward.

Thank you Manav Sadhna,
Love all Serve All.

Hippolyte Ihussier, France
July-August-2012

How do you confine 5 months of one’s life into one small notebook? That’s how I’m feeling at the end of this segment of my life. The people here have become much more than colleagues—they are friends, family, mentors. And the children, they’ve become my own children—my own brothers and sisters. And my time has become their time—walking through the tekro, I feel like I’m walking through a community I’ve grown up in. And that’s a quality here that I take from all this experience. No matter what you’re background, ethnicity, culture, or socio-economical level, everyone is family. ‘Athithi Devo Bhava’- treat our guests like God. No one asks what you’re background is (mostly); but everyone wants you for dinner, wants you to spend time with them, wants to include you in their family. Here, auntie/uncle doesn’t work, its all kaka/kaki, masi/mama, etc. all my students call me “didi”-this culture is encapsulating of the family essence that it spreads across any barriers, across all borders, as long as you allow it! This quality is what I’ve drawn out of my experience here, I’m not leaving Manav Sadhna because there’s no way you can leave family; rather, I’m just moving out. And that soothes my soul at the end of this journey. I spent my time in the Tekro, working at the community center with the teachers and students. Aartiben,Maltiben, Geetaben, Yoginiben, Sonalben, Kantibhai, Ramilaben, Preetiben—they are all amazing. Take the time to get to know them; they work hard for the students.

-Immerse yourself in whatever you do, no matter how long you’re here for.

-Don’t restrict yourself to children—connect with families too

-open mind, open heart, open eyes, open ears—all you need

-learn and listen o Sabarmati at Lunch

-its okay to have alone time here. Not every moment of your time has to be spent in the company of children or people. You are not selfish.

Connect with Earn ‘N Learn. They’re AWESOME!

Be inspiring

Madhavi Bhavsar, USA
June-2012-December-2012
madhavibhavsar@gmail.com
I leave Manav Sadhna feeling very grateful for the experiences I have had, the staff, the interaction, the care, the connections, the opportunities, the friendships, the wisdom, the inspiration and love....I could go on!!

When I first got here, I was so overwhelmed as well as inspired by all the impacting work Manav Sadhna does. I wanted to get involved in EVERYTHING, because every project impacts in its own way, and in a very powerful way also. I really enjoyed every experience....from painting dustbins, working with amazing talented children at the blind school building a garden, observing the leprosy loving community, and absorbing the healthcare system of India.

I eventually found my feet however, working very closely with the anganwadi program with Neetaben. In the mornings I would visit the very incredibly cute kids in the preschools and teach them about hand washing/teeth brushing and basic hygiene through the medium of song. In the afternoons, I took part in continuing the adolescent girls class started up by a previous volunteer. This involved teaching them about women’s health related issues that often they had very little knowledge about initially. I felt this class really was beneficial for the girls, it’s an education that we may take for granted.

The anganwadi teachers are really key in coordinating the classes. They themselves not only do the preschoolers, but they look after/are allocated to a population of approximately 1000 people and so can really play an instrumental part in impacting and working closely with the communities. They can round up the girls/women, etc, which meant we were able to have the education, reach many different areas and girls. It made me think about the great responsibility and potential the angandwadi program has to continue to impact communities positively.

There is so much scope for more adolescent girls classes, working with the women....and it also would be great if a male volunteer got involved with maybe working with the adolescent boys! It's a brilliant program with an amazing team!!

I realize I have gone on now...but as most volunteers often say...you end up taking away from this place...so many valuable friendships, memories, and a personal journey of self-development. I certainly have. So thank you Manav Sadhna. I have every faith that Manav Sadhna will continue with its amazing work with an inspirational team I have felt so fortunate to be apart of!

These quotes I often have reflected on here:
- “The noblest pleasure is the joy of understanding”
- “We cant do great things, but we can do small things with great love”
- “If you judge somebody, you have no time to love them!”

Thank you Manav Sadhna
Deepa Kothari, UK  Feb-March-2013

My experience at manav sadhna has been amazing. Never did I feel alone or bored and without anything to do. There aren't enough words to express how I feel but I will try. First of all i received and learned so much more than i can ever give or teach in return. I was joined with the health project with ramanbhai during my time among many other things. I learned a lot from traveling with ramanbhai and seeing the anganwadi kids and the patients he sees. I even got a chance to talk with the families of the anganwadi kids myself and discuss how to properly feed their kids. Working with him opened my eyes to the health issues faced by developing countries.

My experiences at the tekro center will be most memorable. Seeing and teaching the street school kids was a truly inspirational experience and hanging out with all the kids in the scouts program and martial arts classes till the late evening was a daily ritual I could not miss. I got so close to the people there that it was difficult to leave.

One thing I learned from my experience here is that when you think there is something to be done, get up and do it. Don’t wait to be told what to do or wait for someone else to do it first. I took this philosophy in planning the Saturday special for the kids two weeks straight and it felt amazing to take the steps to put the smiles on the kids’ faces. It makes it more meaningful to know you stepped out of your own comfort zone to do so. The beauty of manav sadhna is that it gives everyone the opportunity to step out of their comfort zone. Whether you take that opportunity is your own choice but I know I will remember this for the rest of my life and I will make sure I never let an opportunity to serve another slip.

I don’t think my trip to India would’ve been half as rewarding if it wasn’t for manav sadhna. I know now that if ever return to India again. Sorry I meant to say I know when I return to India, I will definitely spend time at manav sadhna.

Thank you for everything.
Viraj Patel, NJ, USA  APRil-MAY-2013

Manav Sadhna renders someone in a sad state towards the end of your trip, because who can be happy to leave family? That is what Manav Sadhna has become for me, as well as all the kids I have worked with at Jamalpur. No one can understand how 4 weeks can jester such strong relationships until you have gone through that experience here. What I have gained from Manav Sadhna is immersable, and how it has changed me and my future only time will tell. For now though, I must be content with the people I have met and what I leave learnt.

Ankit Bhatt (UK)  Ankit.c.bhatt@gmail.com
Gramshree
Designing our Destiny
(www.gramshree.org)

At Gramshree we encourage each woman to be a seed of change, so that she may strengthen her family and inspire her community. With her own hands and our skill training in embroidery, patchwork, catering and stitching she earns her economic self-reliance. Through our programs in health, education, personal finance and leadership training she discovers her confidence. And amidst our loving and supportive network of women and staff she finds her family. In this transformational process, each Gramshree woman is able to redesign her destiny. We work with women in Ahmedabad and the rural regions of Patan and Kachchh.

Supporting the survival of artisans and preserving craft traditions is also part of our mission. We work with the artisans to innovate on designs, improve techniques and ensure fair wages. Our marketplace carries products from a variety of partner organizations that promote craft and social development.

PROGRAMS

Our trainings and income generation opportunities provide women with the path for economic sustainability. In order to nurture their overall wellbeing, we offer programs across four dimensions: health, education, personal finance and leadership training.

Craftroots is a unique platform that showcases and brings into spotlight the best of craftsmanship from Gujarat. Craftroots, an initiative of Gramshree aims to empower artisans by connecting them to our resources, tools and network of partner members.

CRAFTROOTS

Craftroots was born to revive, preserve and share the craft traditions of Gujarat, India with the world. We aim to bring together people, process and technology to revive our traditional craft and building an eco-system with partner members to develop a scalable and sustainable model for craft development. Our partner members include Artisans, NGO's, businesses & corporations, prominent designers, architects and educational institutions that specialize in design & development of various craft forms. At Craftroots, we support Fair trade and Craft mark certification standards. Visit us at www.craftroots.org.

ENVIRONMENT SANITATION INSTITUTE

www.esi.in

About the Institution

The Environmental Sanitation Institute (ESI) is a non-governmental organization that strives to provide a better quality of life to rural people and the urban poor through improved sanitation. ESI was established in 1985 under the guidance of Padmashri Ishwarbhai Patel out of its mother organization Safai Vidyalaya (Sanitation Institute).
Vision

The Environmental Sanitation Institute (ESI) envisions an India free from practice of open defecation and the inhumane task of scavenging human waste by hands; ESI works for a country where all inhabitants have their basic sanitary needs met, thus improving the quality of life for all.

Mission

To provide the rural and urban poor with access to basic sanitary facilities.
To improve rural and urban health through education, motivation and community participation.
To uplift downtrodden people, especially sweepers and scavengers.
To establish awareness and respect for the environment based on Gandhian values.

Ideology and Strategy

ESI is founded on ideologies that encompass the spiritual, mental and physical well-being of people and their environment. Based on Gandhian values, ESI focuses on environment and eradication of untouchability. The institute encourages community participation and takes a demand-driven approach to providing sanitary facilities in order to ensure their appropriate use. The technologies designed and promoted by ESI are based on ecological sanitation, thus maintaining the environment while meeting basic human needs. ESI tackles the problems of sanitation with a holistic vision; sanitation awareness will lead to better health, improved education and a stronger economy of the whole country.

Nandini

In order to make significant progress in India's current state of health and sanitation and considering 70% of India lives in rural regions, creating awareness among the rural masses is crucial to the overall sanitation progress in India. In an effort to impart health and sanitation education to rural communities, ESI introduced Sanitation and Health on Wheels, better known as Nandini.

A custom-built, professionally-designed bus, Nandini can house more than four staff members and volunteers. Nandini is equipped with media tools that allow communicating sanitation and health concepts through visual presentations, songs, plays, and hands-on experiments demonstrating the consequences of ill hygiene and unsanitary habits. Additionally, ESI's experience in working with villages has proved that completely immersing into the village culture is the best way to earn the respect of the village residents.

Nandini’s objectives are 1) to raise awareness of prominent sanitation and health issues, 2) provide basic health services, 3) increase the felt need for sanitation facilities, 4) provide an environment for volunteering at the rural grassroots and 5) foster an improvement in the general quality of rural life.

SEVA CAFÉ
Living is Giving
(www.sevacafe.org)

In the face of increasing war, poverty, hunger and greed, we introduced a social experiment four years ago by the name of Seva Café.
Seva Café is an experiment in the shared joy that comes from humble giving and selfless service. Our wholesome meals are cooked and served with love by a dedicated team and volunteers and offered to our guests as a genuine gift, paid for in full by previous guests. As more participate in the joy of giving, the more the experiment thrives. It begins with a single gift: first given, then received... multiplied, and given again, in a growing chain of kindness and care. We hope this Circle of Giving leaves our guests feeling more nourished, and inspired to carry the experiment forward.

All costs and income are made transparent, and profits are used to support social service projects.

Today Seva Café has slowly transformed into a movement that has inspired Karma Kitchen in Berkely, California (USA), Washington D.C. and Chicago, In Delhi and Mumbai. It has been a seed for Seva Café in Long Island, California and Pune, Maharastra.

Seva Café is based on five important principles: the spirit of volunteerism, Vasudeva Kutumbakam (Global Family), Atithi Devo Bhava (Guest is God), Gift economy (selfless and heartfelt offerings), Circle of Giving (supporting the experiment and creating a sustainable movement by contributing-what-you-wish).

Through the circle of giving, we can help shape a future rooted in celebration of abundance rather than fear of scarcity, trust rather than trade, in shared commitment rather than selfishness, in connectivity rather than isolation, in participation rather than exclusion.

Our Partners

Gujarat Harijan Sevak Sangh
Govt of Gujarat- ICDS
www.wcd.gujarat.gov.in

Service Association for the Blind
www.schoolforblind.org

Akanksha
www.akanksha.org

Be the Cause
www.bethecause.org

Project Ahimsa
www.projectahimsa.org

The Mehta Family Foundation
www.mehtafamilyfoundation.org

Indian Council
www.indiancouncil.org

Moved By Love
www.movedbylove.org

Sabarmati Harijan Ashram Trust

Mega Circuit
www.megacircuit.com

Dr. Babasaheb Ambedkar Open University
www.baou.org

Service Space
www.servicespace.org

Indicorps
www.indicorps.org

The Kamla Foundation
www.kamlafoundation.org

Share and Care Foundation
www.shareandcare.org

Motif
www.motifinc.com

Flowering Tree
www.floweringtree.org
I do not want my house to be walled
in on all sides and my windows to be stuffed.
I want the cultures of all the lands to be blown about
my house as freely as possible.
But I refuse to be blown off my feet by any.

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