Dearest Friends,

Namaste. We are humbled as we look back over 30 years of Manav Sadhna's journey. What began with just four children under a neem tree has evolved into 42 projects serving more than 12,480 beneficiaries, of all ages and needs, in various marginalized communities across the city daily.

Over the years, we have witnessed thousands of stories of transformation in the communities and amongst our karyakartas and volunteers. All of this was only possible because of the love, faith, and support from friends like you. On behalf of the Manav Sadhna family and all our beneficiaries, we express our deepest heartfelt gratitude.

In this report we are excited to share some highlights from 2019. Last summer, after a two-year process with the children, our Jai Jagat family toured across the US and the UK, engaging both the participants and the audience in an inspiring transformative experience. We also expanded the Anna Daan program across all centers to serve more vulnerable and elderly with monthly food security. In the face of poor menstrual hygiene and awareness, we launched an initiative to distribute reusable pads and arranged camps to increase awareness. Through Shakti Center, we introduced the Full Circle tailoring initiative, where women earn by making a series of eco-friendly products from scrap donated from different sources. In the spirit of empowering our community members, we have also partnered with Dreams to provide interest-free loans to those with small business ideas. And we are now working closely with the Khodiyar Nagar Community to start our newest community center, which will be modeled on the success and insight of all the other centers. And the Manav Sadhna space has been completely renovated as part of the redevelopment of the Gandhi Ashram.

Our decentralized organizations have guided us into new and exciting frontiers these last couple of years. The starting of our first formal open school at Manav Gulzar has helped bring quality formal education to our children. Paryavaran Mitra started the Suraksha Center, an inspiring zero-waste model of waste management.

As our team continues to increase in numbers and outreach, we have been intentionally investing more in their development. This year, we organized three-day silent retreats for every team member to give them the space to connect inwards. We also organized an inspiring learning trip to Maharashtra for our core team to visit Mahatma Gandhi’s Wardha Ashram and Vinoba Bhave’s Pavnar Ashram. We have also been deeply engaging our teachers through various trainings and exposure to develop them as educators and community workers.

Furthermore, every donation we receive is utilized with utmost care and transparency. Our annual administration cost for MS India continues to be 2.5% and 0% for MS USA, as many souls are happily serving full time every single day without taking any remuneration from the organization. Though MS continues to grow, we still believe in the transformative power of small things with great love, such as a glass of milk, a loving smile, or a helping hand. With the Grace of God, our team has maintained humility and purity as we continue to follow Gandhi’s footsteps to serve “unto the last.”

We once again thank you for all your contribution, and may God bless you for your support. May your loved ones be safe and healthy during this epidemic.

Love All, Serve All
The Manav Sadhna Family
Manav Sadhna 2019-2020

At a Glance

Our Motto: Love All, Serve All
Serving Since: 1995
Our team: 175 Karyakartas
Total Programs: 42
Community Centers: 6
Total Beneficiaries Served Daily: 12,480
Long-Term International and Domestic Volunteers: 68
Short-Term Volunteers: 175

- 10,888 Beneficiaries provided with daily nutrition
- 163 Children developed Leadership in the Scouts and Guides Program
- 301 Families who now own a Pedal Rickshaw
- 35 Students sponsored through our Adopt-An-Education Program
- 318 Elderly and vulnerable who receive monthly food supplies
- 54,750 Meals of Kichadi served to the hungry
- 7200 Patients treated at our Health Clinic
- 1440 People received dental treatment
- 16,689 Benefited from MS health awareness and medical support programs
- 105 Loans given for small businesses
- 23,695 Total grocery kits distributed during Covid-19

- 5704 Infants received access to early-child development programs through anganwadis
- 1039 Total children attended our 1st-10th holistic education program
- 484 Students with access to weekly Sports Classes
- 759 Students who nurtured their creativity through the Arts
- 1670 Adolescent Girls participating in awareness, mentorship and confidence-building activities
- 6875 Women empowered through skill development, savings and awareness programs
- 1574 Pregnant and feeding mothers provided with nutrition and health support
- 875 Rag-picking sisters earning with dignity

5704 1039 484 759 1670 6875 1574 875

10,888 163 301 35 318 54,750 7200 1440

16,689 105 23,695
Our Family

We have a team of very dedicated karyakartas (staff) serving at Manav Sadhna. They are always motivated to work in any situation whether it’s in the field with communities or in response to a natural disaster. In the recent Covid-19 lockdown each of our karyakartas served diligently to provide grocery kits and other help to those in need across Ahmedabad. Many of our karyakartas initially joined us as beneficiaries when they were children. Now they are working as educators, coordinators and social workers.

As a family we make sure that each karyakarta is growing in a safe and supportive environment and help them and their families when and where required, such as helping with health care and emergency expenses, providing interest-free home loans, providing children’s education costs and in saving for their retirement.

The spirit and work of Manav Sadhna is possible because of the tireless commitment and loving spirit of this amazing family.

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

-Mahatma Gandhi
Manav Sadhna invests deeply in developing the karyakartas (staff) through a variety of opportunities for inner growth and clarity about service and purpose of life. We also continuously work on relationship building between members in ways that are meaningful and fun to foster the spirit of family in ways that are fun and refreshing.

- **Karyakarta Orientation**: Every year we do a 3-day orientation with the entire MS team, facilitating team bonding activities, reflection time, guest speakers on relevant topics, group discussion as well as time for working, eating, and playing together.

- **Wardha Learning Journey**: Our core team visited Wardha, Maharashtra for 8 days, where they engaged with countless examples of powerful and inspiring service experiments in various fields. The trip included: Gandhiji’s Sevagram Ashram, Vinobaji’s Pavnari Ashram, Gitai Mandir, Jamnalal Bajaj House, Magan Museum, Pravina Tai Nivedita Nilayam Yuva Kendra, Naivedhyam Organic Cafe, Handmade Fabric Factory, a local organic farm, Village Industries Tools Development Unit, and a Buddhist Peace Monastery. The team also interacted with several amazing souls working for village development in different capacities and many humble individuals dedicated to Gandhian ways in every aspect of their daily life.

- **Decentralized Chintan Shibir**: Once a year a one-day meditation camp is organized at each community center, in which each team collectively partakes in meditation, silence, reading, labor of love, bhajans and sharing a meal together.
• **Meditation Retreat**: This year MS organized a 3-day silent retreat in one of the volunteer homes. In groups of three, every team member participated, with a schedule that included meditation, reading, reflection and bhajans. The intention was to give each member the time and space for self-discovery and inner peace and joy.

• **Village Stays**: We organized our staff into small groups to spend three days at villages, where inspiring souls are dedicatedly serving. Our team experiences village life, gains inspiration and new perspective and helps support the local work by serving where needed.

• **Coordinator Retreat**: Every year we host one or two Coordinator Retreats where the coordinators and trustee spend a day outside the organization to be together and share at both an organizational and personal level. We also prepare meals together, eat together, play games together and everyone has a chance to recharge.

• **Karyakarta Family Gathering**: The main objective of the gathering is for the parents/families of our team member to see, know, and understand the organization and work. It is a chance for the trustees to also meet the staff’s families and connect with them.

• **Karyakarta Pravaas/Tour**: Every year or two, Manav Sadhna organizes a holiday tour for the team at a highly subsidized rate to give them the opportunity to travel with their immediate families and the rest of the team to new places around India. These tours are also a great way for strong bonding between the karyakartas. Our last trip was in December 2018 to Gir, Somnath and Diu.
Project Karuna
Relief Work During Covid-19 Crisis

In the face of Covid-19, India had to make the bold call for a complete lockdown to contain the spread of the virus. However, this also meant that millions of daily wage laborers across the country would be left without access to food. In Ahmedabad, hundreds of thousands of people depend entirely on daily wages to provide for their loved ones. Manav Sadhna was moved to act immediately to prevent hunger and feed as many families in need as possible. Despite the devastation caused by this unprecedented crisis, it has indeed brought out an abundance of compassion and love, giving us a glimpse into the best of humanity. We continued the relief work for a few months even after the lockdown ended in response to the need.

We have distributed a total of 26,635 grocery kits reaching susceptible households in just about every marginalized locality in the city.

An average kit included 4 kg rice, 1 kg dal (lentils) and 1 kg Kathol (pulses), 2 kg wheat flour and 1 L oil.

Such extensive relief was only been possible because of the tireless commitment of our karyakartas and volunteers from various communities, who are nominally surviving themselves. They took the initiative to self-organize, survey localities known to them, organize friends and transportation to collect groceries from MS. They helped decentralize the process of preparing kits to maintain social distancing. Our entire team practiced responsible safety measures and precautions (wearing face masks and gloves, carrying sanitizer, constantly washing hands and maintaining distance) to prevent risk to themselves or anyone else.

Gratitude
We are grateful for your generosity, compassion and call to action during such a critical time. Your contribution has helped us feed those in need. Let us continue to join hands, care for those less fortunate than ourselves and send prayers of love into the world for the well-being and good health of all.
Late one night our community worker Arunaben received an urgent call for help from Sangeetaben, who along with her husband sells used clothes in a second-hand market. The family survives entirely on daily wages. Their five children used to receive one proper meal through the Anganwadi mid-day meal program, while the couple sustained on tea and dry toast. When they earned, they would buy groceries and cook dinner for the family. With the lockdown, Sangeetben has no way to earn and the children do not have access to the mid-day meal program. It had been three days since the family had eaten. Arunaben was able to respond to Sangeetben's plea for help by providing the family with groceries.

No One Should Sleep Hungry

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Over the years Manav Sadhna has adopted the model of developing Community Centers in the heart of urban slums as a space that enables the holistic development of the community. We currently operate 5 Community Centers across Ahmedabad and are starting our sixth one this year. We also have a center based in Netala, Uttarakhand, which emerged after our relief work there in 2013.

### Community Center Model

#### Objectives
- Serve the community daily and consistently through community-based initiatives.
- The continuous interaction supports us in understanding local needs and implementing and evolving projects accordingly.
- Deepen relationships with community and build trust through transparency of activities and intentions.
- Enable community participation and ownership over the space and process to catalyze effective change.
- Empower all segments (children, young adults, women, and seniors) through a range of relevant programs.

#### Initiatives
- A supplementary education program that integrates Values-based learning, Academics, Sports, the Arts, Health and Awareness
- Education Financial Support
- Children's Savings Program
- Daily Nutrition
- Scouts and Guides
- Adolescent Programs
- Health, Prevention and Hygiene Awareness
- Health Camps and Medical Consultations
- Skill-Training and Livelihood Support
- Computer Literacy
- Women's Savings Program
- Elderly Care
1. Manav Mitra, Motera, Sabarmati
   Began Serving: 2016
   Est. Community Center: 2016
   Daily Beneficiaries: 459

2. Manav Jatan, Ramapir No Tekro
   Began Serving: 1995
   Est. Community Center: 2006
   Daily Beneficiaries: 1178

3. Manav Seva, Shankar Bhuvan
   Began Serving: 2010
   Est. Community Center: 2016
   Daily Beneficiaries: 309

4. Manav Gulzar, Jamalpur
   Began Serving: 2005
   Est. Community Center: 2013
   Daily Beneficiaries: 1205

5. Loving center, Vastral
   Began Serving: 2006
   Est. Community Center: 2010
   Daily Beneficiaries: 68

6. Khodiyar Nagar
   Community Center 2020

Looking Forward
Manav Sadhna believes that education should cultivate the true potential of a child and give them the required tools to thrive in the world, contribute to society in meaningful ways and lead a joyful and fulfilling inner life. Our holistic values-based education is an integrated approach to nurture the balanced development of each child's head, heart and hands.

In all Manav Sadhna Community Centers, we run a daily supplementary education program divided into Bal Sanskar (1st-5th standard from 9-11:30 am) and Vidhyadham (6th-10th standard from 2-6 pm).

The program includes the following:

- Academic learning integrated with values and mindfulness, sports, the arts, computer literacy, life skills, leadership and service opportunities.
- A daily all-religion prayer, assembly, nutrition, basic healthcare and awareness, basic hygiene, field trips, festival celebrations and events.
- Activities that foster confidence-building, self-awareness, practice of core values, interpersonal relationship building, spiritual strength, creative thinking and cultural wisdom.
- Regular parent meetings and home visits.
- Access to positive adult role models and consistent teacher involvement, support and guidance.
- A loving and safe space that inspires each child to blossom according to their inner strengths.
Values-Based Education

At the heart of our education program is a values-based process, from daily prayer and small meaningful habits such as placing shoes in a line to harnessing the power of love and relationship-building to transform our children's lives and futures.

Over the last 5 years we have been building on this foundation, further focusing on the inner development of each child. We have been creating and implementing a values-curriculum in both Bal Sanskar and Vidyadham, through which we provide students the space to explore values such as peace, honesty, self-discipline, service and respect, through stories, videos, discussions, team exercises, reflective activities, personal experiments, service activities, acts of kindness, meditation and mindfulness. We encourage them to develop their own understanding and application of these values while offering a supportive environment in our centers for such practices. This curriculum development is currently an ongoing work-in-progress. At parallel, we work to continuously grow our teachers as ambassadors, facilitators and mentors of our values-based program.

Nutrition Program

One of the essential elements of every child's healthy development and success in learning is proper nourishment. Daily, we provide all students with a nourishing snack to ensure they receive the essential nutrients they need to thrive. We have a dedicated staff at each center who prepare these meals with great love.

As the cost of milk continuously increases, many parents struggle to provide it for their children. Through our milk program, started in 2009, we provide a glass of milk with the daily snack to all Bal Sanskar children. It has made a significant difference in the children's physical development. Once weekly we also give seasonal fruit to the children.
### Daily Nutrition to over 10,000 people

<table>
<thead>
<tr>
<th>No of Beneficiaries</th>
<th>Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>10,888</td>
<td>DAILY NUTRITION</td>
</tr>
<tr>
<td>1578</td>
<td>Hope Project</td>
</tr>
<tr>
<td>423</td>
<td>Savings Program</td>
</tr>
<tr>
<td>185</td>
<td>Bhavnu Bhojan - Loving Community Center</td>
</tr>
<tr>
<td>150</td>
<td>Harihar Kichadi Project</td>
</tr>
<tr>
<td>150</td>
<td>Shakti Center</td>
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<tr>
<td>699</td>
<td>Breast-Feeding Mothers</td>
</tr>
<tr>
<td>5704</td>
<td>Anganwadi</td>
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<tr>
<td>193</td>
<td>Vadil Vatsalya</td>
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<tr>
<td>383</td>
<td>Vidhyadham</td>
</tr>
<tr>
<td>788</td>
<td>Bal Sanskar</td>
</tr>
</tbody>
</table>

### Table of Projects

- Bal Sanskar
- Vidhyadham
- Vadil Vatsalya
- Anganwadi
- Breast-Feeding Mothers
- Shakti Center
- Hope Project
- Savings Program
- Harihar Kichadi Project
- Tyaag Nu Tiffin
- Paryavaran Mitra
- Bhavnu Bhojan - Loving Community Center
- Rudra Women's Center
- DAILY NUTRITION
**Sahitya Fair (Literature Festival)**

Every year, we encourage participatory learning by organizing a thematic fair. In the past this has included Science and Math. This year we organized a Sahitya Fair (Literature Festival), celebrating the Gujarati language, culture and folk traditions. The theme was oral and written poetry over the ages. The children, with teacher support, researched and presented their topics through drama, dance, singing, characterizations, displays, games and more. We also had several esteemed Gujarati authors visit and interact with the children.

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**Meet Aniraj**

Aniraj, who joined us in the 3rd standard, is now starting the 9th standard. He lives in a very humble one-bedroom home, with three sisters. His father does labor and maintenance for high-rise buildings while his mother takes on small sewing jobs at home.

Aniraj, though extremely bright, was born with a stuttering impediment. His family tried to find a way to treat it but were unsuccessful.

When he joined the Manav Seva Community Center, he was shy and anxious, embarrassed of his speech. Over the years, the center teachers were committed to helping him blossom, tirelessly encouraging him to participate in various activities. It was in fact during an assembly activity that everyone, including Aniraj himself, realized he could sing. After this, Aniraj joined our singing classes, and the teacher further mentored him to channelize his stuttering through singing. Aniraj also discovered that he enjoys writing songs.

This year, he joined the Science Club, played the role of Hanuman during the Diwali celebration and participated in the Sahitya Fair, where Aniraj penned his own rap lyrics about Gujarati literature and performed live several times throughout the day. Passionate about science, Aniraj wants to be a scientist.

Aniraj’s story illustrates the limitless possibilities when a child has access to a nurturing environment and dedicated teachers. With this support, Aniraj found his inner strength to push past the obstacles confronting him and to pursue his talents and dreams.
Prathma
Prathma, which means first step, is our remedial education program to help students struggling to keep up in school by working with them to build a strong foundation in basic reading, writing, math and life skills. Our team has designed this curriculum with a focus on accommodating various learning styles, reinforcing basic concepts, offering activity-based learning and engagement, while offering a space where children can receive personal attention and peer support to thrive. Based on last year's feedback, our team has improved upon the curriculum for this year. We have ongoing training, classroom observation and teacher feedback to keep upgrading this curriculum, which is designed in two parts: 3rd to 5th and 6th to 9th standards.

Science Club
This year, we have launched a Science Club in partnership with Science in Life, an NGO started by one of our young volunteers to make hands-on science learning accessible to children in low income communities. Selected students with a passion for science from each center gather twice monthly for science-based experiments and field trips.

In collaboration with Science in Life, we are also developing a science lab at the Manav Gulzar center, which will be a resource for the whole ecosystem. The lab is intended to nurture hands-on scientific thinking, experimentation, and learning. We are looking for partners to help us facilitate this space.

Festival Celebrations
Celebrating festivals is an integral part of our education program as it is a fun and lively way to for children to learn Indian traditions, culture and diverse heritage while it strengthens community bonds and fosters love and joy. This year, we had special celebrations for Independence Day, Rakshabandan, Janmasthmi, Diwali, Christmas, Uttarayan, Eid and Holi.
The Manav Jatan Community Center Library

The Manav Jatan Community Center has taken their library to the next level by not just promoting the joy of reading but by making knowledge come alive. Through the creativity and dedication of the teachers and volunteers, Manav Jatan Center transforms their library into a bi-monthly thematic experience to connect kids with real life and knowledge. Themes this year included Life Underwater, Space-Up High in the Sky, Trees-Our Friends, and the World of Rocks and Minerals. Teachers use their library period to further encourage students to explore these topics.

Computer Literacy and Technology

Curio-tech: We have partnered with Cavitak Marketing Private Ltd, whose team members have been facilitating weekly Curio-tech classes in Manav Jatan and Manav Gulzar with our 6th-9th std students to engage them with technology, design and financial literacy. Topics included how to open a bank account and use an ATM card, e-commerce, introduction to animation, and basic knowledge of computer hardware.

Cavitak has also sponsored a multimedia computer lab at Manav Jatan to provide our students with access to computer literacy and access to updated technology. The center also uses the lab to run classes for the community for vocational training in Microsoft Office, Graphic Designing and Accounting Tally.

Manav Gulzar Computer Center: For the last few years, in addition to using it for our students’ computer classes, the Manav Gulzar’s Computer Center has been open for anyone in the community looking to develop their computer skills. Our classes cater to different needs from basic computer literacy to computer-based vocational trainings to workshops on photoshop, computer hardware, learning basic graphic design, etc. This year 505 completed courses in the Manav Gulzar Computer Center.
Flowering Tree Learning Center (Manav Gulzar)
We started the Flowering Tree Learning Center at the Manav Gulzar Center in 2018. It is an open school and our first formal education program, presently catering to students in the KG-5th standard from the surrounding community. Our aim is to provide a free, premium-quality, meaningful, all-inclusive education to low-income families. We believe our students should have access to a high standard values-based education integrated with a wide range of extracurricular opportunities and learning. The response and the growth of the children and their families in such a short span has been positively overwhelming. This year 107 children enrolled in the Learning Center.

Highlights:

- Due to small classes and dedicated time, our teachers can give each student one-on-one attention. As a result, our weaker students showed substantial improvements over the course of just one year. In contrast, most public schools are overcrowded and students miss out on personal attention. Consequently, often even in the 9th standard, students can barely read and write.

- We organized a series of educational field trips this year including: Science City to learn about the wind cycle (2nd-4th std); the city zoo (KG-1st std); Paryavaran Mitra to learn about the environment, recycling, and the important role of rag pickers (3rd-4th std).

- In March, the Open School organized an annual function, based on the theme “Our Environment”. The students (KG-4th) were involved in every process, from making costumes and props, to preparing posters and decorating. Each student also participated in a song or dance performance centered around the message of taking care of the environment. The Centre was packed with more than 700 family members. We ended the event with tributes and encouragement for students and parents who have shown exceptional commitment and initiative.
Learning to Help Others
During the winters in Ahmedabad, the homeless in the city really struggle to stay warm and healthy. One of the visiting volunteers at Manav Gulzar suggested involving the Flowering Tree Learning Center’s students to help in some way. The 2nd standard teachers proposed the idea to their class. Together, the class decided they would raise some funds. They would not ask their parents for the money. Instead, they would put aside the pocket money they received for snacks and chocolates. The class decided they would use this money to buy socks and hats. Within two days, the entire class collected Rs. 810, and the center promised to match whatever the students raised. Many of the other classes also took inspiration and joined in the effort.

Adopt-An-Education Program
Through this program, both local and global donors commit to sponsor the private education of students from our Bal Sanskar and Vidhyadham programs. We identify students that demonstrate aptitude or potential, hard work and initiative as well as a supportive family environment. Donors support the child’s education through the 12th standard, covering the cost of school fees, tutorial classes, school uniforms, stationery and transportation. We stay connected with the students’ schools to assess their progress, provide continuous mentorship, and keep donors updated.

This year, through this program, 35 students were sponsored. Many of the donors take a personal interest and get involved in the child’s journey. In such cases, we have seen amazing life transformations not only for the children but for their sponsors as well.

35 students received education support from local and overseas donors
Meet Ayushi
Ayushi joined the Manav Jatan Community Center in the 1st standard. The following year, her father unexpectedly passed away. Soon after, she also lost her elder brother, who inexplicably fell sick and did not recover. Overcome with grief, Ayushi's family, now consisting of her grandmother, mother and younger brother, were also struggling to survive, as they had no source of income.

During this time, the teachers at Manav Jatan supported Ayushi and her family as much as possible. They would bring extra lunch daily to ensure that Ayushi and her brother ate a proper meal. And they made sure the kids had no shortage of love and attention. Manav Sadhna also covered Ayushi's private school fees that year.

As Ayushi's mother worked through her depression, she got a lot of pressure from her surrounding community to re-marry and was deterred from working. The Manav Jatan family stood by her side and consistently encouraged her to stand on her own feet. She started rag-picking and then moved on to cleaning houses and then to cleaning commercial buildings.

All the while, Ayushi kept thriving in her studies. She always had questions and was quick to learn. In the 4th standard, Manav Sadhna selected her for the Adopt an Education program. Hirvaben from Los Angeles, USA not only adopted Ayushi's education but also got personally involved in mentoring her. From this year Ayushi is adopted by Smitaben from UK. During the 8th standard, Ayushi’s grandmother discouraged her from studying further and her mom was breaking under pressure to get her married early. Hirvaben's continuous intervention completely shifted the attitude of both women. Today, they want Ayushi to continue her education for as long as she would like.

Ayushi’s success motivated her mom to take the same care to educate her younger brother, Sachin. Ayushi is now in the 11th standard. She is a Scouts and Guide leader and loves to dance. She passed her 10th exams with a remarkable 84% and plans to become a Chartered Accountant.

Though all the odds were stacked against Ayushi as a young child, perseverance and loving guidance helped her breakthrough and find her way. This is just one of many beautiful stories that has emerged from the Adopt an Education Program.
Teacher Development
Many of our teachers belong to the communities where we work. They possess passion, drive, empathy and an amazing spirit. To help empower them as educators and facilitators, we have been strengthening our teacher development program, which includes:

- **New Teacher Orientation:** In July we welcome new teachers into the organization with a two-day orientation, followed by a teacher training to introduce them to the tools, methodologies and practices common to our organization.

- **Teacher Exchange and Classroom Observations:** Teachers observe their peer teachers at different centers for innovative ideas and new teaching methods.

- **Exposure Visits:** This year we organized a learning trip for all teachers to Shreyas School, reputed for their progressive pedagogy and approach. The teachers observed classes and did an interactive session with the Principal.

- **Ongoing Teacher Training:** We facilitate ongoing trainings in classroom management, lesson planning and activity-based learning as well as sessions in social-emotional learning, child development and psychology, storytelling and more. We encourage senior teachers to help lead sessions, so that they can mentor others with best practices.

- **Observation and Mentorship:** This year we created the role of an Education Mentor Coordinator, who moves between centers to observe teachers and students in the classroom. The Coordinator provides feedback, support and mentorship to teachers while assessing how students are learning and to identify gaps. They also help standardize and maintain an optimal quality of teaching.

- **Leadership Opportunities:** We have been identifying strengths and interests of different teachers and finding leadership opportunities within the organization for their growth. This could be from being a center coordinator to developing curriculum to mentoring others.
In response to the shutdown of school and closing of our Centers due to Covid-19, we have launched GhareShala ("School at Home"). This is a workbook-based home learning program for our students from 4th-10th standard. The workbooks are grouped by standards and students submit their lessons through photos, videos and recordings. Teachers organize weekly calls to guide the students, and more importantly, stay connected with them.

The activities integrate practical, creative and values-based learning with basic academic objectives using resources available at home. They also encourage parent involvement. Lessons have included making awareness posters about Covid-19; learning a new recipe with mom and writing about it; doing a home inventory and graphing the results and interviewing someone in the family. More importantly, students have demonstrated self-motivation, dedication and creativity in their work and most parents have been notably supportive of the process. This is our third month of the program, with nearly 600 students participating.
Sports Program
Weekly classes across all our centers
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Yoga Workshop
In collaboration with UK-based Mindful Warriors and locally based NGO, Adarsh Ahmedabad, this year we piloted a three-month yoga workshop for the 6th-9th standard students. The intention was to foster mindfulness in the children and for them to enjoy the benefits of yoga asanas. The workshop was well-received by the students.

45 children from 8-16 years
Khel Mahakumbh
We motivate our children to participate in Khel Mahakumbh, an initiative of the Gujarat Government encouraging youth to participate in 36 different sports and compete in state and national level competitions. Last year our students participated in football, volleyball and kho-kho and 100-meter sprints. They performed well and reached high levels. We stress on participation and not winning or losing.

Football Project
It started in 2010 with a few kids as an informal practice organized by some football-loving volunteers to become a full-fledged program. The children have a deep commitment and a genuine passion for the game and practice every Sunday morning and additionally practice some evenings. Sunday practice typically lasts for 3 hours, including a warm-up run, stretching, ball skills, drills and matches, followed by nutrition. The children have improved their skills and participated in city tournaments and other competitions. The commitment and skill of the kids continues to deepen with every passing year.

A League of Their Own
Around the monsoon of 2019, Manav Sadhna was invited to participate in a Football Knockout Match at EKA Arena, which hosts the Kabaddi Pro World Cup. More than 20 of the top schools of the city partook in the 3-day match. Ten of our children participated in the 14-Under match. Essentially smaller in size than most of the players and unassuming in every way, the team performed effortlessly, demonstrating graceful teamwork and skill. They also enjoyed playing in such a premium stadium. They won both matches that day with scores of 9-0 and 7-0. They ended up winning the finals and brought home the trophy. However, when we invited the children to MS to appreciate their effort and victory, they seemed unphased by the actual trophy and shared that they were happy they got to play.

Holistic Education
Sports Day
On January 1st of this year we had our Annual Sports Day. The atmosphere was charged, full of energy and enthusiasm as 520 girls and boys participated from across all our community centers. The children played football, kabaddi, kho-kho, 100-meter sprints, and chess. Trophies as well as gold, silver and bronze medals were awarded to the winning and runner up teams and players.

We organized our first Sports Day several years ago, our children had never experienced preparing for and playing in various tournaments with their peers from different centers. But after the initial experience, we saw a visible difference in our children’s commitment to sports. They also really look forward to Sports Day. Every year, we see them working harder and pushing themselves and each other. They continue to grow in team spirit, respect towards one another and imbibe values like the importance of time and discipline. Sports Day has become a platform for our children to explore and present their own athleticism while reveling in sport and play.

This year our Football Team participated in the following tournaments: Baby League, ACL Tournament, Interschool Tournament, Zaira Cup-2020, Gujarat State Championship, Reliance Foundation Football Competition, U-14 Premier School League, Mini State Football Championship.

Accolades:
- We won the U-14 Premier School League and Mini State Football Champion in the open category.
- Krishna was selected as best player for the U-14 Premier School League and Mayur was selected for the best player in the Mini State Football Championship.
- Sonal was selected in the Gujarat State Girls’ Team and Priti was selected for State Level Championship.
Art-Music-Dance
We integrate heART classes into our holistic education program with the intention to help children connect with themselves, with each other and grow as human beings through the arts. The children get to explore art, craft, clay modelling, classical and western dance, drama, vocal music and learning to play musical instruments. On one hand visual arts offers meaningful self-expression to all children, on the other hand the performing arts help the students to exhibit their talent in an uninhibited manner.

In our Bal Sanskar program, all our children participate in a weekly art and crafts classes. In Vidhyadam, we ask our children to select one elective between Art, Music, and Dance, based on their interest, in which they immerse for the whole year. We have international volunteers and amazing artists run workshops throughout the year.

Highlights:
- We had our third annual art workshop with Gerald and Deborah Huth. They guided 30 selected students through creating mixed-media artwork of iconic places across the city; organized several art sessions in each of the community centers; and worked with the women at Suraksha Center.
- The famous classical artists, the Gundecha Brothers, addressed our Manav Jatan children and shared about their journey in music.
- Erwin from the Assumption College in Manila, Philippines organized a week of theater games and drama activities with the kids across centers.
- A talented team of 9 artists from UK-based Performers without Borders joined us for a fun filled week where they performed amazing circus act, including juggling, unicycling, dancing, clowning and more, combined with theater for all of our children. They preceded each show with a workshop for the kids, centered around building human pyramids.
Jai Jagat Journey and Tour

One of the highlights of Manav Sadhna’s journey in the arts has been the three world tours we have taken 50+ of our children on through America, the UK and Japan over the past 18 years. Inspired by the powerful artistic skills in our children, an international volunteer by the name of Brad Baldwin, was inspired to help produce a show called “Ekta”, with 14 of our Manav Sadhna Children. A dance drama show that touched on the heart and soul of Gandhi’s message of Non-Violence. The Manav children and mentors ended up touring for the first time across the USA in 2002. This initial spark of creativity, love and logistics of a world tour, inspired countless volunteers to serve at Manav Sadhna and even two more similarly spirited tours that later took place: Ekatva (2012) and Jai Jagat (2019), under the guidance of Nimesh Patel.

In Summer 2019, 17 children from across our centers embarked on a 45-day tour across America and the UK, sharing a 90-minute show, touching the heart and spirit of many. The performed 11 major shows in front of sold-out audiences, leaving each theatre moved with tears of inspiration and hope. The tour was preceded by a 2-year process guided by 8 Manav Sadhna mentors who fostered the spiritual, emotional and creative growth of these kids.

The ripples of the Jai Jagat journey are slowly, but patiently coming to the surface as we see small positive shifts in the children’s choices and behaviors. Some of our children who were high school dropouts, have since rejoined school after almost 3 years. While for other children, whose families initially rejected the opportunity for their kids to take part, have now become pillars of support on their children’s journey. Children who did not care about education have become amazing students finally untapping their inner potential after 14 years of life. And those once too shy to speak in front of others, have been winning over audiences with their amazing talents of drama and acting. During Covid-19, Manav Sadhna has continued to support their lives in small ways - through distribution of food and health necessities to loaning smartphones to those students entering their 10th Standard for remote and online learning.
Scouts and Guides

We started the Scouts program at Ramapir No Tekro in 2010 to provide adolescent boys with the platform to develop leadership and confidence in addition to inculcating positive habits, spirit of service and life skills. Several of the boys have become Scout Masters in good schools while others are in the process of applying for the Army. Based on the program’s success, Sunil Desai (founder of Bindi Project) supported launching the Scouts and Guides program at Manav Gulzar in 2017. Here the program was extended to both boy and girls. In addition to developing the leadership potential of these teen youth, the intention was to bridge the gender gap while giving girls more opportunities to foster their confidence.

In addition to all participants of the program evolving into dignified young leaders, the Guides program has truly empowered girl participants to grow substantially in self-confidence and self-reliance, also meeting the need for more positive female role models in the Manav Gulzar community.

Annual activities in both centers include camping trips and outdoor activities, training and skill development in areas such as disaster management, community work, exercise, ambulatory and firefighting support.

Highlight:

- Served the elderly at the Shantinketan Senior Living, Old Age Home.
- Helped the homeless during the winter, by distributing blankets, pillows and clothes across the city.
- Visited the Jivdaya Charitable Trust (an animal care center) to sensitize students and help them bond with animals and birds and to learn about animal rescue work.
- Participated in Waste Awareness Week organized by Paryavaran Mitra to understand the waste management system of Suraksha Center. For the entire week students went for home visits in the surrounding area where they shared and motivated people to segregate dry and wet waste at the source.
- During monsoon, the team helped the vulnerable protect their homes with the plastic sheets.
- They did meaningful interactions with the mentors of Manav Sadhna, invited guests/speakers, and volunteers from various countries.
- 55 scout students participated in a night camp where they enjoyed their independence and time away from home as they were kept gainfully engaged with a variety of fun-filled and supervised adventurous activities.
- 3 of our Scouts won 2 gold and 1 bronze medal in the State Karate Championship 2019.
- Four of our scout boys Paresh, Nilesh, Jayesh and Hiren have completed the scout master’s degree this year and they are serving with us as staff in Manav Sadhna.
- 5 Scouts and Guides have received the Governor’s Award.
Scouts Rover
This year, we have started the Scouts Rover program at Manav Jatan, which engages 18 to 25-year-old youth in community service projects. We currently have 20 participants, who worked alongside the Scouts team in serving the homeless in winter and in helping protect the homes of the elderly with plastics during monsoon. They also helped with bird rescue during the Kite Festival.

Meet Raj
Sixteen-year old Raj is an active member of the Scouts team at Manav Jatan. He is very curious, always eager to learn and quick to implement. One the values we focus on is taking care of animal and nature. Raj decided he wanted to do something for the stray dogs around him. For a few days he decided to feed them but realized quickly he would need money daily to be able to do so. He was unclear about how to take it forward. Then we visited the Jivdaya Charitable Trust (animal care center) to further encourage loving and caring for animals. From this visit, Raj decided that he was going to find a way. So, he started collecting 1 rupee from different people. In this way, he is able to collect at least Rs. 20 daily, from which he is able buy butter milk and curd for the dogs.
Hope Project
In slum communities, adolescent girls, (14-20 years old), and are often not allowed to continue their education and are restricted from leaving their homes due to the following reasons:

- Common belief that girls need limited education as they will soon be married off and taking care of their homes.
- Struggle for survival which requires that both parents do menial labor, so the daughter has to take care of the siblings and the home.
- The dangerous environment of their neighborhoods which makes parents very worried about the safety and security of their daughters.

The situation is so bleak that most of these girls have no idea what their dreams or aspirations are in life. They are often waiting and passing time until they are married to someone they do not know or even like. Over the years, with small interventions and efforts through our centers and outreach programs at the preschools, we learnt that these young girls are anxious and seeking hope, love, attention, education, skills, friends and someone to talk to. The majority of these girls are malnourished and need proper nutrition. They have limited knowledge about their bodies, female health, menstruation and basic hygiene.

In 2018, we started the Hope Project with the support of Mehta Foundation, to empower adolescent girls in our community. We are working with 1578 adolescent girls in groups of 20-30 in each of our 82 pre-school centers every Saturday afternoon for 2 hours. Each center has two trained teachers who provide love, guidance and support to these girls in addition to imparting information on relevant topics, life-skills, and confidence-building through activities. We provide nutrition at every gathering. On every 4th Saturday, each of our community centers host 150-200 of these girls to share and interact with invited guests and mentors.

Key Objectives:
- Educate and empower adolescent girls to enable them to become self-reliant and aware citizens.
- Improve their nutrition and promote awareness about health and hygiene.
- Impart Life-skills
- Provide the young women with a safe space for them to share their feelings and challenges and have access to mentorship from a loving adult.
- Our intention is to give the girls hope and tools to make a lasting difference in their lives.
Udaan Project

We started the Udaan ("to soar") program in February 2018 as a special initiative for a group of 18 girls in Ramapir no Tekro. They all dropped out of school several years ago and then stopped attending our Vidhyadham classes at Manav Jatan. After visiting their homes, we learned that they were being pressurized into early marriage. We started interacting with their parents to build familiarity and trust. We started Udaan classes next to their homes so that the parents were comfortable sending their young daughters with us and it was easier to ensure daily attendance.

We work with the girls on their basic education while also imparting life skills and awareness about menstrual hygiene, basic health and hygiene. Girls enjoy and participate in exercise, sports and dance sessions. We hope to prevent early marriage, strengthen their education, confidence and self-awareness and give them skills that will support their life journey. Since the inception, three of our girls have re-enrolled in school. Five others have started home-based work, from which they are earning. Overall, the girls are much more confident and even participated in a volleyball competition. After endless field visits, we finally won the trust of the parents, who now permit us to take the girls outside of their community for exposure trips and picnics.

Meet Sanjana

Sanjana, 16 years old, had dropped out of school some years ago and was to get engaged with a boy named Kaushik, who is now in the 2nd year of college. It turned out Kaushik attended our Manav Seva Center classes when he was younger. So, with the support of the Manav Seva Coordinator, we convinced both to delay their engagement. He surprised us when he added that he would also help her finish her schooling. Sanjana has re-enrolled in 8th grade and is pursuing her education with the support of Kaushik.
Anganwadi Program (Preschools)

Manav Sadhna has joined hands with the government to run 82 ICDS centers, or anganwadis, in the slum communities of Vadaj and Sabarmati to:

- Provide nutrition to underprivileged children ages 0 to 6 years.
- Foster the mental, physical, and emotional development of these children.
- Provide pre-primary education.
- Improve the health of pregnant and feeding mothers.
- Reduce the infant mortality rate, malnutrition and school dropout rates.
- Promote health, hygiene, and nutrition awareness.
- Conduct vaccinations and immunization.

**Highlights:**

**Supplementary Nutrition**

Supplementary nutrition is a key tool in eliminating the issue of malnutrition amongst the women and children in India. Rations are given to mothers of children aging from 6 months to 3 years to cook and feed them at home. Children 3 to 6 years old are fed cooked calorie food at the centers. Premix Shakti powders are given to nursing and pregnant mothers and girls to help reduce protein and calorie deficiency. These efforts significantly stabilize and even reduce the malnutrition in children.

<table>
<thead>
<tr>
<th>Recipients</th>
<th>Services</th>
<th>Type of Nutrition</th>
<th>No of Recipients</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months to 3 years Children</td>
<td>Supplementary Nutrition</td>
<td>Wheat, Oil, Lentil, Bal Shakti packets</td>
<td>3381</td>
</tr>
<tr>
<td>3 months to 6 years Children</td>
<td>Supplementary Nutrition / Value based education</td>
<td>Matru Manda(mothers group) food, supplementary nutrition and fruits</td>
<td>2323</td>
</tr>
<tr>
<td>Pregnant and nursing mothers, adolescent girls</td>
<td>Supplementary Nutrition / health education</td>
<td>Matru Shakti food, Purna Shakti food</td>
<td>2670</td>
</tr>
</tbody>
</table>
Health Checkups

The Government of India has focused on eradication of malnutrition. The health officers visited Anganwadis four times last year to check the health status of the children. They found several children suffering from severe illness and referred them to doctors in various government hospitals. The government has now provided free treatment and support of up to Rs. 300,000 rupees for Kidney and Heart disease, Cancer and Thalassemia. The table below shows the total number of recipients who benefited from the health checkup during 2019-2020:

<table>
<thead>
<tr>
<th>6 to 3 years kids</th>
<th>3 to 6 years kids</th>
<th>Pregnant Women</th>
<th>Nursing Mother</th>
<th>Adolescent Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>2334</td>
<td>1900</td>
<td>1305</td>
<td>967</td>
<td>1159</td>
</tr>
</tbody>
</table>

Health Checkups for the Anganwadi Field Workers

The field workers of the Anganwadi project are constantly caring for children and mothers in impoverished areas; and so, their personal health and well-being is also crucial. In association with FPA (Family Planning Association) a comprehensive checkup including Diabetes, HB, Pap Test etc. was carried out for Anganwadis workers and helpers. They were also given free spectacles after eye testing at the Mega Eye Camp organized by Manav Sadhna in collaboration with One Sight Foundation in December.

7665
Children and women covered under the health program
School Enrollment Program

After spending three to five years in an anganwadi, children above 5 years have to get enrolled in regular formal schools. It is the Anganwadi workers responsibility to make sure that the children procure school admissions. In April they visit homes, meet parents and provide the necessary information about admission procedures and nearby schools and also facilitate the process. The following children enrolled in school during the year 2019-2020.

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>175</td>
<td>161</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>260</td>
<td>235</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>28</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>68</td>
<td>54</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>525</td>
<td>478</td>
</tr>
</tbody>
</table>

Vaccination Program

Young children between 3 to 5 years of age are protected from six deadly diseases through the vaccination program. The workers spread awareness in the community about the vaccine program by going door to door. The government provides the following vaccines: Pentavalent, BCG, Ori, DTP, and Polio. With the constant efforts and awareness about the vaccination, more women are taking advantage of the program and bringing their children to the health center for immunization.
Pulse Polio Round
In order to eliminate Pulse Polio from India, a massive campaign has been organized throughout the country. The anganwadi workers play a key role in this program. They make sure that every child is included in this program. Every year in January, February and March, the Pulse Polio rounds are organized.

Typhoid Vaccination Camp
Typhoid is an expensive vaccine not provided by the government. For the last five years, long-time volunteer from Australia, Susan Miller, and her family members arrange typhoid vaccinations for several children. This year, 250 children of 10 Anganwadi Centers received the typhoid vaccine. The doctors and nurses from Apollo Hospital also joined this initiative. Australia-based Susan Miller and family in collaboration with Apollo Hospital support this annual Typhoid Vaccine Program.

Rasoi Show (Cooking Show)
We organize regular Cooking Show in different areas of our communities to teach women new recipes to prepare healthy dishes with the government premix food pack, fortified with all the essential vitamins.

World Breast-Feeding Awareness Day
Breastfeeding is an important process for a child’s overall development and an essential part of their nutrition. Last August was celebrated as breast feeding awareness month. Different anganwadi centers teamed up and convey the importance of breastfeeding through different mediums, including pamphlets, guest speakers and street plays.

Cancer Awareness
Cancer is one of the deadliest diseases and it is rapidly growing in India and other countries. In marginalized communities, various addictions and bad habits from early age often lead to cancer and other diseases. Due to the lack of proper awareness and health guidance many women and girls suffer from breast and cervical cancer. The anganwadi workers are regularly spreading awareness by holding camps, checkups and door to door home visits. This year, we organized for more than 90 women to get diagnosed. Doctors found 4 cases of cervical cancer, all of whom underwent operations and are currently healthy. There were also two women who were treated for breast cancer.
The Anganwadi Project (TAP)
For the last decade, thanks to our partnership with the Anganwadi Project (TAP), an Australian based organization, we have been able to renovate more than 18 Anganwadi spaces to provide well-ventilated, child-friendly learning spaces equipped with all basic facilities. This year, with the support of TAP, we built one more Anganwadi—Bholu 16 in the Sabarmati community. Emma and Ellie two dedicated architects from Australia executed the project and worked relentlessly for six months to create and construct a beautiful environment for the children. All the volunteers, staff and community members came together for the inauguration event.

Referral Services
Referral Services are an essential service of the Anganwadi Project. Through the referral card, anganwadi children who suffer from critical illnesses are referred to government hospitals and treated free of charge. We were able to save 17 children's lives through this critical service.

Meet Hitesh
Three-year old Hitesh attends Anganwadi No. 38 in Ramapir No Tekra. During the children's routine health checkup, his teacher shared that Hitesh is not active and often phases out in class. His mother also shared that he doesn't listen to her at home and mostly does whatever he wishes. After thoroughly checking him up and conducting various tests, we learned that Hitesh was unable to speak and his hearing ability was at only 40%. The Anganwadi worker helped his mother get the referral card so he could avail free treatment. After the treatment, Hitesh can now completely speak and hear. He has become active and participates in everything. His parents are overjoyed to see the changes in their son.
Objectives:

- Improve the health and well-being of people from underprivileged communities.
- We aim to provide access to health care for acute and chronic illnesses regardless of financial limitations, illiteracy or lack of understanding of the complex health system.
- We seek to uplift the long-term health of the community through health promotion activities, empowering the community with knowledge of hygiene and sanitation, health and disease awareness, and prevention of lifestyle diseases.
- Our vision is to empower individuals to be responsible for their own physical and mental health.

For the last 25 years, our health initiatives provide affordable, quality healthcare and medication to battle problems due to general and seasonal infections along with issues such as intestinal worms, arthritis, tuberculosis, skin diseases and more.

Manav Sadhna has three approaches to provide quality healthcare: awareness seminars, medical camps and door-to-door consultations. We try to improve basic hygiene conditions and provide nutrition to the local community, with a primary focus on pregnant women, young children, elderly women and individuals with tuberculosis (TB).
Highlights of the Health Program

- **7200** people served at our Health Clinic located at Ramapir No Tekro
- **5183** people received support through our eye camp
- **1440** people served through the Muskan Dental Clinic at Ramapir No Tekro
- **30** women served with Breast Cancer Check-ups
- **1237** people served through General Camps
- **721** people served through awareness camps
- **260** Blood Tests for Girls
- **45** Cataract Surgeries
- **690** people checked for Blood Pressure & Diabetes
Community Outreach and Awareness

Health awareness is one of the most essential services we can offer the community, as it can often lead to a difference between life and death and prevent undue suffering and expenses. Every year we run various awareness programs in the communities to motivate individuals and families to take care of themselves. We also provide knowledge on prevention of diseases.

In **Ramapir no Tekro**, we have a health team comprised of seven trained women, who for the last four years have been aware in the community and surrounding areas. They spend 3 hours every day in the field and visit at least five homes each in the community to address the family’s health conditions. The team is equipped with basic medical tools (B.P. monitor, glucometer, thermometer, etc.), which enables them to measure every individual’s blood pressure and heartbeat as well as test for diabetes. If any of these parameters are abnormal, then we connect them to the local health clinic or doctors in our network. The awareness workers also provide basic knowledge about menstruation to young girls. We have hired and trained two more women health workers who will now start similar efforts in the **Sabarmati community** with the Manav Mitra Center.

In the **Loving Community**, Jyotiben has been the dedicated health worker, doing home consultations to spread awareness and understand need. She also helps connect the community members with doctor visits and follow ups.

At **Manav Gulzar**, our health worker, Dipakbhai, conducted 3,000 homes visits in the community. He organized regular sessions with youth to empower them with awareness and knowledge to take care of their health and prevent disease. There are also monthly community film screenings on specific health issues and prevention open to the entire community. This year we held awareness programs for blood pressure, diabetes, water-borne illnesses during monsoon season, adolescent girl’s nutrition, pregnant women’s nutrition, general hygiene, cleanliness, eye-screening, breast and cervical cancer.

**Project Comfort: Menstrual Hygiene and Awareness**

Menstrual hygiene is still a huge challenge in India, where 23% of the girls drop out of school when they start menstruating. A large percentage of women in low income communities do not use sanitary pads and are prey to many diseases and infections. In recent time, many women have started using disposable pads, which are not biodegradable and pollute the environment.

After a period of preliminary research, in 2019 we partnered with UK-based Women and Girls Charity to provide reusable pads along with instructions to girls and women. During the year we arranged 12 camps to increase awareness about menstrual hygiene. After extensive field surveys, we have distributed more than 1950 sets of reusable sanitary pads to women and girls in our community centers. This has improved their menstrual health considerably and saved the environment from disposal of dirty used pads.
Arogya Mandir - (Health Clinic in Ramapir no Tekro)
Our Community Health Clinic, situated next to the Manav Jatan Community Center, has been running since 2005 daily from 7 to 9 pm. Over the years the number of patients visiting the clinic has decreased as a result of the awareness programs, camps and vaccinations. Though simple, our clinic is updated with modern medical instruments. We also provide special facilities for TB patients; every Monday, Wednesday and Friday, we organize camps where patients are given free treatment.

Muskan Dental Clinic
The Muskan Dental Clinic was started in October 2010 inside Manav Jatan Community Center to provide free and comprehensive dental service to the residents of the Ramapir no Tekro and the surrounding areas. The Clinic operates Monday to Friday from 9 am to 1 pm.

The clinic is equipped with up-to-date equipment and materials needed for treatment. A qualified local dentist and his assistant run the clinic daily, practicing strict levels of hygiene. Dental health and awareness are lacking in our communities. Residents wait until the last moment and reach out only when their disease has progressed and is unbearable. Our objective is to increase awareness related to dental health and encourage residents to address dental concerns in a timely fashion. This awareness is vital as nearly 80% of the people living in the Tekra chew tobacco and other harmful substances which severely impact their health and teeth.
**General Health Camps**

We have been collaborating with doctor teams from a few local hospitals to organize health camps over the last five years at each of our centers. These camps are open for the community. At each camp, five doctors – each representing a different specialty such as Gynecology, Pediatrics, Orthopedics, Skin, Dental, and General, serve community members with medical care they would normally not be able to receive. The doctors also distribute medicines to help patients that need additional support and provide referral for those who need further diagnosis. We are thankful for the support of the doctors of SMS Hospital, GCS Hospital and Ahmedabad Civil Hospital, without whom this effort would not have been possible.

Below are a few of the main health camp highlights from this year:

<table>
<thead>
<tr>
<th>Health and Wellness Camps - 2019-2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health camp attendance</td>
</tr>
<tr>
<td>--------------------------</td>
</tr>
<tr>
<td>Gandhi Ashram</td>
</tr>
<tr>
<td>Manav Jatan</td>
</tr>
<tr>
<td>Manav Mitra</td>
</tr>
<tr>
<td>Manav Seva</td>
</tr>
<tr>
<td>Manav Gulzar</td>
</tr>
<tr>
<td>Loving Center</td>
</tr>
</tbody>
</table>

**Hemoglobin Testing Camp**

As low hemoglobin is a serious issue amongst pre-teen and teenage girls in our communities, we organized HB camp for 337 girls of Hope Project. We also provided Iron Folic tablets to improve their hemoglobin levels.
Mega Eye Clinic with One Sight Foundation, USA

In partnership with the One Sight Foundation, Manav Sadhna hosted its largest eye camp. In prior years, an eye camp would only last for a few hours. However, with One-site, we hosted a camp for 10 full days, with the support of 52 doctors. We were able to serve 5,183 patients - almost 100 patients per doctor and over 500 patients per day. At the camp, we provided a vision check-up, eye drops, glasses, and a glaucoma screen.

One Sight has expertise in hosting these eye camps and created an extremely efficient system to serve attendees in a timely manner. The doctors served each patient with a smile and answered all their queries. After thorough checkup patients received glasses on-the-spot with no waiting time.

People received eye glasses during the 15 days Mega Eye Clinic during Dec 1-15

Medical Support and Consultations

When patients are referred from the Arogya Mandir Community Clinic or identified from field visits with severe health issues such as cancer, kidney disease, heart problems, gynecological issues and cataracts, our health workers support them by taking them to the government hospitals and getting the proper tests, diagnosis and follow up. Many people do not know their way around the government hospitals and systems or do not know about schemes funding they can avail. Our health workers provide support through the entire process. We also help subsidize medical expenses on a case by case basis.
Meet Chandrikaben

Chandrikaben, 33-years-old, and has lived at the Tekra for the last 11 years. Her husband, Maheshbhai, transports glass for a living. Earlier Chandrikaben used to clean homes, but for the last 18 months she has been working on the cleaning team at the Manav Jatan Community Center. In 2009, Chandrikaben discovered that both she and her husband were HIV positive. Fortunately, none of her three children are HIV positive.

Through the support of the Health Initiatives of Manav Sadhna, Chandrikaben has been going to the hospital with a helper on a monthly basis for a general checkup and to receive medicines (ART) that she has to take daily to improve her immunity. Twice a year, the hospital does a more intensive blood report and closely monitors her health. We also gave her groceries to take care of her nutritional requirements. Earlier she used to fall sick all the time but now her health has improved considerably, and she has good energy levels. She is extremely happy and appreciative of the support to her and her family. Her children are studying well, and she also is earning to supplement the family income.

Meet Diya

Diya is 16 years-old, born and raised in Ramapir no Tekra. She has studied until the 10th standard at the Apang Manav Mandal School (a school for the physically challenged). She is very sharp and has won 7 academic medals and over 50 certificates in various competitions. Diya was born with a leg length discrepancy, where one leg was much shorter than the other. Then, when she was 5 years old, they found a small tumor in her lower back that required 29 stitches and 5 years of physiotherapy with Red Cross, before she could eventually walk again.

She faced a few other medical complications, but rose above them each time. Then, in the 10th grade, due to a cut caused by the plastic lift that helped her walk, her leg got infected. The infection spread to her bone. She stopped walking and had to drop out of school. At this point, our health team learned about Diya and were committed to help her. We searched for proper care, treating her at different hospitals for more than two years. Unfortunately, Diya’s condition did not improve much, and she was totally bedridden. Finally, she was referred to Happy Kids Orthopedic Hospital in April 2019 under the care of Dr. Maulik Patel and his team. The Medical team at the Hospital provided Diya with great care and she underwent multiple surgeries. The last one was on October 30, 2019. By December, Diya had recovered and no longer needed injections. We are now at the final stretch—to install a ball in her leg so that she can walk properly. After which, Diya, resilient as always, is looking forward to return to school and resume her studies.
Community Building

Through each Center, we run a variety of initiatives to strengthen the community. Though some programs are the same across our centers, others are based on the specific needs of that community. The following are some highlights from the past few years:

**Anna Daan**
The Anna Daan project was started in 1994. The literal meaning of Anna Daan is "donation of food", and in the project’s original form, Ahmedabad families would put aside a fistful of grains daily and then donate it for distribution. Now the donations tend to come in the form of cash, which we use to purchase food supplies and prepare the following kits: 5 kg wheat, 4 kg rice, 2 kg mung, 1-liter cooking oil. Every month, we distribute grocery kits to selected needy families and elderly and support them for one year. In exchange for the grains, the recipient gives a token of 10 rupees and accept the offering with dignity. Along with distribution we engage with them through different activities, making them sing, dance and smile. In 2018, we expanded this project across all our centers so that we may reach more people in need.

**Savings Program**
Through this endeavor, we help women, especially daily wage laborers, develop the habit of saving money. This year, 423 women actively participated in the Savings Program across 4 community centers: Manav Jatan, Manav Mitra, Loving Community and Manav Gulzar. On average they put aside 10 to 20 rupees a day. We organize a monthly meeting at each center, where women deposit their savings, followed by activities around women’s issues and life skills. We often invite inspirational speakers or doctors to give a talk. Every year we return their savings with interest. The collected amount really helps these women better take care of their families and pending needs.

The Manav Gulzar Center has been running the Bal Bachat (Children’s Savings) program for several years, with the same purpose, to help kids learn the importance of saving money alongside creating the habit. This year 76 children participated in the program.
Community Building

Yuva Mitra Mandal
Organized monthly meetings with our local youth group, Yuva Mitra Mandal (18-30 years old). Sessions included Thalassemia, AIDS/HIV awareness, career counseling as well as protection during intercourse, family planning, healthy marriage relations and caring for your spouse (for married men).

Working with AMC
Partnered with Ahmedabad Municipal Corporation (city government), to try to solve the basic civic issues of the community such as water, streetlights and improved roads.

Legal Documentation
Surveyed 600 households and helped guide them through the process for filling forms and availing important documents such as an Aadhar Card, PAN card, Election card.

RTE Support
Provided support in filling out Right to Education (RTE) forms, through which 1st grade children in low incomes communities get free admission into good schools. This year 32 students got admission.

Movie Screenings
We organized nine movie screenings on topics such as hygiene and sanitation, health, motivation and values. We hosted the awareness events in different parts of the community.

Manav Gulzar Community Highlights:
Project Freedom: De-addiction and Rehab Program

One of the main causes of struggle for married women in urban slums is alcoholism. Even though Gujarat is a “dry” state, plenty of poor quality, illicitly brewed liquor is available. In many marginalized communities, more than 50% of the men are alcoholics and end up dying before the age of 55 due to the long-term effects of poor-quality alcohol. Under the influence, these men are more prone to instigating domestic violence—physical, sexual and/or emotional abuse as well as stealing money/jewelry from their wives. The issues are very disturbing and affect everyone in the family. Over the years we have carried out various random initiatives but not very successfully.

For the last 2 years, in collaboration with Bindi Project, we started Project Freedom, which is facilitated by Maheshbhai, who belongs to Ramapir no Tekro. He worked through his own addiction and has been sober for more than 12 years. An inspiring role model, Maheshbhai is grateful for the opportunity to use his experience to help other men struggling with alcoholism. We have witnessed transformation in the lives of the entire family of every man who finds the strength and support to quit drinking.
Meeting and counseling:
Maheshbhai currently works in Manav Jatan, Manav Gulzar, Manav Mitra and Khodiyar Nagar, counseling 190 men who are addicted to alcohol. Maheshbhai also does field work to identify men who need support. He invited those who want to join the program to attend the weekly gathering at each center. The team of the local chapter of Alcoholics Anonymous joins to facilitate the gatherings. They share their life’s journey, how they managed to quit alcohol, breakdowns and improvements in their lives and in their family. This sharing encourages and inspires other men in the group.

Rehabilitation:
We are working with the non-profit institution Jansatta Vaysanmukti Kendra, which operates a rehab facility. If anyone suffering from alcoholism wants to undergo this detox treatment, we connect them to Jansatta, which provides counseling from doctors, medication and, if necessary, hospitalization for one to three weeks.

We have been able to help treat 15 people from addiction. This is huge considering the challenges of overcoming such addiction when the surrounding environment and community continuously enforce negative choices. Now, these 15 families are looking forward to a better life.

Meet Manubhai
Manubhai lives Ramapir no Tekro with his wife and 3 children. He used to drink 13-14 glasses of illicit alcohol daily, costing around 100-150 rupees. Though he earned 250 rupees a day through manual labour, he did not contribute anything towards his household expenses. When he was drunk, he used to yell at his family members, throw things and even beat them. He believed and accepted that his life would end in alcohol and that he was beyond help.

When he met Maheshbhai, he was in the thick of his alcoholism. He joined the de-addiction gathering at Manav Sadhna community center. The first few months were very challenging for him. Later after attending several gatherings, he slowly gained confidence and eventually he quit drinking. “I decided I have to do something for my children. I don’t want to ruin their future” shared Manubhai of his inspiration to finally quit.
Vadil Vatsalya (Senior Care)
Manav Sadhna has established a variety of programs to bring love, compassion, camaraderie, and support to the elderly. At Manav Jatan and Manav Gulzar we hold weekly bhajan (spiritual songs) and satsang (spiritual discussions), followed by a nutritious meal. We also organize annual excursions and provide long-term health care and medications. They also join for other occasions like festival celebrations.

At Manav Jatan 120 majis (elderly women) gather every Monday and 25 kakas (elder men) gather every Wednesday for bhajan and satsang. Then, during the month of Sharavan, we did 15 days of katha reading, where one kaka led the event and read the Bhagavad Gita and did satsang. More than 100 seniors joined the Katha reading, at the end of which we distribute prasad (blessed food) to all. Also, during the winter we distributed woollen blankets (contributed by a donor) to each of the majis. Moving Together, the DMU Dance Group, taught the majis exercise and dance. They also did garba together. Everyone had a blast! And in 2018 we also took 120 of our seniors on a 8-day trip to Rameshwaram, Tamil Nadu.

At Manav Gulzar, 16 majis gather weekly for bhajan and satsang. Last year we also organized a one-day tour for them to Ambaji.
Loving Community: Dream Home Project

About 30 years ago, several leprosy-affected families settled along the low-lying, outskirts of Ahmedabad and depended largely on begging for survival. Despite the eradication of the disease through treatment and the integration of Vastral into larger Ahmedabad, the community still remains physically isolated and stigmatized. Consequently, though the third generation are studying and working hard for their futures, their parents continue to struggle to secure jobs. This community, however, is one of few where there is equity between genders and girls are encouraged to pursue their education.

Manav Sadhna has been supporting the community through healthcare, values education, and livelihood since 2006. In 2010 we built a children's playground and a Community Center for the residents, where they run a supplementary values-based education program, women's savings project, Bhav Nu Bhojan and use it for community events.

Another important issue is flooding in the Loving community during the monsoons. Due to poor urban infrastructure, houses flood with an average of 30 cm of water every year. The community has identified 55 houses which are low-lying and need rehabilitation. Manav Sadhna along with UK-based De Montfort University (DMU) have partnered to rehabilitate the houses. SEALAB – an architectural firm from Ahmedabad was invited to design prototypes. DMU is helping with the funding of the houses and their student volunteers help in the construction process. After the initial prototype houses, 4 more houses were built, 3 are under construction and 1 is in the design stage.
**Youth Cricket Tournament**

For the last two years we have organized an inter-center Youth Cricket Tournament. Throughout the year we work with young men (18-30 years old) in various capacities around health, personal hygiene, AIDS/HIV, community participation and monitoring, and gender equality. They are an especially important segment of our communities. We want to help them channelize the power of youth into positive contributions and service to their community as well as to make healthy and meaningful life choices. Sports is a great way to deepen bonds with these young men.

This year, the match comprised of six teams, consisting of 72 young men from our 5 communities plus a team of 11 staff members. The event, held at the Cantonement Stadium, included food and prizes as well. We thank Cavitak (2019) and Lance Energy (2020) for sponsoring the tournament.

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**Supporting the Community During Covid-19**

All our centers have been working with the Municipal Government to get extensive Corona Testing done throughout the communities and spread awareness. We also support patients who test positive with the guidance and information on next steps.
A few of our projects are seeded by compassion and empathy, with the intention to help decrease the suffering of others. Such initiatives include Bhav nu Bhojan, started at the Loving Center in 2010. The team prepares and offers daily hot nourishing meals to 30 community elders who have suffered from leprosy, and lack family support. The program also supports them with doctor visits and medication.

In a similar spirit, Tyag nu Tiffin, started in 2011 by the late and beloved Raghu Makwana, delivers hand-cooked meals to the absolutely neglected and destitute. Today the project continues at the hands of Vinodhbhai who prepares and hand-delivers 19 tiffins twice a day to elders who are incapacitated and alone. They also cover doctor visits and medical costs if someone gets sick. In the past they have provided funeral expenses.

We are grateful to Trishna Shah & Family for their generous support over the last few years to the Tyag nu Tiffin project.

In both of these programs, the team imparts love and care through daily interactions, making all the difference in the life of those served. Volunteers often join in serving.

Harihar Ram Roti
In March 2018, with the support of Jagruti Foundation, we started this Ahmedabad-equivalent to a soup kitchen with the humble intention to feed the vulnerable and hungry a warm and nourishing meal. It was also in the spirit of gratitude for daily nourishment that so many of us are blessed with, and an opportunity to share those blessings with others. Volunteers often help with the daily distribution.

We have a weekly schedule, in which we set up a food cart in different parts of the city every evening, serve 150 bowls of kichadi to the homeless, tired and hungry. We do not turn anyone away or judge their circumstances.
Livelihood Programs

Over the last few years, we have been expanding our livelihood initiatives as we find meaningful ways to empower community members to earn with dignity and stand on their own feet. In all the communities, there are many young women and housewives who are eager to learn and work, but they are not permitted by their families to work outside their homes. We try to provide skill trainings in ways that can translate into home-based work/enterprises. This way she can also be available for her children and family elders while also balancing household duties. Highlights from the year include the following:

Shraddha Pedal Rickshaw Project

In the city of Ahmedabad, over 30,000 people feed their families by driving pedal rickshaws. These vehicles are used to cart goods and set up small shops to sell products like vegetables and toys, etc. We found two disturbing facts in our field research: 1) 80% of pedal rickshaw drivers rent old rickshaws at 30-40 rupees a day. Many of them have been paying rent for over 10-20 years. So, this amounts in 100,000 to 200,000 rupees in rent for a pedal rickshaw that costs around 10,000 rupees to own. 2) the design is outdated and puts undue stress on the body.

The Shraddha Project addresses both concerns. Virenbhai, co-founder of Manav Sadhna, put his engineering to compassionate use by redesigning the pedal rikshaw to be more ergonomic for the driver. Then, through collaboration with Dreams Foundation, people can get interest free loans to purchase their own pedal rickshaw, for which they can pay monthly installments instead of monthly rent. In less than one year, they can own the vehicle, which is a dream come true for many.

Also, their income increases immediately as they no longer have to pay rent and can work longer and more efficiently, a gift that changes the life of many hardworking and needy families instantly. So far, 290 people have been able to buy their own pedal rickshaw through this program.
Sewing Project at Manav Gulzar
Manav Gulzar has been running the Sewing Project for the last decade, through which we train women learn how to use a sewing machine as well as basic stitching (handkerchief, cushion covers, bags) to more complex stitching (blouses, bottoms, kurti tops) and pattern cutting. The program runs for 3 months, with four batches of about 10 students each who attend classes for 2 hours a day. We run 3-4 courses a year. We also use the space for workshops focused on trends, new designs, and how to use waste. Also do occasional field trips to local handlooms houses or the market, demos of new machines. Over the years close to 1000 women, ranging from 16 to 60 years old, have been certified through this program. About 60 percent earn from home, while another 20 percent have taken up jobs. We also provide sewing machines to support women who want to start their business but do not have the initial capital. This year we have given 15 women sewing machines, some on interest free loans, others on grants.

Beauty Parlour Training at Manav Mitra
At the Manav Mitra Community Center we started a skill development program focusing on training women as beauticians. They receive three months of practical training alongside theory. We also provide nutrition to the young women. They receive certification at the end of the course, which helps secure a job. However, it is also a skill set often used to start a home-based business for services that are always in demand. A total of 25 women received certification this year.

Also, their income increases immediately as they no longer have to pay rent and can work longer and more efficiently, a gift that changes the life of many hardworking and needy families instantly. So far, 290 people have been able to buy their own pedal rickshaw through this program.
Shakti Center at Manav Seva
We constructed Shakti Center, an extension of the Manav Seva Community Center, after identifying the need for a dedicated space for the women and adolescent girls of the Shankar Bhuvan community. At Shakti Center, sisters can learn, develop skills, gain confidence, foster hope, and give themselves and one another love and care. We also use the space to organize different programs, trainings, health camps and gatherings for a larger number of people. We use the additional space to also hold education activities along with dance, music, yoga and art.

Based on feedback from the women, this year we have been focused on training the women in two main skill sets for now, but will continue to introduce new opportunities. As they learn these skills, they can simultaneously begin earning supplementary income, helping them also gain respect in their families and develop more confidence.

Full Circle: Zero Waste Products
We installed sewing machines in the Shakti Center and provided training on how to make a series of products from waste materials. We have worked with the women on quality control as well. Through Full Circle, the women have a consistent source of supplementary income. Though she can work from Shakti Center, she also has the choice to work from home. The project also supports the environment by upcycling waste materials donated by local businesses and tailors. This way we can substantially decrease the amount of waste that ends up in landfills. Manav Sadhna is currently helping market the products.

So far, the Shakti women have made more than 8000 colorful cloth bags and 500 cushions with covers. Thirty women are making these products and earning between 1000 to 5000 rupees per month.
Meet Shital
Shital is the second eldest sibling in her family, as she is one of four sisters. Her eldest sister, Rinku, dropped out in the 5th standard to help with household chores as her mother often stayed ill. Shital loved studying, but when she was ready for the 9th standard, her father, a daily wage laborer, did not have the finances to support her education. Shital and Rinku took up small jobs at home such as tagging jeans, cutting threads from stitched products and packaging, from which they earned 30-50 rupees a day.

This year, Shital, now 19 years old, joined the Full Circle Project at Shakti Center. A quick learner, confident and enthusiastic, she was soon stitching the maximum number of products and earns more than 4000 rupees a month. In one meeting, she shared that her life has completely changed after becoming part of Shakti Center. Not only is she earning, she is really enjoying the time she spends at the center. Her family members have also started treating her with more respect and love. Despite her fondness for school, she couldn’t continue her studies. However, she is encouraging her two younger sisters to continue their studies with focus and dedication.

Cotton Wick Making
Less skill-intensive than the Full Circle Initiative, women learn to make cotton wicks with the help of a wick-making machine. They also paint the tips to add a decorative touch. Cotton wicks are a household item used to light lamps. We have collaborated with a local company, who will purchase all our production. The women easily earn between 500 to 2000 per month.
Based in the Gandhi Ashram itself, Earn N Learn is one of Manav Sadhna’s longest running programs and engages deeply with each participating child. The program serves vulnerable children by supporting their education (learning) while providing the platform of arts and crafts to help them earn for a few hours a day in a healthy and loving environment (earning). This helps supplement the earning of the child’s family and prevents the parents from sending their children for work, which would require them to drop out of school. Through this platform the children also develop life skills, work ethics, and financial literacy in a safe and child-friendly space.

This year 44 children participated in the program. In the mornings they attend school. In the afternoons, they make beautiful handmade paper products (cards, invitations, bookmarks, diaries) for which they receive incentives. They attend daily tuition classes, participate in extracurricular activities and are also given a nutritious snack. The mentors infuse values and life skills through every aspect of the program. Thousands of children, including several of Manav Sadhna’s project coordinators, have learned and grown holistically through this program.
**Education**

When a child joins Earn N Learn, our first priority is their education. We ensure that all children in the program are enrolled in formal schools. For some, we help them with basic education before admitting them in school. Regular tuitions and tests are conducted to track all the children’s progress. We have students in both Gujarati and Hindi medium schools. The Earn N Learners participate in weekly dance and music classes as well as regular sports, games and yoga. We have annual field trips and workshops with volunteers.

Four students, Mansi, Ronak, Palak and Satish, have had their education costs sponsored through the MS adopt-an education program.

- The children visited the Kalam Kush paper factory and learnt about the entire process of making of handmade paper.
- The children participated in the MS Literature Festival, where their team presented Gandhian era Literature through characterization, a play performance, and an interactive quiz with the audience.
- In the summer months the children took turns learning and preparing different foods for their whole team. They also take care of birds around the ashram, feeding them seeds and water.
- Two Earn N Learners, Poonam and Sanyam, participated in Jai Jagat and toured across USA and UK.
- During Covid-19 lockdown, we provided each child with a grocery kit every 21 days. Several of our local donors, including Shraddhaben Desai and Veer Pratapji, generously supported this process.

**Local Supporters:** Every year, Veer Pratapji and his family celebrate his birthday with Earn N Learn with food and activities followed by teachings of Guru Nanak. Shraddhaben Desai, a retired school principal and writer, visits the children every month with her daughter-in-law, providing snacks, interaction and, when possible, reading books.
Meet Hetal and Sonal
Due to challenging family circumstances, Sonal and Hetal had to drop out of school. Through Earn N Learn, we mentored both girls and their families, getting them re-admitted in school and helped them pass the 10th standard. Both girls went on to finish the 12th standard and attend P.T.C. Teacher Training College. Sonal will soon complete her training and Hetal is now a qualified teacher in a private school in Vadaj teaching 7th and 8th standard students.

Health and Nutrition
Many of the children skip meals or eat junk food due to their family’s circumstances. The wholesome nutritious meal they receive daily during the program is the only proper meal of the day for many of them. The adolescent girls in the program had an annual check-up with gynaecologist Dr Sejalben, who has often worked with the girls for awareness as well. We separately organized a session on menstrual hygiene, during which each girl received a set of reusable sanitary napkins.

All the Earn N Learn children attended the One Sight Eye Camp, where their eyes were tested by international doctors and 8 of them received glasses.
Leadership and Service

Organize Muthi Anna Daan: For the last 3 years, the children of Earn N Learn have been helping run the Muthi Anna Daan project at the Ashram, distributing monthly groceries to vulnerable elderly widows (maajis) from the surrounding areas. At the beginning of the year, the children help conduct surveys in their neighborhood to identify any maaji in need. The Earn N Learners help weigh, pack, and make grocery kits and distribute them every month on the 26th. They also spend quality time with the maajis, engaging them in activities, and serving them hot snacks. The children see this as an opportunity to serve, and in return, they receive countless blessings and love from the maajis.

The Earn N Learn screen printing team donates some of their profits every year to treating the maajis. In the past they have distributed hygiene kits, bought ingredients to make fritters (bhajiya). During winter, volunteers participate by offering oil massages to the women.

Support Saturday Special: Every Saturday of the month more than 150 children from different centres come to Manav Sadhna for Saturday Special, the longest running MS project that provides children with special activities, fun and learning followed by a meal.

The Earn N Learn children help clean and prepare the space to host the program weekly and support the mentors. They also support the kitchen staff in cooking and serving.
Meet Akash, Pinky and Chandar

In addition to our ongoing work, Earn N Learn has often been a space for children in very tough situations to catch their breath and receive the love and support needed to find their way forward. In 2019, three young siblings, Akash, Pinky and Chandar, joined us. They lost their mother some years back. Their father was a chronic alcoholic, who was abusive and negligent. Pinky, the eldest sibling, was often beaten by her dad and had suffered mental trauma as a result. Through the connection of the Anganwadi program, Pinky started coming to Manav Sadhna daily to help in the kitchen while her two brothers joined Earn N Learn. They could earn some money, but more importantly, they could get a nurturing environment to help them come out of their shells. Within two months of them joining, a noticeable change was visible in all three kids. Akash even took interest in restarting school and is now studying in the 7th standard. However, soon their father too passed away. Although they have relatives nearby, who check in on them, the three siblings are financially on their own. We helped them build a small home and enrolled them in the Anna Daan program for monthly groceries. Though they have moved on from attending Earn N Learn daily, the three remain connected, knowing they can always count on mentors and their friends.

Production:

The hand-made products made by the Earn N Learners are mostly sold through our shop space in Manav Sadhna. However, every year, custom Diwali orders, an international Christmas card campaign and a handful of exhibitions throughout the year are other outlets through which the products move. Some volunteers also help sell products in their home-countries.

- Our children created handmade products and decorated gift boxes that were distributed with tickets for a live concert by Badshah, an award-winning singer, rapper and musician. The event organizer then invited all the children and by extension, MS staff, to attend the concert. It was the first live concert for all the kids, and they had a very memorable night.

- Earn N Learn kept stalls at the Craftroots Exhibition in Surat and Baroda. The children ran a stall at an organic farm organized at Shreyas Foundation in December.

- Upcycling Newspaper in Bags: With the government ban on plastics this year, we have been training more women and children on upcycling old newspapers into eco-friendly bags. We are marketing the bags at medical stores as an alternative to plastic packaging.

Gratitude:

UK-based Arushi has been working closely with the team and children to promote and marketing our story and goods in a meaningful way. USA-based Team Seva annually support us with new equipment and a variety of stationary so we can keep innovating our products and introduce the kids to new techniques.
2019 - 2020 has undoubtedly been a landmark year for Paryavaran Mitra. The year witnessed a mammoth expansion in operations, reaching out to many more sisters and at the same time long term deeper social wellbeing programs were launched. The year also marked our collaboration with United Nations Development Programme and Ahmedabad Cantonment Board (Ministry of Defence, India) as our partners.

**Highlights**

- Deep engagement with 355 sisters and their families in a holistic manner
- Facilitated recycling of 748,000 kgs of waste, thereby taking the total to 2.2 million kg so far. In the process, we saved 7.7+ million kg of CO2 from emission and nearly 86,240 trees from being cut.
- Organised 20 health related camps reaching out 1676 sisters and community members.
- Meaningful engagement with 40+ institutions, 5500+ families and over 15,000 individuals.

**World Earth Day** celebrated on 22nd April.
Our volunteers Shyam (US), Natasha (US) and Andrea (Italy) anchored the whole show. They presented lovely hands-on games/ simulations/demonstrations which were very engaging and insightful.

**World Environment Day** celebrated on 5th June.
Our partners and supporters from corporate houses, hotels, schools and govt. agencies started at 5 AM with Waste Pilgrimage where participants rag-picked with our sisters experiencing the physical and mental hardships involved. Following this, we planted trees and made an ota (sitting place) with waste bottles. We also made a beautiful roof shade out of bottles for our sisters to relax. Safety kits (shoes, masks and gloves) along with bags were distributed.

**Women’s Day** Celebration celebrated on 8th March.
We invited our sisters with their family members to celebrate together, to understand the phenomenal service their sisters, mothers and wives are extending to the society and Mother Earth. We played lots of games involving both husband and wife thereby strengthening their bond. We also launched Kitchen bank (with East Bay Family Support) and a well-designed customized dustbin (idea conceived by our volunteer Prakash and designed by Saumya Pandya) dedicated for cigarette butt recycling.
Tour to Uttarakhand
The biggest event of the year was our Diwali celebration. As Paryavaran Mitra completed 5 years of its operations, many sisters were taken for a holy trip to Rishikesh and Haridwar. This pilgrimage was a dream come true for the sisters. Most of them were traveling away from Gujarat for the first time in their lives. Our deep gratitude to Viralbhai and Parmarth Niketan team for their support.

Expansion of Outreach
With the opening of three more collection centres, we have now increased our presence in 6 areas. Interestingly, these centres were opened on our newly envisaged Entrepreneurship model, where a genuine and ethical rag-picking woman is motivated to start her own scrap-shop supported by her family and us. Our intention is to upgrade a woman’s life from being a rag-picker to waste manager and finally an entrepreneur. This also increases the number of sisters getting holistic benefits of the Paryavaran Mitra model along with better monetary returns. We aim to have total of 10 such centres by the end of this financial year. This effort has strengthened our efforts on backward linkage.

At the forward linkage front, we partnered with end recyclers to get better prices for the collected waste. We have been now certified by the Gujarat Pollution Control Board as an authorized agency to recycle plastic. This certification will open gates for many more opportunities to bring our sisters into the mainstream.

In the Suraksha Swachta Kendra (SSK), we also extended our door-to-door services to all 3000+ households. Operating this scale of collection was a huge step forward for us. Our team size rocketed from 15 to 40.
Suraksha Swachta Kendra (SSK)
Suraksha Swachta Kendra (SSK) is a zero-waste centre where wet waste (kitchen waste or bio-degradable) is composted, dry waste (non-bio-degradable but recyclable) is further sorted followed by value addition in terms of compressing or grinding or shredding. Reject waste (sanitary waste, non-bio-degradable and non-recyclable) is being incinerated and finally E-waste which is simply accumulated & transferred to authorised recyclers. This centre was conceptualized in collaboration of United Nations Development Program, HCCB and Ahmedabad Cantonment Board.

On 2nd October (Gandhi Jayanti) we launched 'Tatva' our compost brand (available on mybageecha.com) certified by the govt for its quality.

Sharing Paryavarna Mitra model
We received loads of appreciation from eminent guests and stakeholders from different domains. Lt. Gen. Prashar (GoC, Southern Command), Mr.Rajiv Kumar (Chairman – Niti Aayog), Ms.Francine Pickup (UNDP – Country Head) and Mrs.Deepa Bajwa (Directorate General – Defence Estates) and others.

We continued our programs to share this model, the important work the sisters are doing and how can we as an individual can play a deeper role. We organised Waste Pilgrimage sessions, where volunteers join actual rag-picking sisters on the street as they go about their work. Gandhi fellows, India fellows, students of Riverside school, students from DMU, UK, TCS team, O2h team, participated in these events.

Social Entrepreneurship Workshops
We conducted Social Entrepreneurship workshops in four esteemed universities of UK - Imperial College Business School, University of Bristol, University of Southampton and De Montfort University, thanks to the dedicated efforts of Anand Mistry, our volunteer from UK. We had been doing these workshops in Indian B-schools for last couple of years.
Holistic Development of our Sisters

Holistic development of our sisters is always our priority.

Introduction of Literacy Program
We have initiated an adult literacy program for interested sisters supported by TCS who runs this program across India.

Self-Help Groups: In urban slum communities, debt is very rampant and is one of the biggest hindrances to development. We have adopted the concept of Self-Help Group (SHG) with the support of ISEED, IRMA. We have started 5 SHGs as pilot project. Interestingly, Ashish Agrawal (Director – Paryavaran Mitra) had also worked as Block Project Manager in Bihar in a World Bank funded Project where he anchored 2500+ such SHGs.

Up-cycling: We always wanted to work with upcycling but somehow it never materialised. This year with the support of TCS, Gandhinagar we came up with a plan to make small but concrete steps in this section.

Dream’s Foundation: Never ending debt cycle has been a major reason for the miseries for sisters. With the support of Dream’s Foundation we extend financial support to our sisters helping them repay their debts or start a new micro-enterprise to enhance their livelihood. Last year, 17 families started their life afresh.

Dry Waste Management: This year our team did waste management for TCS Fit4life marathon event. For the first time our team managed the waste of a live event. We also did off-site dry waste management for Meadows, a part of Adani Shantigram Township catering to nearly 1600HHs daily.

Health
20+ awareness, examination, treatment camps and visits were organised in collaboration with SMS hospital, Karnavati Hospital, Red Cross Society and many individual doctors where 1676 women benefited. This was supported by Manav Sadhna's medical team and Paromita.
### Details of the Health Camps organized at different centers in year 2019-2020

<table>
<thead>
<tr>
<th>Details of Camps/ Awareness Sessions</th>
<th>Centre</th>
<th>No. of People Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical Cancer check-up at Red Cross Society</td>
<td>Suraksha/Piyar</td>
<td>25 Sisters</td>
</tr>
<tr>
<td>Follow Up Cases of Gynaecological problems (Visited to Dr. Sejal Modi Clinic)</td>
<td>Piyar/Manav Mitra</td>
<td>45 Sisters</td>
</tr>
<tr>
<td>Menstrual Cycle Awareness camp</td>
<td>Suraksha/Manav Mitra</td>
<td>183 Sisters</td>
</tr>
<tr>
<td>Awareness Session on health issues, precautions &amp; cure especially in monsoons</td>
<td>Manav Mitra</td>
<td>80 Sisters</td>
</tr>
<tr>
<td>Awareness on cervical cancer</td>
<td>Suraksha</td>
<td>70 Sisters</td>
</tr>
<tr>
<td>Awareness Session on Breast Cancer &amp; Distribution of Sanitary Pads</td>
<td>Piyar/Suraksha</td>
<td>49 Sisters</td>
</tr>
<tr>
<td>Distribution of Sanitary Pads</td>
<td>Manav Mitra</td>
<td>153 Sisters</td>
</tr>
<tr>
<td>General Health Camp</td>
<td>Suraksha/Manav Mitra/Piyar</td>
<td>727 Community People</td>
</tr>
<tr>
<td>Check-up of Blood Pressure/Diabetes/ Haemoglobin of Sisters</td>
<td>Piyar</td>
<td>121 Sisters and Girls</td>
</tr>
<tr>
<td>Dental camp by Karnavati Dental Hospital</td>
<td>Suraksha</td>
<td>75 Community People</td>
</tr>
<tr>
<td>Mega Eye Camp</td>
<td>All centres</td>
<td>150 Sisters</td>
</tr>
</tbody>
</table>

### Gratitude

At last, we must reiterate the history that the whole idea of Paryavaran Mitra and its research started back in 2012-13 in Manav Sadhna while it was implemented on-ground only in late 2014. Tarsadia Foundation has been a lovely co-traveller in this journey with their unconditional support. We would also like to thank many individuals and institutions across the globe for motivating and encouraging us every single day.
Himganga Manav Utthan (Netala, Uttarakhand)
Netala is a beautiful village situated in the lap of the Himalayas, on the banks of Bhagirathi River at Uttarkashi at an elevation of 3800ft. It has 350 homes with 1200 residents. Their main source of income is agriculture; however, the village is also a popular halt for pilgrims going to Gangotri.

In June 2013 floods caused massive destruction in Uttarkashi, affecting many lives. In the aftermath, a team of volunteers from Manav Sadhana went to provide flood relief. The team worked in 6 villages around Netala, distributing food and groceries, clothes, blankets. They also organized medical camps, providing first aid, and giving assistance to children and pregnant women. And as all the local bridges had been destroyed, they built a temporary bridge to connect the supply lines to the village.

After months of interacting and working in the villages, we established the Himganga Manav Utthan Trust in Netala in collaboration with some local youth motivated to continue serving the community in meaningful ways. This team also spent time with us in Ahmedabad to learn more about grassroots service.

**ACTIVITIES:**

**Value based education:** Manav Utthan runs daily classes for 80 children, which are led by 5 mentors and 1 coordinator.

**Health and hygiene:** They host awareness programs for the community with topics focused on personal hygiene and neighborhood cleanliness. They also organized cleanliness campaigns in the village.

**Nutrition:** Everyday, children are provided with a whole snack such as chana, fruits, milk, or a hot snack.

**Women's Empowerment:** This program is aimed at strengthening the economic position of women in society and tackle the challenges of poverty and illiteracy.

- **Doll Making:** We taught the women to make Ganga Bhagirathi Rakshasutra dolls from waste fabric and wool, which are used to welcome guests. Fifteen women generated a total revenue of Rs. 1,20,000 by making 30,000 dolls this year.
- **Knitting:** Another fifteen women working under this project earned Rs. 30,000 by knitting sweaters, gloves, shocks, scarves, etc.
- **SHG (Self Help Group):** This program was started 2 years ago to encourage savings. Around 90 women have been saving Rs. 100 per month and today their saving amount totals to Rs. 1,42,200. Also, every month they come to the center and share their problems. Loans are also provided by the SHG program to the needy members.
- **Cow loans:** With the support of Dreams Foundation 4 women have been given interest free loans to purchase cows to supplement their family income.
Community Center
The program had been running in a temporary shelter made from corrugated metal sheets. Sadly, we were asked to vacate the place, and currently, the children have no sheltered space. The extreme climatic conditions in winters and rains makes it difficult to gather and study in the open. This concern led to the vision of building a community center to house the education program and workshop space for women.

We have rented 392 sq m land on a lease for 25 years to build a new community center. This will house 3 classrooms for about 25 students each. It will also include a community hall and workshop for around 80 people, a community kitchen, volunteer home, storage space and toilets. The construction program has been delayed due to COVID-19.

Mini-Forest
We planted 500 saplings of herbal and medicinal plants procured from the local government forest nursery. Locals participated in digging and the plantation was done in the presence and guidance of the local forest officers. The cost of this labour was covered under MGNREGA (Mahatma Gandhi National Rural Employment Guarantee Act 2005).

The total area is being fenced for protection from animals. Two women farmers are now overlooking and will maintain this Mini-Forest for the next two years, which is intended to increase the green cover in the mountains. This project was supported by Naveen and Mousumi Bhatt from Singapore, who are also helping raise funds for the community center.
Volunteer Program

Over the last 30 years, hundreds of volunteers from India and around the world have served at Manav Sadhna giving their time, talent and love to strengthen our communities through education, healthcare, sports, the arts, architecture, creative learning, elderly care, mentorship, workshops, trainings and more for a duration of one month to countless years. In return, volunteers have a meaningful and transformative experience connecting with the community, learning more about themselves and experiencing the profound joy of helping others. They become part of a global family connected by these shared experiences and the spirit of service.

In 2019-2020, we had 102 international and local volunteers and 5 student groups from various countries serve with us.
<table>
<thead>
<tr>
<th>Volunteer Name</th>
<th>Country</th>
<th>Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jasmin Kahl</td>
<td>Germany</td>
<td>Manav Jatan Center and Hope Project (VIA e.V.)</td>
</tr>
<tr>
<td>Emma Leckie</td>
<td>Australia</td>
<td>Bholu 17 Design and Construction (TAP)</td>
</tr>
<tr>
<td>Ellie Gutman</td>
<td>Australia</td>
<td>Bholu 17 Design and Construction (TAP)</td>
</tr>
<tr>
<td>Shyam Patel</td>
<td>USA</td>
<td>Holistic Education and Paryavaran Mitra</td>
</tr>
<tr>
<td>Kavit Shah</td>
<td>UK</td>
<td>Manav Gulzar Center</td>
</tr>
<tr>
<td>Natasha Patel</td>
<td>USA</td>
<td>Paryavaran Mitra</td>
</tr>
<tr>
<td>Astrid Montuclard</td>
<td>USA</td>
<td>Swagyan</td>
</tr>
<tr>
<td>Ritu Shah</td>
<td>Ahmedabad</td>
<td>Hope Project and Manav Jatan Center (FLAME)</td>
</tr>
<tr>
<td>Drasthi Thawani</td>
<td>Ahmedabad</td>
<td>Hope Project and Manav Jatan Center (FLAME)</td>
</tr>
<tr>
<td>Tribidesh Dey</td>
<td>Kolkata-UK</td>
<td>Paryavaran Mitra</td>
</tr>
<tr>
<td>Shivam Patel</td>
<td>USA</td>
<td>Manav Mitra Center</td>
</tr>
<tr>
<td>Mamta Soneji</td>
<td>UK</td>
<td>Manav Seva Center</td>
</tr>
<tr>
<td>Nikita Patni</td>
<td>UK</td>
<td>Manav Seva Center</td>
</tr>
<tr>
<td>Aniket Panda</td>
<td>USA</td>
<td>Manav Gulzar Center</td>
</tr>
<tr>
<td>Isaac Salas</td>
<td>USA</td>
<td>Sports and Earn N Learn</td>
</tr>
<tr>
<td>Rahi Patel</td>
<td>USA</td>
<td>Manav Gulzar Center</td>
</tr>
<tr>
<td>Kalpana Chaudhari</td>
<td>Ahmedabad</td>
<td>Anganwadi (Gujarat Vidyaapith)</td>
</tr>
<tr>
<td>Amy Jensen</td>
<td>USA</td>
<td>Holistic Education Program</td>
</tr>
<tr>
<td>Kaiss Tahery</td>
<td>Spain</td>
<td>Health - Eye Care and Eye Camps</td>
</tr>
<tr>
<td>Elena Perales Andree</td>
<td>Spain</td>
<td>Shakti Center</td>
</tr>
<tr>
<td>Nicki Lad</td>
<td>UK</td>
<td>Anganwadi</td>
</tr>
<tr>
<td>Suman Yadav</td>
<td>Ahmedabad</td>
<td>Manav Gulzar Center (IGNOU)</td>
</tr>
<tr>
<td>Shital Yadav</td>
<td>Ahmedabad</td>
<td>Manav Gulzar Center (IGNOU)</td>
</tr>
<tr>
<td>Rekha Tripathi</td>
<td>Ahmedabad</td>
<td>Manav Mitra Center (IGNOU)</td>
</tr>
<tr>
<td>Matthew Morvan</td>
<td>France</td>
<td>Health - Eye Care</td>
</tr>
<tr>
<td>Clément Bazin</td>
<td>France</td>
<td>Health - Eye Care</td>
</tr>
<tr>
<td>Gaëlle Vincens</td>
<td>France</td>
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</tr>
<tr>
<td>Anand Mistry</td>
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</tr>
<tr>
<td>Chad Singleton</td>
<td>USA</td>
<td>Manav Mitra Center (Dry Creek Foundation)</td>
</tr>
<tr>
<td>Erwin Gasper</td>
<td>Philippines</td>
<td>HeART Classes</td>
</tr>
<tr>
<td>Vijayalaxmi Narasimhan</td>
<td>Chennai, India</td>
<td>Manav Jatan Center</td>
</tr>
<tr>
<td>Hanna Eisen</td>
<td>Germany</td>
<td>Manav Gulzar Center (VIA.eV)</td>
</tr>
<tr>
<td>Tjark Gräber</td>
<td>Germany</td>
<td>Manav Jatan Center (VIA.eV)</td>
</tr>
<tr>
<td>Jayoti Bardhan</td>
<td>Kolkata</td>
<td>Paryavaran Mitra and Manav Gulzar Center</td>
</tr>
<tr>
<td>Conor Warburton</td>
<td>UK</td>
<td>Manav Seva Center</td>
</tr>
<tr>
<td>Susan Miller</td>
<td>Australia</td>
<td>Anganwadi Vaccination Program</td>
</tr>
<tr>
<td>Manuel Soriat</td>
<td>Austria</td>
<td>Manav Seva Center</td>
</tr>
<tr>
<td>Lucy Sildever</td>
<td>New Zealand</td>
<td>Anganwadi</td>
</tr>
<tr>
<td>Raj Sisodiya</td>
<td>Ahmedabad</td>
<td>One Sight Eye Camp</td>
</tr>
<tr>
<td>Ajay Prajapati</td>
<td>Ahmedabad</td>
<td>One Sight Eye Camp</td>
</tr>
<tr>
<td>Fenil Naik</td>
<td>Vapi, Gujarat</td>
<td>Manav Jatan Center</td>
</tr>
<tr>
<td>Marie-Christine Mircea</td>
<td>Belgium</td>
<td>Manav Seva Center</td>
</tr>
</tbody>
</table>
### Long-Term Volunteers 2019-2020

<table>
<thead>
<tr>
<th>Volunteer Name</th>
<th>Country</th>
<th>Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Achouak Radadi</td>
<td>France</td>
<td>Manav Gulzar Center</td>
</tr>
<tr>
<td>Win Thang</td>
<td>France</td>
<td>Manav Gulzar Center</td>
</tr>
<tr>
<td>Dominique Petterwood</td>
<td>Australia</td>
<td>Khodiyar Nagar Center Design (TAP)</td>
</tr>
<tr>
<td>Joyce Kwong</td>
<td>Australia</td>
<td>Khodiyar Nagar Center Design (TAP)</td>
</tr>
<tr>
<td>Jonna Shane</td>
<td>USA</td>
<td>Served across the ecosystem as needed</td>
</tr>
<tr>
<td>Angus Hills</td>
<td>UK</td>
<td>Paryavaran Mitra</td>
</tr>
<tr>
<td>Harry Clarke</td>
<td>UK</td>
<td>Paryavaran Mitra</td>
</tr>
<tr>
<td>Ryane Tully</td>
<td>UK</td>
<td>Paryavaran Mitra</td>
</tr>
<tr>
<td>Gerald and Deborah Huth</td>
<td>USA</td>
<td>Art Workshops</td>
</tr>
<tr>
<td>Deesha Desai</td>
<td>USA</td>
<td>Manav Seva and Shakti Center</td>
</tr>
<tr>
<td>Performers without Borders (6 vol.)</td>
<td>World-wide</td>
<td>Across all centers and projects</td>
</tr>
</tbody>
</table>

### Volunteer Reflections

"From the second I walked into Manav Sadhna, I felt love and positive vibes surrounding me. Every day I got to spend time with the most beautiful souls, whether they were the teachers, kids, other volunteers, or staff of Manav Sadhna. After one year I got so close and attached to all of them that it made saying goodbye really hard. Learning from all of you helped me to grow into a stronger and more compassionate person. I am so grateful for this year and I am full of love and joy. I will carry all these special moments and memories in my heart. I will miss this place, but I will be back."

- Jasmin Khal, Volunteer from VIA.eV, Germany

“It is hard to describe how incredible the last month has been here. I predominantly worked at the Shakti Center and Manav Seva, and the entire experience was beautiful. These girls at the Shakti Center have so much energy, positivity, and kindness to share not only with each other but also with anyone with whom they interact. The kids at Manav Seva were so innocent and genuinely happy that every time I spent even a few moments with them, I walked away with a bigger smile on my face and more happiness in my heart. The work Manav Sadhna is doing every day at every center is truly inspirational, and I am beyond thankful to have been able to immerse with the team and experience their work firsthand. Thank you to the staff, teachers and all the children. You all welcomed me with open arms and tremendous love. I hope to continue my work with Manav Sadhna in the future and can't wait to see how far organization and its children go."

- Deesha Desai, Orlando, Florida, USA
Partnership with De Montfort University

Through their Square Mile India Program, DMU sends students to volunteer and gain immersive service experience while also strengthening our projects. They have initiated the Dream Home Project in our Loving Community. Architecture students help to design and build homes, one at a time, for this low-income flood-prone community. Over 700 students from DMU have come to Manav Sadhna in the last five years.

<table>
<thead>
<tr>
<th>De Montfort University</th>
<th>No. of Volunteers 2019-20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speech and Language Therapy Students</td>
<td>6</td>
</tr>
<tr>
<td>Architect Students</td>
<td>6</td>
</tr>
<tr>
<td>Nursing Students</td>
<td>8</td>
</tr>
<tr>
<td>Dream Home Project: 2-week volunteers</td>
<td>24</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>44</strong></td>
</tr>
</tbody>
</table>

“Thank you for welcoming me into this family of yours. It has been an amazing experience and I have made memories that I will carry with me for a lifetime. You all have a very special place in my heart. The hard work from you all is so clear and inspirational to me. I came here to help you and instead you have taught me more about myself than I ever thought I could. This has been a life changing experience and two weeks has not been long enough, so I look forward to returning next year for a longer period of time.”

-Grace King, De Montfort University, Leicester, UK

Over 700 students from De Montfort University served with us in the last 5 years
Volunteer Program Partners

We have several local and global partners who send their fellows, volunteers, interns and/or student groups every year for volunteering and/or learning grassroots service:

<table>
<thead>
<tr>
<th>Partnership</th>
<th>Location/Region</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry Creek Foundation (Utah, USA)</td>
<td></td>
</tr>
<tr>
<td>VIA e. V. Association for International and Intercultural Exchange (Germany)</td>
<td></td>
</tr>
<tr>
<td>The Anganwadi Project (Australia)</td>
<td></td>
</tr>
<tr>
<td>Morehead-Cain Foundation Scholarship, University of North Carolina (NC, USA)</td>
<td></td>
</tr>
<tr>
<td>Indian Students’ Association, Saint Louis University (MO, USA)</td>
<td></td>
</tr>
<tr>
<td>Performers Without Borders (PWB), United Kingdom</td>
<td></td>
</tr>
<tr>
<td>Philips Academy (MA, USA)</td>
<td></td>
</tr>
<tr>
<td>Lycee Academy (France)</td>
<td></td>
</tr>
<tr>
<td>FLAME University (Pune, India)</td>
<td></td>
</tr>
<tr>
<td>Master of Social Work Department at Gujarat Vidyapith (Ahmedabad, Gujarat)</td>
<td></td>
</tr>
<tr>
<td>Social Work Department at MS University (Baroda, Gujarat)</td>
<td></td>
</tr>
<tr>
<td>Gandhi Labour Institute (Ahmedabad, Gujarat)</td>
<td></td>
</tr>
<tr>
<td>Ganpath University (Mehsana, Gujarat)</td>
<td></td>
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<tr>
<td>Central University (Gandhinagar, Gujarat)</td>
<td></td>
</tr>
<tr>
<td>Indira Gandhi Open University</td>
<td></td>
</tr>
<tr>
<td>India Fellows (India)</td>
<td></td>
</tr>
<tr>
<td>Teach for India (India)</td>
<td></td>
</tr>
</tbody>
</table>
Khodiyar Nagar Community Center

Khodiyar Nagar, a low-income community in Ahmedabad, is home to about 3,000 families, nearly 90% of whom are daily wage laborers.

In 2016, some karyakartas from Manav Gulzar were doing field work when they discovered the small lanes of Khodiyar Nagar. After continuous engagement with the community, 30 children from the area joined Manav Gulzar. For 5 months, they came to the center daily, despite the 1 km distance. After Diwali break, however, the numbers declined and eventually the children stopped attending. When the karyakartas visited to follow up with the children, the community leaders and parents requested that Manav Sadhna start a center in Khodiyar Nagar itself, adding that more children would benefit.

The seed for the center was planted, but due to several reasons the process was delayed. In the interim, Sureshbhai, a passionate teacher at Manav Gulzar, maintained connection with the children voluntarily through informal classes. He involved two dedicated and bright local high-school girls, who were motivated to help tutor kids. In 2019, Manav Sadhna and the community leaders of Khodiyar Nagar officially started the process of establishing the community center.

Currently, Manav Sadhna has rented a space, from which we are running informal values-based classes for about 85 students from the 1st through 8th std. We have also been running some small health-based initiatives and a de-addiction program. We have started our initial involvement in a cluster of nearly 350 families and will slowly increase outreach. In Immediate needs include basic hygiene, health, nutrition and education and the related awareness. Going forward, based on the needs and participation of the community, we will organize relevant projects.

With the help of The Anganwadi Project (TAP) Australia, two architects, Joyce Wong and Dominique Petterwood, have worked with Manav Sadhna to conceptualize and design a two-storied community center with flexible classroom spaces to accommodate the various groups using the space throughout the day. This construction has been temporarily put on hold due to Covid-19. During the lockdown, we supported the community with grocery kits through Project Karuna.
Manav Kalyan Seva Kendra

In India, the government declares hundreds of Social Welfare Schemes, yearly. But due to lack of knowledge and awareness, difficult accessibility, illiteracy, and incomplete documentation, many are unable to access these schemes when required. After understanding the problems and identifying the needs, Manav Sadhna decided to start “Manav Kalyan Seva Kendra” in our community centers. Through this service, a citizen can get basic information, access, and support in documentation and paperwork so they may avail of the full benefits of these schemes and services.

Through this initiative Manav Sadhna aims to empower community members by informing them of their rights and by providing information, guidance, and support to people, all in one place through “Manav Kalyan Seva Kendra”. Panah Foundation will be our knowledge partner in this project.

Human Transformation Project

The world is undergoing social trends driven by the decline of empathy and humanity, further compounded by the impact of economic disparity, greed and divisiveness. The result is a growth in inequality, poverty, exclusion, and a loss in compassion and understanding.

With this in mind, we are starting the Human Transformation Project in collaboration with the US-based Tarsadia Foundation. Through the project we will be facilitating a series of initiatives that utilize the platform of volunteerism to nurture connectivity, compassion and bridging the gap between different socio-economic backgrounds. We will be appealing to international and local volunteers, school students, universities, corporations and more to participate in the process. We hope to plant seeds that can foster human transformation and social change towards a more equitable, peaceful, and inclusive world.
Our Partners Around the World

- Tarsadiya Foundation
- MFE Foundation
- Dreams Foundation
- DMU Square Mile
- UNDP
- VIA e.V.
- De Montfort University Leicester
- Cavitak
- Shiva Foundation
- Dera Foundation
- GMSP Foundation
- TheBindiProject
- Every daughter deserves love and respect
- Secure P
- Team Seva
- The Youth Project
- Arushi
- Flowering
- The Anganwadi Project
- Shishukunj
- Hunton Andrews Kurth
- ServiceSpace
- Dry Creek Charity
- TechIndia
- Compassionate CHEFES CAFE
- GEP
- Insight Drives Innovation
- One Global Family Foundation
- SOS Village India
- Empty Hands Music
- Project Ahimsa
- GyanShala
- Mega Circuit Inc.
- befree
- Integrated Child Development Services

Seva Lyon  Science in Life  Trishna Shah & Family  Susan Miller
Our Ecosystem

Sabarmati Harijan Ashram Trust
Established by Mahatma Gandhi in 1915 with the purpose to serve the needy and support the freedom movement of India, this trust continues to operate educational institutions such as the Vinay Mandir school for higher education and the Primary Teachers' College with hostel facilities for girls in the Gandhi Ashram campus.

Harijan Sevak Sangh
Established by Mahatma Gandhi in 1932 to work towards the removal of caste discrimination and the upliftment of the poor, the organization has established a number of hostels across the state, including the Parikshitlal Ashram Shala in the Gandhi Ashram.

The Environmental Sanitation Institute (ESI)
ESI is an NGO that strives to provide a better quality of life to rural peoples and the urban poor of India by improving their sanitation situation. The Institute was born in 1985 out of its mother NGO, Safai Vidyalaya (“sanitation institute”), under the leadership of Padmashri Ishwarbhai Patel. ESI tackles the problem of sanitation as a way to improve the environment, health, education and economics. www.esi.org.in

Gramshree
Gramshree was founded in 1995 by former Chief Minister of Gujarat Smt. Anandiben Patel along with her daughter Anar Patel and Vandana Agrawal with the vision to empower women through income generation activities and programs in health, education, personal finance and leadership. Gramshree has supported thousands of women to be catalysts of change in their families and communities.

Craftroots
An initiative of Gramshree, Craftroots works to revive, preserve and share the craft traditions of India and develop a sustainable and scalable model for craft development. www.craftroots.org

Service Association for the Blind
Established by Rehmanbhai and Hargovindbhai, the association operates a residential school in Gandhinagar’s Sector 16 for the holistic growth of blind children from remote villages. They also provide care and support to the blind community around Ahmedabad and Gandhinagar.

Seva Café
Seva Café is an experiment in the joys of giving and selfless service. Their wholesome meals are cooked and served with love and offered as a genuine gift to guests, who pay from their heart.

Moved by Love
Moved by Love is a portal dedicated to small acts of transformative service. Through online and local projects, MBL cultivates communities that share practices, igniting and deepening the spirit of generosity. www.movedbylove.org
### ANNUAL EXPENSES

<table>
<thead>
<tr>
<th>Details</th>
<th>Amount (INR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Centers</td>
<td>30,02,595</td>
</tr>
<tr>
<td>Manav Seva Center</td>
<td>24,45,371</td>
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<tr>
<td>Manav Jatan Center</td>
<td>15,15,030</td>
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<td>Manav Mitra Center</td>
<td>11,42,160</td>
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<td>Manav Gulzar Center</td>
<td>5,94,278</td>
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<td>Loving Center</td>
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<tr>
<td>Education Program Related</td>
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<td>Education Fee Support</td>
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<tr>
<td>Arts, Sports, Scouts and Sat Special</td>
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<tr>
<td>Festival Celebrations</td>
<td>21,31,270</td>
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<tr>
<td>The Aganwadi Project</td>
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<tr>
<td>Community Health Project</td>
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<td>Women's Empowerment</td>
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<td>Anna Daan</td>
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<td>Helping Hands</td>
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<tr>
<td>Dream Home Construction</td>
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<tr>
<td>Volunteer Program</td>
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<tr>
<td>Parikshitlal Ashram Shala</td>
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<td>Disaster Rehabilitation</td>
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<tr>
<td>Jai Jagat Tour**</td>
<td>23,58,280</td>
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<tr>
<td>Blind School Construction**</td>
<td>63,44,536</td>
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<tr>
<td>Assistance to Sister NGOs</td>
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<tr>
<td>Administration</td>
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<td>Total (INR)</td>
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<tr>
<td>Total (USD)*</td>
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*Exchange rate calculated at Rs. 70/USD*

**These are one time expenses only

### SOURCES OF FUNDS

<table>
<thead>
<tr>
<th>Details</th>
<th>Amount (INR)</th>
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<tbody>
<tr>
<td>Domestic Donatons</td>
<td>58,81,963</td>
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<tr>
<td>FCRA Donations</td>
<td>3,45,42,446</td>
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<tr>
<td>Government Grants</td>
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<td>Interest</td>
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<td>Token Income</td>
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<tr>
<td>Total (USD)*</td>
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*Exchange rate calculated at Rs. 70/USD*
LOVE ALL, SERVE ALL