

2015-16

# Annual Report

A Brief Report of Activities conducted during  
the year 2015-16

**MAKING  
SUSTAINABLE  
LIVING  
COMMONPLACE**

**Arunodhaya Trust**

H.No. 1-4/7, Road No :2, Ex Servicemen Colony, Balaji Nagar, Jawahar  
Nagar(GP), Shamirpet Mandal, SECUNDERABAD- 500087. Telangana

2015-16



# **Foreword**

On behalf of the entire team at Arunodaya Trust, I wish to express my sincere gratitude to all those who have partnered and participated with us in our journey over the last two years. Arunodaya Trust was established as a public charitable trust in October 2008, to join the efforts of various NGOs, corporates and the Government, towards quality of education in rural India. Arunodaya Trust is a research and design centre for developing and innovating, sustainable and replicable community-based models aimed at improving the quality of Early Childhood and Elementary Education for under-privileged children in rural India. The Right of Children to Free and Compulsory Education Act (RTE), which entitles every child to the fundamental right of education, has been in force in India for over 3 years now. While some progress has been made on the parameters of enrollment, access, school infrastructure, teacher appointment, and pupil teacher ratio (PTR), in accordance with the provisions of the Act, the need to establish sustainable quality of education still persists. While we admire the significant efforts undertaken by various NGOs towards improving the quality of education in urban India, we believe that there exists a much greater need for quality education in rural India. With the core objective of 'Quality of learning' coupled with the concept of 'joy of learning' as the primary approach, we made a small beginning by establishing an innovative intervention called "Mission Education", in Balaji Nagar in June 2010. The aim was to assimilate children from the Anganwadis and the community into Standard 1 Government Schools. Based on the strength of the initial success of the Mission Education Program Elementary School Readiness Model in Shamirpet in the year 2011-12, in August last year, Arunodaya Trust entered the Rural Elementary Education space by opening an incubation center in 4 Zilla Parishad (ZP) schools of Rangareddy District.



The objective was to establish that:

1. The Mission Education Program, is located in the premises of ZP schools, effectively builds the foundation in children deprived of quality early child education.
2. Local Village Women Volunteers at the VG could be trained to bring the joy of learning to children entering ZP Elementary School
3. English as a subject could be effectively taught to ZP Teachers
4. sustainable transformation in 'quality of learning ' in ZP Schools could be achieved by a combination of
  - a. making School Management Committees (SMC) effective
  - b. a robust MEP model
  - c. bringing need based and technology enabled in-service training to ZP teachers

5. It is critical to partner with the Zilla Parishad and Sarva Shiksha Abhiyan (SSA) authorities to scale the development work across ZP schools. Through assessments and feedback from the ZP Schools and SSA, it has been demonstrated that Arunodaya Trust made good progress on the first 3 objectives whilst groundwork has been done on objectives 4 and 5. Our small achievements last year have been the result of:

1. Integrating and improvising on the great work done by the NGO fraternity in the space of "quality of learning" and "community engagement", and

2. The support given by the ZP school administration and teachers, offices of the ZP and the SSA.

In this context, Arunodaya Trust and the ZP office of Rangareddy District have entered into a MoU where Arunodaya Trust has been given the Shamirpet to pilot the outcome of the incubation center. Going forward, over the next 2 years, Arunodaya Trust will have a sharper focus on working with partners and SSA to develop a process for SMC effectiveness -the goal being to achieve measurable transformation in "quality of learning" in a ZP school over a 4 year horizon. We are grateful to our patrons for their valuable contribution in our effort to bring the joy of learning to children. We look forward to your continued support in our journey.

K. Venkat Rao, Managing Trustee

Presidents Message:

**Greetings from ARUNODAYA TRUST !!**

**A**RUNODAYA TRUST has been in existence for more than 8 years now. This journey from a single program in Balaji Nagar, Secunderabad to help Orphans access facilities in Arunodaya Orphan Home has been an eventful one. We have expanded our activities in Balaji Nagar, Secunderabad. In 2007, we started in Balaji Nagar again with a small initiative. Now we have several of programs in Balaji Nagar. Our vision is to realize the dreams of the poor and the underprivileged. Our focus is on those who are unable to access quality healthcare, education or basic amenities which will give them an improved quality of life. Livelihood, women empowerment and environment are some other key areas of concern.

Our programs are driven by our mission – to work/ act as an agent of change to help the poorest of the poor access and actualize their rights as enshrined in the Constitution of India. In the Eight years we have enhanced and expanded the range of programs. The time is ripe for us to review and realign our programs to the changed realities. We need to reflect and strengthen our successful programs and rework programs which are not effective or do not add value to the beneficiaries. ARUNODAYA TRUST continues to work with volunteers and social workers driven by our core value "Service to Humanity".

We help children to recognize and express their individual interests and abilities. We instill in them a sense of belonging and support them in realizing their dreams. We also ensure that children receive education and necessary skills training to be successful and contributing members of society. We nd their path and shape their own futures.□help them

As you will see our programs require empathy and proactive reaching out to the poor and needy. We are fortunate to have donors who have given us their unstinting support. It is a matter of honor for us that most of our funding comes from individual donors. Thank you very much for reposing your trust in us. We will strive to be transparent and accountable. Our Annual Report for 2015–16 for Balaji Nagar, Secunderabad is presented.

With Regards,

Ch. Srinivas,

President

## **VISION**

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Arunodaya envisions a society in which the HIV-positive and those affected by HIV have equal opportunities with others and can lead wholesome lives.

## **MISSION**

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Arunodaya strives to rebuild the lives of the HIV-positive and those affected by HIV by building their all round capacities and facilitating attitudinal change among them. It seeks to prevent the incidence of child labor, orphan hood and prostitution among them and bring hope to their despairing lives by providing them with some form of assistance of the other.

## **VALUES**

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We are equipped and guided the Arunodaya Trusty by Loyalty, Professionalism, Transparency and Commitment.

## **MOTTO**

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“Helping the Arunodaya Trusty people to help themselves”

# Objectives

The stated objectives of the organization are as below:

- ✓ Educate, train and motivate people to be of help and assistance to the poor and the Arunodaya Trusty
- ✓ Undertake social service schemes for the benefit of the poor, orphaned, destitute, street children, alcoholics, drug addicts, the differently abled, mentally challenged and those suffering from terminal diseases
- ✓ Establish, equip, maintain, conduct, run, develop, improve and extend trade cells, cottage industries, production units and the like for the benefit of the poor, marginalized, neglected and the differently abled
- ✓ Cooperate with the government and non-governmental agencies in carrying out charitable and relief work
- ✓ Organize and assist in organizing lectures, seminars, symposia, conventions, conferences, workshops, etc. on subjects of academic interest
- ✓ Establish, equip, maintain, conduct, run, develop, improve and extend hospitals, clinics, dispensaries, medical laboratories, research units and other institutions offering treatment, cure, rest, recuperation and medical relief including relief to the differently abled and the mentally challenged
- ✓ Provide food, clothing, shelter and cash grants to the poor, the orphaned and others in Arunodaya Trust and make grants for the support of inmates of orphanages, rescue homes, rehabilitation centers and similar institutions
- ✓ Work in partnership with and support other groups and organizations who subscribe to these aims and objectives.

## SITUATION ANALYSIS

India, despite its consistent economic growth, is still witnessing high levels of poverty, illiteracy, underweight newborns and malnourished children. In order for economic growth to enhance the situation of the poor, every citizen must be able to participate in the growth process and its benefits.□

### Ground Realities

- India is home to the largest number of children in the world, with 19% of the world's children living in India.
- India with 1.21 billion people is the second most populous country in the world.
- 42% of the total population of the country are children in the age group 0-18 years.
- 16 crore are young children who are less than 6 years old.
- The share of children (0-6 years) in the total population has showed a decline of 2.8 points in 2011, compared to 2001 Census.
- In the age group of 6-18 years, there are about 27 crore children. It is estimated that about 40% of children are in difficult vulnerable which include children without family support, children forced into labour, abused/trafficked children, children on the streets,□ children affected by substance abuse, by conflict /civil unrest/natural calamity etc.
- India faces a great challenge of nutrition related being□issues, with 42% of children under underweight, 20% emaciated, and 48% stunted

(NFHS-3); and 56% women (15-49 years) and 79% children under three being anemic, forewarning us of the impending risks and danger.

- Prevalence of emaciating is highest in Madhya Pradesh (35%) followed by Jharkhand (32.3%), Meghalaya (30.7%) and Bihar (27.1%). One out of every five children in India is emaciated.□
- Every sixth death in the country pertains to an infant.
- In 2010, IMR (Infant Mortality Rate) is reported to be 47 at the national level, and varied from 51 in rural areas to 31 in urban areas.
- Female infants continue to have a higher mortality rate than male infants.
- The sex ratio is 914 girls for every 1000 boys in 0-6 age group category.
- Neonatal mortality in India is 35 per 1000 live births (SRS 2008), contributing around 55% of under five year old deaths.□
- Each year in India there are 1.34 million deaths of children under five; 1.05 million infant deaths;□ and 0.748 million newborn deaths.
- The country accounts for more than a quarter (26%) of the world's neo-natal deaths.
- The states of Uttar Pradesh, Madhya Pradesh, Rajasthan and Bihar contribute to more than half of newborn and under-five deaths.□

Survival, growth, development and protection of such children therefore need priority focus and attention. Children worldwide lose their parents either in conflict, or due to poverty, disability, or HIV/AIDS. Hence, a large number of children grow up without parental care.

These children are at a high risk of abuse, exploitation and neglect. A large number of children end up in institutional care. However, inadequate individual care in institutions can socially and emotionally impair a child.

## **Arunodaya Orphan Home:**



Childhood is an integral part of our life. How we perform as adults is a reflection of the childhood we had. Every child needs tender care and nurturing during the growing years. However, for a country like India which faces the problem of ever increasing population, children are the worst affected. They are ignored, exploited, abused and abandoned in large numbers. How can these children be expected to grow up to be responsible citizens?

At Arunodaya Orphan Home, we are committed to the welfare of once parentless children, and to strengthen families and communities as a preventive measure in the fight against abandonment and social neglect. 42 kids are being provided Shelter, Food, Clothing and Education. Physiological and Career Counseling is being provided to all the under privileged children. Separate boarding facilities have been arranged for 25 Girls and 17 Boys.

The enactment of Right of Children to free and Compulsory Education Act, 2009 has been a

major milestone in ensuring universal access to elementary education. However, the high drop-out rate of children at elementary level requires intensification of efforts, including the need to strengthen the early learning foundation. Overall, literacy level has risen, but the gender gap in literacy continues; albeit it has reduced by at least five points in the last decade.

## **Orphans still need your help!**



Meet Sonu . From this picture you would never know that Sonu was found abandoned at a hospital with HIV, TB, stage 3 malnutrition, and a failing kidney. His smile melts hearts and his eyes are always full of hope, care and love. Finding Sonu a home was a battle. The stigma behind adoption in India is already so thick. The stigma behind the adoption of special needs children is immeasurably thick.

Fortunately Sonu was transferred to a foster care style children's home that has lots of experience taking care of children with similar needs. He will live in a small family unit with 'siblings' and be given the best shot at complete health restoration, education and a future that could be offered at this point. Sonu's story is a miracle. While we rejoice that Sonu is now in an environment where he is taken care of, loved and given opportunities for a future, we also grieve. There are millions of orphans like Sonu in India, and most will grow up in institutions. Never to be taken into families,



these children's futures are bleak. Even with the support of a children's home for 16- 20 years, with basic education and little life experience, most of these children will succumb to crime, sex trafficking, suicide and homelessness once they leave an institution. The future for special

**Comments From Parents and Guardians:**

"The staff are always helpful & very supportive of foster family and children. Thank you for all you do."

"I can see progress in my boys. I really like the case managers and therapists."

"I want to thank the staff that have been working to help my kids. They have come a long way."

"Staff members are very attentive and professional." The 2015 -16 Client Satisfaction Survey showed a 98% positive satisfaction level with the services received at Arunodaya Orphanage. The 2015-16 Client Satisfaction Survey also showed a 99% positive satisfaction level with the programs meeting clients needs. Satisfied With Services Received The Program Meets My Child's Needs Number of Children Served at Arunodaya Orphanage.

"Everyone at Arunodaya Orphanage was so caring and helpful. We would not be where we are today without them."

"Staff saved us so many times when we couldn't connect with our child. They all made such a difference in our lives. Without their help, I don't know how we

needs children is even more hopeless. Sadly, the same is true in all of the countries we work in. There is so much more to be done so that every orphan will know the love of a family.

**Provided life-saving medicine for John, an HIV+ child**



Shortly after John was born, his mother became very sick. The dreams of her recovery were shattered when she was diagnosed as HIV positive. HIV/AIDS in most remote parts of Telangana is almost a sure death sentence. After the loss of his mother, it was discovered that John was also HIV positive. Soon John's father passed away as well, and John was taken to live with his grandmother who could only afford one meal per day for John, a shack for shelter, and tattered clothing. At just two years old, John was incredibly frail and his health was deteriorating rapidly. He was brought into an orphanage which provided him with critically needed medical care. After some time in the children's home, John was adopted, but the costs of his anti-retroviral medication were extremely difficult for the family to bear. Your gifts provided the resources for his adoptive

family to sustainably support John. He is now a child just like any other. Attending school, playing football and diligently taking his medicine, John has a bright future ahead of him. Thank you for helping John and his family!

**“I’m happy now, because I know I will not starve anymore. I go to school, I have toys but what is the most important I have a family – my mom and dad.”**

**–Avin , 6 Years**



## **STeP Twin e Learning Programme:**

The youth comprises over one-third of the Indian population which in turn constitutes a major part of the labour force of the country. But according to the reports of the Financial Express “Only 15%of the young graduates passing out of colleges are employable; the rest are branded ‘unemployable’.”

It is not their lack of theoretical knowledge that causes this. Instead, it is the lack of right skills and attitude. There is thus, an increasing concern among the leading employers of the country, about the dearth of ready-to-deliver employees. In addition, the macro perspective affirms that, it is crucial for such young energy to be channelized correctly in economic growth and nation building to elude their addition to family woes, social stress and national misery.

Smile Twin E- learning Programme (STeP) is such an initiative of Smile Foundation that aims at creating a pool of young and independent people, from the marginalized section, through skill enhancement in tandem with market requirements. It is an effort towards bridging

the gap between demand and supply of skilled manpower in the fast emerging services and retail sectors of modern India. Arunodaya Trust provided Skilled based training to 120 youth from deprived communities and facilitated them in placement services in MNC’s Spenser’s, Likitha enterprises, Coffee day, More, Mega Mart, Adecco etc. The trained Trainees are being paid a handsome remuneration of 9,000/- to 14,000/- p.m.

This national level programme trains the urban underprivileged adolescent youth in English Proficiency, Basic Computer Education and Soft Skills for enhancing their prospects of employment in the fast expanding retail, hospitality and BPO sectors.



**Manisha, a confident, independent nineteen year old is working as a receptionist with a private firm.**



Manisha, a confident, independent nineteen year old is working as a receptionist with a private firm. She believes that the professional training she took at Arunodaya

Trust, as a part of Smile Foundation's Smile Twin e-learning Programme (STeP), has changed the course of her life.

Manisha had always dreamt big, but there were many obstacles in her path. She lives with her parents in the resettlement colony of Gabbilalpet, in Secunderabad. Her father is an electrician earning a meager income. Being the sole provider of the family, Manisha's father was unable to cope with the financial needs of the family and her education had to take a backseat. She had to discontinue her studies after completing school.

But Manisha's mother was keen to send her to college. Even Manisha herself, understanding the importance of education, had always been serious towards her studies and was very eager to study further.

Her life would have taken a different turn had Manisha not been enrolled for the STeP training programme at the Arunodaya centre. The project team met her parents and encouraged them to enroll her for the programme. Taking her background into consideration, she was asked to pay only a minimal course fee. Being an ambitious and dedicated girl, Manisha completed her six months' training programme without any glitches.

Today, she has a strong foundation to build her career upon, and instead of looking back, is looking ahead towards a bright future. She now supplements her family income and supports her parents, hoping to relieve them of their struggle and provide them a comfortable life.

**In underprivileged households, with the daily grind for survival,**

**education does not get much importance.**

In underprivileged households, with the daily grind for survival, education does not get much importance.



Children are not equipped with the knowledge and skills to turn into well-employed youth,

when they grow up. Kalyan, a B. Com student, belongs to one such family.

Kalyan stays with his parents and two sisters in Balaji Nagar, Secunderabad. His father, the sole earning member of the family, works as a guard with a small hotel. His income is barely sufficient to fulfill the basic needs of the family. Because of his low educational qualification and poor command over computers and English, Kalyan was unable to get a good job to help out his father.



During a mobilization drive being carried out by Arunodaya Trust, Kalyan learnt about the Smile Twin e-learning Programme (STeP) of Smile



Foundation. A professional training programme, aimed at enhancing employability and focused on communication and computer skills, seemed tailor-made for Kalyan. He immediately enrolled at the STeP centre. His zeal to learn became Kalyan's strength and he engrossed himself in the course with unmitigated dedication. After completion of the six month programme, he was offered the position of a delivery boy with the Apollo Pharmacy, at a monthly salary of Rs. 8500.

Kalyan says, "I am very happy with the STeP program which has made me more confident and provided me with the skills required for a job. Previously I was lacking in confidence and now I can effortlessly converse with others. Now I can proudly support my family and can contribute in their income."

A confident young man today, Kalyan is standing on the threshold of a career. He says he's satisfied with his job, but is looking for better opportunities.

## **Mission Education Programme:**

Mission Education is a national level programme of Smile Foundation, which is committed to providing basic education and healthcare to underprivileged children. Smile Foundation believes that whether you are addressing healthcare, poverty, population control, unemployment or human rights, there's no better place to start than in the corridors of education.

Education is both the means as well as the end to a better life; means, because it empowers an individual to earn his/her livelihood and the end because it increases one's awareness on a range

of issues – from healthcare to appropriate social behavior to understanding one's rights, and in the process evolve as a better citizen.



Arunodaya Trust Collaborated with Smile Foundation's educational initiatives include Pre-school [3-6 yrs], Non Formal Education [6-14 yrs non-school going], Remedial Education [6-14 yrs school going] and Bridge Course [14-18 yrs drop-outs]. It works for education for needy children who are under difficult circumstances, such as child labour, children of poorest of the parents, children inflicted and affected with HIV/AIDS, street and runaway children, children with rare disabilities, disaster struck children and slum children. Special emphasis is given on girl education and women education, so that they and their families get empowered.

Arunodaya Trust has Identified 264 out of school children involved in rag picking and allied works and created awareness among the families on importance of education and

**"If I would not have joined school, then I would never come to know about the things that I know now. I would have spent my life doing nothing but house work."- G. Lakshmi**

mainstreamed them in formal schooling. The children were provided quality, Joyful learning environment & Nutrition.

*Lakshmi's realization is enough to motivate a lot of young children like her. Born to poor, illiterate parents who worked as daily wage laborers Lakshmi's parents worked hard to make both ends meet.*

*And she took care of all the household chores. When a Mission Education centre Arunodaya Trust was initiated in her area in the Rangareddy district of Telangana. Lakshmi along with some friends enrolled there but dropped out just after 3 months.*



*A second time counseling of her parents lead to the re-enrolment of Lakshmi in the centre.*



**For every child, the first school is the home; the parents. The foundation for the future starts taking shapes this early. - Preethi**

*She is in class 6 now. Her Brother Srinu also joined there. The youngest Rakiba is learning the alphabets from her siblings.*

*Along with the children the parents are also learning the importance of hygiene, schooling, behavior and punctuality.*

*For every child, the first school is the home; the parents. The foundation for the future starts taking shapes this early. So what happens to a child who sees the parents argue every single waking moment and sometimes even brawl; and for reasons that lie beyond the realms of her comprehension?*



*In this case, that little girl grows up aspiring to be a police officer. Preethi, clearly remembers the way her mother and father continuously kept on disagreeing, arguing and even getting into physical fights with ultimately the father injuring the mother seriously. Preethi, witnessed this from the time she was born, but started reacting to it only from the age of three. As soon as they would start fighting, little Preethi would hide herself under the bed, in an attempt to be able to shut herself out from the noise and the tension. Because of all the stress at home, the parents never thought of sending Preethi to school. This way of life for Preethi and her family, continued for a while.*

*It was when Preethi turned six, that one evening, her mother was just gone. Nobody knew where and why; she was just gone,*

*leaving everyone behind; and especially little Preethi. The little girl kept asking for her mother for several days and refused to anything at all. Preethi's father, himself perplexed by the circumstances, had almost given up on her when her aunt intervened and got her enrolled in a nearby Mission Education centres in Balaji Nagar. And that happened to be the turning point for the little one. She devoted all her time and efforts in doing well in her studies, oblivious to the external world.*

*Motherless, from a poor family and a girl; the situation could not get worse for Preethi. But thanks to her aunt and her father, she did not land up being married early; instead she has developed into a capable young girl. She is now pursuing the study of Commerce as her stream and wants to be a police officer. The reason - she wants to find her mother. "I love my father a lot, but I miss my mother", says Preethi with moist eyes.*

## **Because I am a Girl Program:**

Our extensive research shows that girls continue to be the single most excluded group in the world. They face discrimination and abuse simply for being young and female.

Girls and young women are often denied their right to:



- Education,
- Engage actively and equally in society,
- Take important decisions about their futures and bodies,
- Justice and equal opportunities,
- Protection from gender based violence.

### **GIRLS' RIGHTS AND GENDER EQUALITY**

We believe that gender equality is central to achieving long-term change. We have a vision of a world that values girls, promotes their rights and ends injustice.



Arunodaya Trust's Because I am a Girl is a global movement inspired by Plan International to transform power relations so girls everywhere can learn, lead, decide and thrive.

Gender equality is central to achieving long-term change.

### **LEARN**

All girls have the right to quality, safe education and access to lifelong learning. An educated girl is more likely to marry later and have fewer,

healthier children. She has a better chance of staying healthy herself.

### **LEAD**

All girls and young women have the right to take part fully in the political life of their community and country. We'll support and empower young female leaders to drive social, economic and political change.

### **DECIDE**

All girls have a right to decide if and when to marry or start a family. Ensuring girls are able to make decisions about their futures is fundamental to achieving gender equality.

### **THRIVE**

Girls have a right to reach their full potential, to realise their personal ambitions. To do this, they must be able to live free from violence and discrimination and have equal economic



**Prasanthi, age 14**

Prasanthi was an enthusiastic student, who worked hard and always excelled in her studies. But getting to school wasn't always easy. She often felt unsafe and scared. When she was just twelve years old, her grandfather saw a boy harassing her – so he took her home and beat her. "He stopped my education, banning me from going to school."

opportunities.

### **GIRLS AND THE GLOBAL GOALS**

In 2015 world leaders agreed an ambitious set of goals for sustainable development. However, they will only be achieved if we can unlock the power of girls. Otherwise, girls will continue to be left behind.

Without a bold new movement that confronts the root causes of discrimination, girls will still be denied their rights and remain unable to reach their full potential.

Because I am a Girl is dedicated to ensuring gender equality and upholding the rights of all girls and young women by 2030. We strive to achieve this by collaborating with children, communities, civil society, governments and other partners to implement long-term programmes that target the root causes of inequality.

Arunodaya Trust has organised Village level sensitization programs through Cultural teams and rallies in Shamirpet, Keesara, Medchal, Malkajgiri and Vikarabab Mandals of Rangareddy District. The communities were sensitized on Importance of Girl Child & their Rights.

## **Ashirwaad Feeding Programme:**

At this moment, more than 900 million people worldwide are going hungry. In fact, almost 16,000 children die from hunger-related causes every day—that's one child



every five seconds.\*



These statistics are tragic. But with your help, we can make a real difference. “Hand of Hope” currently provides more than 75 meals on a regular basis...helping to fight hunger one child at a time.



Last year, five-year-old Bhavya lost her parents due to HIV. Suddenly orphaned, she was sent to live with her grandma in a small village in Medak. But times were tough there as well.



With Bhavay’s arrival, her grandma now had seven children to feed, which meant some would have to simply do without. But with the support of Joyce Meyer Ministries’ friends and partners, Hand of Hope provides a feeding program in Balaji Nagar, Secundrabad village. Here, Bhavya and many others like her come to eat, play, receive an education, and learn all about Jesus Christ.

When little Bhavya first came, she was still traumatized—she kept to herself and wouldn’t interact with the others. Today, she is a healthy, energetic, six-year-old girl who loves to learn...and who loves to run and play with the other children.

For just pennies a day, we can transform a life. And when you support Hand of Hope, you can reach more and more precious children just like Bhavya.

## Care and Support Program:

Providing targeted, effective HIV treatment, care, and support is a global priority, but questions about the best way to do this remain unanswered. Many patients do not receive the recommended standard of care because health systems are not equipped to provide it, or because stigma and discrimination or the cost of care prevents individuals from seeking it. Council research is identifying populations most in need of services, determining which services are most useful, and developing cost-effective



means to ensure that these services reach those who need them.

Our research on the social, economic, and institutional factors that increase people's vulnerability to HIV has helped improve the conduct of research among hard-to-reach populations, strengthened community health systems, and improved services for vulnerable populations in Telangana. The Council is using operations research to evaluate the efficiency and effectiveness of HIV care and support programs. To identify the most cost-effective ways to provide high-quality care on a large scale. Past Council research has assessed the feasibility of free, home-based HIV self-testing for health workers in Telangana, for whom HIV is an occupational risk but who often do not seek HIV services because of fear of stigma and lack of confidentiality.



Arunodaya Trust has Identified 82 HIV infected Families in Balaji Nagar and has been supporting with Nutritional kits containing Rice, Dal, Oil, Ragi, Jhowar etc. Regular Follow up visit were made to the ART Centre. The CD4 Count has increased in to a tune of 300 – 550 with the nutritional support.

## Environment Awareness Programme

### National Environment Awareness Campaign (NEAC 2014-15)



The National theme for the National Environment Awareness campaign 2014-15 is “Combating Desertification, Land Degradation and Drought”. The identified sub-themes for conducting the campaign are: 1. Adopting sustainable land management practices: 2. Sustainable land management (SLM) is a comprehensive approach, with the potential of making very significant and lasting differences in the near future, and over the long-term. In order to increase production from the land efficient use of water can be achieved by reducing high water loss through run off, harvesting water, improving infiltration and maintaining water storage. Soil fertility loss can be addressed through crop rotation, intercropping, application of animal and green manure and compost through integrated crop-livestock system, appropriate supplementation of inorganic fertilizer. Strategic choice of plant varieties which are resistant to drought, pests, salinity and other constraints is further

opportunity



Restoration of degraded land: Land restoration and re-vegetation is carried out through execution of corrective measures on land where the degradation has occurred. Recognizing cause and effect and targeting the cause is first step towards restoration of degraded land. Planting native plants, green belt formation, traditional methods of stopping soil erosion etc may be promoted to work for restoration of degraded lands.

Capacity-building

(a) Strengthen local institutions by providing adequate staff equipment and finance for assessing desertification;

(b) Promote the involvement of the local



population, particularly women and youth, in the collection and utilization of environmental information through education and awareness-building.

B. Combating land degradation through, inter/alia, intensified soil conservation, afforestation and reforestation activities

A work shop was organized on 22nd August 2015 at Arunodaya Trust , Representative from all section of the community were involved in the workshop. Sri K. Venkat Rao, Managing Trustee, started with the inaugural address and the panel of experts explained the motto of the Workshop.

Raising the concept of Responsibility At an early stage we became aware of communities being all to ready to blame the



villagers upstream, or residents of Balaji Nagar for the waste problem in their own village. Raising the concept of responsibility with the villagers was a very important area of the work, and the campaign in general. Attempting to make the point that as users, and consumers, we are all responsible for the waste that is damaging the environment, whether it be household, animal or human would slowly be acknowledged and accepted by the

communities. Individuals were informed, or made aware of, their responsibility within the wider community. This was related to responsibility at household, hamlet, village. At household level the individual or family can begin to dispose of their waste correctly. They must begin to think about how waste can cause themselves and their neighbor's harm through polluting water supplies. As we look at this point at a collective level communities must be prepared to be involved in, or organize clean up.

There are many environmental issues in India like Air pollution, water pollution, garbage, and pollution of the natural environment are all challenges for India. The situation was worse since 1947. at the same time according to data collection and environment assessment studies of World Bank experts, between 1995 through 2010, India has made one of the fastest progresses in the world, in addressing its environmental issues and improving its environmental quality. Still, India has a long way to go to reach environmental quality similar to those enjoyed in developed economies. Pollution remains a major challenge for India. These environmental issues are one of the primary causes of disease, health issues and long term livelihood impact for India. Strategies of school level Environmental camps The aims Environmental Awareness Camps at schools should be to develop proper understanding of the main facts, concepts, principles and processes in physical and biological environment” Environmental education at

different levels was treated in a different way. Awareness and Understanding on Environmental issues is an essential part of every pupil's learning. It helps to encourage awareness of the environment, leading to informed concern for active participation in resolving environmental problems. If subjects and thoughts in Environmental issues introduced without any delay at schools, as a subject so that right from their childhood, the right attitudes towards environment will be nurtured in the young minds. It is important that we capture this enthusiasm and that no opportunity is lost to develop knowledge, understanding and concern for the environment through school campaigns. Several workshops were conducted to orient school teachers and educational functionaries on various aspects of environmental education.

## HIV/ AIDS Awareness Program:

### Key Points



➤ Approximately one in four people living with HIV in the United States are women.

➤ The most common way that women get HIV is through sex with an HIV-infected male

partner (called sexual transmission).



- Several factors increase the risk of HIV infection in women. For example, during unprotected vaginal sex, HIV passes more easily from a man to a woman than from a woman to a man. (Unprotected sex is sex without a condom). A woman's risk of HIV can also increase because of her partner's high-risk behaviors, such as injection drug use or having unprotected sex with other men.
- Treatment with HIV medicines (called antiretroviral therapy or ART) is recommended for everyone infected with HIV. In general, recommendations on the use of HIV medicines are the same for men and women.
- Women with HIV take HIV medicines during pregnancy and childbirth to prevent mother-to-child transmission of HIV and to protect their own health.

### Does HIV affect women?

Yes. According to the Centers for Disease Control and Prevention (CDC) approximately one in four people living with HIV in the India are women.

### Here are more facts about HIV among women from CDC:

The most common way that women get HIV is through sex with an HIV-infected male partner (called sexual transmission).

Most women who have HIV know that they are infected. But only 45% of women living with HIV are getting the care they need.

Treatment with HIV medicines (called antiretroviral therapy or ART) helps people with HIV live longer, healthier lives. ART is recommended for everyone infected with HIV. In general, recommendations on the use of HIV medicines are the same for men and women.



### What factors put women at risk for HIV?

HIV is spread through the blood, semen, vaginal fluids, rectal fluids, or breast milk of a person infected with HIV. The spread of HIV from person to person is called HIV transmission.

The main risk factors for HIV transmission are the same for women as for men:

- Having unprotected sex (sex without a condom) with a person infected with HIV
- Sharing drug injection equipment (such as needles and syringes) with a person who has HIV

Several factors increase the risk of HIV infection in women. For example, during unprotected vaginal sex, HIV passes more easily from a man to a woman than from a woman to a man. Some age-related factors, such as an immature genital tract in adolescent girls or atrophy (shrinking) of

the vagina in older women, may make it easier for HIV to infect a woman than a man. A woman's risk of HIV can also increase because of her partner's high-risk behaviors, such as injection drug use or having unprotected sex with other men.

### **Is HIV treatment the same for men and women?**

In general, recommendations on the use of HIV medicines are the same for men and women. However, there are some issues unique to women that can affect their HIV treatment. These issues include the increased risk of side effects with some HIV medicines, birth control, and pregnancy.

### **Side effects**

Some side effects from HIV medicines may be more frequent or more severe in women than in men. For example, the risk of liver-related side effects due to nevirapine (brand name: Viramune) is greater for women than for men.



### **Birth control**

Some HIV medicines may reduce the effectiveness of hormonal contraceptives, for example birth control pills, patches,

rings, or implants. Women taking these HIV medicines may have to use an additional or different form of birth control.

### **Pregnancy**

Women with HIV take HIV medicines during pregnancy and childbirth to reduce the risk of mother-to-child transmission of HIV and to protect their health.

The following factors affect the use of HIV medicines during pregnancy:

- Changes during pregnancy that can affect how the body processes HIV medicines. Because of these changes, the dose of an HIV medicine may change during pregnancy.
- The increased risk of certain side effects from some HIV medicines, such as nevirapine.
- The potential risk of birth defects with the use of some HIV medicines. No HIV medicines have been clearly linked to birth defects, but some medicines have raised concerns. Pregnant women and their health care providers carefully consider the benefits and the risks of specific HIV medicines when choosing an HIV regimen to use during pregnancy.

This fact sheet is based on information from the following sources: From CDC:

- HIV Among Women

- HIV Surveillance in Women (slide set)

From the Department of Health and Human Services:

Guidelines for the Use of Antiretroviral Agents in HIV-1-Infected Adults and Adolescents

Recommendations for Use of Antiretroviral Drugs in Pregnant HIV-1-Infected Women for Maternal Health and Interventions to Reduce Perinatal HIV Transmission in the Telangana through Awareness Programs. During the Current year Arunodaya Trust has organized 14 Awareness Programs in 5 Mandals of Rangareddy District.

## Medical Camps



Large segments of India's urban slum and rural tribal populations do not have access to safe and reliable healthcare. Arunodaya Trust brings medical assistance to these under-resourced populations through ongoing mobile medical camps. Mobile vans are optimal delivery tools

as they can reach all corners of a slum community and can travel the vast distances to support tribal villages. By bringing healthcare to their doorstep, Arunodaya Trust ensures that the greatest number of patients are served without hindering daily livelihood. The medical teams onboard these vans treat primary health conditions and dispense free medicines to care for both acute and chronic disease. When additional assistance is needed, patients are given referrals to the appropriate government, private or public facilities that provide free or subsidized services, and provisions are made for proper follow up and case management. Patients, based on their lifestyle, history and current complaints, are screened for parasitic infections, chronic diseases and asymptomatic conditions like hypertension/diabetes/cancers. Regular de-worming medicines are provided to patients with parasitic infections to prevent anemia, and nutritional supplements are given to those that demonstrate severe malnourishment. The Organization organized a number of free Health Check-up Camps during the year from its sources. Community people are checked during this programme normally and they are given medicines, pathological examination and nutrition from different resources. Women and Children are given prior interest in these Camp organized. The Mediciti Hospital provides support to conduct these camps successfully. These programmers' are normally organized in the remote and rural areas in which normal medical facility are not available, through these camps at least 15000 people became benefited.

# Right to Education Programme:

The Right of Children to Free and Compulsory Education Act or Right to Education Act (RTE) was passed by the parliament on 4 August 2009. The act describes the modalities of the provision of free and compulsory education for children in the age groups of 6 to 14 in India under Article 21A of the Constitution of India. The act came into force on 1 April 2010. Thus, India becomes one of 135 countries which make education a fundamental right of every child. Education is a fundamental right of every child in India now. Thanks to the Right of Children to Free and Compulsory Education Act or Right to Education Act (RTE). A child in India is entitled to get free and compulsory education.

The act has been realized at a time when India is home to the largest illiterate population above the age of seven. Further, estimates say that up to 60 million children (6-14 years) are not in school. Of those in school, only 47 out of 100 children enrolled in Class I reach Class VIII.

When Sarva Shiksha Abhiyan (Education for All Movement) was launched in 2001, within two years there was a drop in the number of out-of-school children by 15 million.

But millions of children have no option but staying away from getting education, and thus missing a once-in-a-generation chance to come out of poverty and suffering.

Poverty compels many parents to put all focus on meeting basic survival priorities; obviously education does not stand a chance.



Education has to be a fundamental right, with the act ensuring modalities which would facilitate sending all children to school.

The act came but was unable to put all children in school. Or, it took birth with shortcomings.

It speaks about free and compulsory education from the age of six. But what about children who are below six? The demon named child labour induction starts quite early, putting the gullible children on a one-way path to suffering. Children should begin the process of learning quite early if they ever have to embrace the path of education.

With child labour in prevalence, there will always be children outside school. A zero-tolerance approach to the practice of child labour can only enable the children to get a chance at education.

It is never easy for a first generation learner, anyways, to enter and stay in the fold of education. There must be preparatory education for those children who are first generation learners. Without such preparation and special attention, they might drop out even after getting mainstreamed into schools.

Like learning, effective teaching is necessary for children from disadvantaged backgrounds to benefit from staying in school. It can be achieved by proper training of the teachers with



the right methodologies. Prior to that, the shortfall of teachers in both primary and upper primary levels across India must be met.

Besides the required number of teachers and proper training, upgrading infrastructure in schools is another factor in making the RTE a success.

The RTE act can bring home the change of the century provided an identified agency or authority is put in place, as is the case with the Right to Information (RTI) Act.

Despite the critical angles to the affectivity of the RTE act, we have all reason to be hopeful.

Because, perfecting RTE act can wait; education cannot.

A few ways we can find. A few examples are already there to emulate.

There have been hundreds of top-of-the-line public schools across India which were already keeping their arms, and doors, open for underprivileged children, much before RTE act came into being.

Education for Needy children in India. The experience of Arunodaya Trust has been very encouraging dealing with the best of schools, government, private or otherwise. Children from Mission Education projects across Secunderabad have been mainstreamed to the best available schools in the vicinity – on merit, with request and by invitation. Lives have been changed through the power of education.

Parents of the first generation learners, children themselves, privileged children already in school, their parents, teachers and school authorities, and the civil society are the

catalysts in ensuring education for the underserved children.

Sensitizing the teachers, privileged children and their parents have brought dividends in the efforts of Arunodaya Trust.

“There are still issues of larger proportion for ensuring proper implementation of the RTE Act, including provision of huge resources. Resolving them is necessary, but one cannot wait till all issues are taken care of. Smart NGOs are trying to achieve the outcome in their own way and have been able to leverage the Act, though with a lot of difficulties,” says K. Venkat Rao, Founder & Managing Trustee, Arunodaya Trust.

## Vocational Trainings:

### The Problem

India's youth faces serious problems of unemployment and underemployment. The causes are legion and include dropping out of high school because of poor education, needing to support one's family at an early age, a lack of information on the job market, and, most importantly, not possessing the basic skills required by employers today. Many youth engage in daily wage work unaware of the opportunities available to them.



**What is the Arunodaya Trust Institute's role?**



The Arunodaya Trust Institute for literacy, education and vocational training was set up in 2008 to help provide individuals with practical skills. The aim was to create sustainable youth skilling programs for employment in industry and to foster entrepreneurship. The objectives are as follows:

- To provide vocational skills training and subsequent job opportunities to underprivileged youth from economically disadvantaged backgrounds.
- To help youth build confidence and develop the foundational skills needed to succeed in the professional world.
- To meet the labour demands of high-growth sectors in India.
- To create entrepreneurs through mentoring and financial support.

#### Major Programmes

The Arunodaya Trust Vocational Training Institute aims to address India's growing demand for skilled manpower in the following three ways:

##### Arunodaya Centre for Education (AACE)

Four industry-specific programs are offered through the AACE centres. The course provides youth with the necessary first-hand experience of growing industries — Hospitality, Computer, Bedside Assistance, and Automotive.

Curricula for these courses have been developed in partnership with leading corporations. The theoretical and practical elements of each course help students gain a holistic learning experience.

Students are recruited from various rural areas, urban slums, and minority communities to be trained for a period of 3 months. The eligibility criteria for joining any of these courses is the

applicant's interest and inclination as opposed to high school achievements. Along with certification, the course also provides students with placement and job opportunities.

#### Entrepreneurship programmes

The Arunodaya Vocational Training Institute provides an entrepreneurship programme that caters to youth, especially women, who want to set up their own businesses. Talented and interested individuals are selected and given material support and mentorship. Currently the Beauty Entrepreneurship Program and Tailoring Entrepreneurship Program are operational.



#### General skilling centres

These centres focus on providing employment readiness skills. The foundation course focuses on soft skills to ensure personal and professional growth, along with options in specific courses like Retail, Desktop Publishing, Tally, Hardware and Networking, Mobile Repair, White Goods Repair, and Driving.

#### Vocational training in Urban Slums:

A Training Centre on Cutting knitting & Embroidery is instituted by this organization in Balaji Nagar during the year 240 women & girls from poor community are enrolled here and

they are given necessary training by the organization sources.

## Women Empowerment Programme:

Arunodaya Trust has empowered women and girls across the State. Through our Women's Empowerment Program, we have transformed the lives of Hundreds of women and girls through evidence-based programs that focus on three key areas: expanding women's economic opportunities, increasing women's rights and security, and advancing women's political participation. The Women's Empowerment Program also pursues an integrated approach that promotes gender equality across all Foundation programs. We have transformed Hundreds of lives through evidence-based programs that focus on expanding women's economic opportunities, increasing women's rights and security, and advancing women's political participation. Arunodaya Trust practices an integrated approach that promotes gender equality across all programs.

### AN INTEGRATED APPROACH

Arunodaya Trust is committed to gender equality and the promotion of women's active participation in social, economic, and political life. In addition to supporting stand-alone efforts that address women's and girls' needs and experiences, our gender-integrated approach promotes gender equality through all of our work on governance, economic development, regional cooperation, and the

environment across the Telangana & Andhra Pradesh. This allows us to:

- Improve understanding of the specific challenges facing women and girls and find solutions to overcome them;
- Address the distinct needs of women, men, girls, and boys through carefully targeted programs;
- Build consensus and cooperation among government officials, the private sector, civil society, religious leaders, and local communities to address key issues affecting women and girls;
- Generate pioneering pilot projects that utilize innovative approaches to accelerate women's and girls' progress that can be scaled up for sustainable impact.



### Outcomes

- Increased participation of women in elections, public leadership, and decision-making
- Expanded opportunities for women's entrepreneurship, education, and employment
- Improved rights and security for women

The objective is to enable poor women to have a wider range of choices and opportunities in the economic, social and political spheres so they can improve their own well-being and that

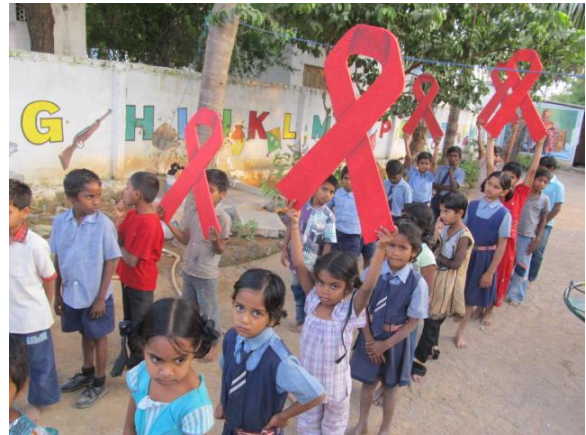
of their households. The programme supports and strengthens women's self-help groups and their apex organizations, and provides them with access to financial services, fostering linkages with banks and supporting microfinance institutions.

The programme works to improve livelihood opportunities by developing participants' skills, fostering market linkages and providing market and policy support. It provides access to functional literacy and labour-saving infrastructure, and it strengthens women's participation in local governance. It also supports government policies that empower women and develop the capacity of executing agencies.

## World AIDS Day:

“World leaders have unanimously committed to ending the AIDS epidemic by 2030 as part of the Sustainable Development Goals adopted in September. This commitment reflects the power of solidarity to forge, from a destructive disease, one of the most inclusive movements in modern history.”-

— Secretary-General Ban Ki-moon



The theme of World AIDS Day through 2015 is “Getting to Zero.” Zero new HIV Infections. Zero Discrimination. Zero AIDS Related Deaths.

Day Without Art began on December 1, 1989, as the national day of action and mourning in response to the AIDS crisis. In 1997, parentheses were added to the program title, which became Day With (out) Art to highlight the proactive programming of art projects by artists with HIV/AIDS taking place around the world. The Arunodaya Trust is pleased to continue this national tradition through a program of community-based collaborative art projects, a live musical performance, inspiring speakers, and a student exhibition.

Arunodaya Trust is working with local schools, artists, and Arunodaya Kid’s Club members to create original artwork to be displayed during an open house and art reception at the Organisation. In response to the “Getting to Zero” World AIDS Day theme, participants Have been asked to create panels consisting of five words with the letter “O” replaced by the number zero: LOVE, HOPE, COMPASSION, PREVENTION, and COMMUNITY.

This event has been a celebration of hope for a day when we “get to zero,” as well as a

remembrance of family members, friends, and loved ones lost to AIDS.

In addition, Arunodaya Had debut 5 digital murals created by local artists as part of the Program. Digital murals addressing that fact that there is no cure for HIV/AIDS will be projected and played on monitors throughout the agency. Visitors voted on their favorite and the winning artist received a prize.

Rally was organized through the streets of Balaji Nagar followed by public meeting Held at Jawahar Nagar Zilla Parishad School. Sri Chandra Sekhar Yadav, MPP Shamirpet participated as the chief gusted and urged the participants to be cautious regarding HIV infection.

## Youth Empowerment Programme



Figure 1

By 2020, India's population is expected to become the world's youngest; more than 500 million Indian citizens will be under 25 years of age and more than two thirds of the population will be eligible to work. This



means that a growing number of India's youth need the right educational infrastructure to develop skills and adequate opportunities to get employed or become entrepreneurs.

However, the wide gap between those who have access to education and skill development opportunities and those who do not, is a challenge that has to be overcome.

“Rural Youth Empowerment” is an initiative imparting skill based development programs across Telangana & Andhra Pradesh. Since we believe that people in rural India are highly motivated and can be successful when given a right opportunity, we take initiative to train and educate the rural youth as well as school drop outs which helps them to get secured jobs or set up micro-enterprises for self employment with adequate income generation. 480 Youth were trained in Various skill building trainings organized in Rangareddy District.

“Rural Youth Empowerment” proposes to provide assessment, training & placement services to around 10,000 people in next 3 years across 5 districts of Telangana & Andhra Pradesh where a minimum of 8,000 people are expected to get employment. Our range of services includes Sourcing, Assessment, Skill Training, Recruitment, Marketing, Centre of Excellence and Student Database Portal.

- To impart skill development/ up-gradation training programme in the

areas of self-enterprise development and market oriented job opportunities

- To facilitate the job placement of the trainees through Placement Linked Employability Training in the concerned sector.
- To facilitate the enterprise development through training, business plan development and linkages support for the trainees interested in self-enterprise

## Alcohol and Drug Abuse

Use and abuse of drugs and alcohol by teens is very common and can have serious consequences. In the 15-24 year age range, 50% of deaths (from accidents, homicides, suicides) involve alcohol or drug abuse. Drugs and alcohol also contribute to physical and sexual aggression such as assault or rape. Possible stages of teenage experience with alcohol and drugs include abstinence (non-use), experimentation, regular use (both recreational and compensatory for other problems), abuse, and dependency. Repeated and regular recreational use can lead to other problems like anxiety and depression. Some teenagers regularly use drugs or alcohol to compensate for anxiety, depression, or a lack of positive social skills. Teen use of tobacco and alcohol should not be minimized because they can be "gateway drugs" for other drugs (marijuana, cocaine, hallucinogens, inhalants, and heroin). The combination of teenagers' curiosity, risk taking behavior, and social pressure make it very difficult to say no. This leads most

teenagers to the questions: "Will it hurt to try one?"

A teenager with a family history of alcohol or drug abuse and a lack of pro-social skills can move rapidly from experimentation to patterns of serious abuse or dependency. Some other teenagers with no family history of abuse who experiment may also progress to abuse or dependency. Therefore, there is a good chance that "one" will hurt you. Teenagers with a family history of alcohol or drug abuse are particularly advised to abstain and not experiment. No one can predict for sure who will abuse or become dependent on drugs except to say the non-user never will.

Warning signs of teenage drug or alcohol abuse may include:

- A drop in school performance,
- A change in groups of friends,
- Delinquent behavior, and
- Deterioration in family relationships.

There may also be physical signs such as red eyes, a persistent cough, and change in eating and sleeping habits. Alcohol or drug dependency may include blackouts, withdrawal symptoms, and further problems in functioning at home, school, or work. Arunodaya Trust has been creating awareness among the communities on the Short Term & Long Term effects:

The organization had monitored and referred cases to many Drug de-addiction and Rehabilitation Centre during the year. Youth

who are addicted in drugs are surveyed and they are given counseling and necessary medicines from organization sources. Moreover, youth are taught about various income generation programmes, so that they can absorb themselves for their livelihood. At least 45 such youths became benefited during the year.

## SHORT-TERM EFFECTS OF ALCOHOL

Depending on how much is taken and the physical condition of the individual, alcohol can cause:

- Slurred speech
- Drowsiness
- Vomiting
- Diarrhea
- Upset stomach
- Headaches
- Breathing difficulties
- Distorted vision and hearing
- Impaired judgment
- Decreased perception and coordination
- Unconsciousness
- Anemia (loss of red blood cells)
- Coma
- Blackouts (memory lapses, where the drinker cannot remember events that occurred while under the influence)

## LONG-TERM EFFECTS OF ALCOHOL

Binge drinking and continued alcohol use in large amounts are associated with many health problems, including:

- Unintentional injuries such as car crash, falls, burns, drowning
- Intentional injuries such as firearm injuries, sexual assault, domestic violence
- Increased on-the-job injuries and loss of productivity
- Increased family problems, broken relationships
- Alcohol poisoning
- High blood pressure, stroke, and other heart-related diseases
- Liver disease
- Nerve damage
- Sexual problems
- Permanent damage to the brain
- Vitamin B<sub>1</sub> deficiency, which can lead to a disorder characterized by amnesia, apathy and disorientation
- Ulcers
- Gastritis (inflammation of stomach walls)
- Malnutrition
- Cancer of the mouth and throat

*“My addiction built steadily and, before I realized it, I had become a morning as well as an afternoon drinker.*

*“I decided to stop drinking. I lay awake most of that night, and by noon the next day every bone in my body ached. In a blind panic, I nervously poured a glass full of gin, my hands shaking so violently that I spilled half the bottle. As I gulped it down, I could feel the agony gradually lessening. Then I finally knew the terrible truth: I was hooked. I couldn't quit.”— Sagar.*

## ANIMAL WELFARE PROGRAMME:

Animal Welfare Programme is instated by the organization at Medchal during the year from its sources. By this programme the organization normally checked some animals like cow, goat, pig, dog etc and these are given free medicines when necessary. The district veterinary authority and Blue Cross provided medical support to conduct this programme successfully. Sometimes the organization organized animal health check camp in some rural and remote areas of Telangana to provide medical support to the domestic animals, by which at least 3,100 domestic animal became benefited.

## Anti-Ragging Awareness Programme

Anti-Ragging Awareness Programme was hosted on Tuesday the 30th of July 2015 at the Auditorium of St Mary's Engineering College in collaboration with the Police Department. The objective of the programme was to curb ragging in higher educational institutions which is one

of the directives of UGC, Human Resource Development, New Delhi and the Higher Education Department, Government of Tamil Nadu. The programme was attended by about 250 students of 1 year B.Tech., Heads of Departments, Faculty Members and staff also attended the programme. Mr. K. Sriharsha, Secretary delivered Welcome Address. Dr. J.V. Reddy, delivered Presidential Address. The highlights of the Presidential Address are given below: Our Institutions constituted Anti-Ragging Committee comprising a few

- Heads of the Departments to curb ragging on the campus - in the premises of the departments and the hostels. This arrangement was in practice during the tenure of the previous Vice-Chancellors. It was in September 2011 under

- the direction of the present Principal, a Nodal Officer was nominated for ragging prevention committee of this university. Since then various steps and measures have been taken by this cell to prevent ragging on the university campus and in the colleges affiliated to this university. In compliance with UGC regulations to curb ragging in higher education

- institutions, the University has directed all the Principals of the Colleges affiliated to constitute anti-ragging committees accommodating the Principal, Heads of the Departments, faculty members and student representatives from each department and also the Warden and the Deputy Warden(if the institution has hostels). Anti-ragging Helpline information is provided on the Website

- with the details - Name, Mobile number, Email ID of the Nodal Officer, Ragging Prevention Committee and a Documentary on Anti-ragging is also exhibited on the University

Website to create awareness among the students. Documentary on Anti-ragging in the UGC Website is downloaded and

- placed in the Website and websites of affiliated colleges. Periodical reports have been received from the Colleges and sent to the

- Joint Secretary, Government of India, Ministry of Human Resource Development, New Delhi, and the Deputy Secretary to Tamil Nadu Government Higher Education ,Secretariat, Chennai from our University. The information related to the Police Department Helpline is also

- provided to the students. Through public announcements, notices and board-displays, the

- students are advised not to indulge in ragging-related activities and the members of the committee attended the Meeting organized by The Commissioner of Police, Rangareddy, in connection with the ragging related issues in schools and colleges It is the first of its kind that an anti-ragging awareness programme in

- co-ordination with the Police Department of Rangareddy is being held for the students and staff of St Mary's College. A similar programme will be held after a month for the students and

- Principals of all the colleges affiliated to St Mary's Institutions. Following the University directives, various anti-ragging measures have

- been taken by all the Departments of St Mary's Institutions and Affiliated Colleges to create a ragging-free educational environment and the institutions have succeeded in their attempts. Sri B Naveen Kumar, IPS, Superintendent of Police, delivered a Special Address.



The highlights of the Presidential Address are given below: Ragging has claimed 19 precious

- lives in the past 2 years in India. Ragging is a criminal offence and the laws related to ragging are very stringent.
- The Superintendent of Police insisted that senior students must desist from ragging. Many helplines were suggested to students for their immediate rescue.
- The Superintendent of Police distributed pamphlets to students which contained a lot of contact numbers and e-mail ids. The Superintendent of Police and the Vice-Chancellor answered the queries of the students and clarified their doubts relating to the issue of ragging. Nodal Officer, Ragging Prevention Cell, St Mary's College, proposed a vote of thanks. Finally students of St Mary's College performed a skit to highlight the evils of ragging and it sent a very strong message to the students not to indulge in ragging. The programme ended with National Anthem.

## **Awareness on Water Conservation**

In an effort to spread awareness about conserving groundwater level and proper utilization of rainwater for storage, the Arunodaya Trust has chalked out a fresh strategy inducting educational institutes and a mass awareness campaign to spread the message of water conservation from second week of July 2015.

Claiming that residents of the city have become quite aware about the depleting status of groundwater level and further making efforts to

conserve the rainwater in terms of digging small ponds in rural areas or installing roof-top rainwater harvesting system at both small and big buildings, the officials of department has been making efforts to bring people on common platform and educate them about the measures that are useful in conserving ground water level.

During summers, it is well known that the status of groundwater recedes and it could be maintained by recharging. And, if people become active and alert over the issue and further make optimum use of resources like ponds in rural pockets by the active participation of villagers, the situation can be dealt with promptly.

In urban pockets, Roof-Top Rain Water Harvesting system has become quite popular among citizens and even private institutions are adopting it as it is the technique through which rainwater is captured from roof catchments and stored in reservoirs.

Harvested rain water can be stored in sub-surface groundwater reservoir by adopting artificial recharge techniques to meet the household needs through storage in tanks.

The need for Rooftop Rain Water Harvesting has been felt to meet the ever-increasing demand for water and to reduce the runoff, which chokes storm drains. It also helps in reducing groundwater pollution as well as efficient in improving the quality of groundwater.

Senior Expert, R.T Rao, said: "Rainwater improves the quality of groundwater through dilution when recharged to groundwater." He added that active participation of masses and

efforts by both government and individuals can bring the desired results.

K. Venkat Rao, Managing Trustee added that "a series of programmes have been drafted to spread awareness in this regard and we would be taking up educational institutions to spread the message of save water."

Entrepreneur, Santosh Reddy, who is an expert in installing rainwater harvesting systems in city, told Print Media that it's a simple technique, which can be adopted by individuals and are also easy to construct, operate and maintain.

He added that the system included installation of an overflow pipe which empties into a non-flooding area. Excess water may also be used for recharging the aquifer through dug well or abandoned hand pumps or tubewell etc.

The urban people can also make soak-pits or rainwater collection tanks on the terrace of their houses. The water can be sent to borewell through a pipeline to recharge the groundwater. Tree plantation also helps in recharging groundwater.

## Disability Welfare Programme:

***Our goal:***

***To empower and rehabilitate disabled persons in Telangana & Andhra Pradesh***  
**Community and individual awareness programs:**

Arunodaya Trust organized awareness and sensitisation program for the general

population and for disabled people through focus group meetings. Approximately 4138 persons participated in these programs to learn more about the causes, prevention and rehabilitation intervention strategies. In addition, the Arunodaya Cultural Team organized 22 street theater performances. In addition to these community programs, individual counselling is offered to physically challenged people, including the importance of self-help groups.

### **Community-based Rehabilitation:**

Community Based Rehabilitation focuses on involving the family and the community at large in the treatment and rehabilitation process. This approach strengthens the community to support the family to meet the needs of the disabled and empowers the disabled person to live as a participative member of the family and the community. Over the years, physiotherapy was offered to 61 orthopedically handicapped people in the communities.

### **Involvement of women in the project (planning, decision-making and project activities)**

Because Arunodaya Trust had already extensive experience with forming women self-help groups that run micro-savings and -credit activities, and these women have insights in the issues that affect particularly disabled women, they were actively involved in our programs. To integrate both programs, disabled women were encouraged to participate in general training programs that were held in the area; additional programs were designed specifically for disabled women and girls. The leadership trainings that were provided to disabled women made them more active leaders and decision-makers in all their self-help group activities.

### **Disability Self-Help Groups (SHG)**

The project promoted the formation of 26 SHG among people with disabilities in Rangareedy District. Reasons that the members cited for joining the groups included the need to overcome loneliness, to feel wanted, to share problems and find solutions, to build their capacity and capabilities, to get information on job opportunities and referrals, and to get financial help to develop their own livelihood. The SHG Self-help groups and network thus provided respondents with a safe environment devoid of judgment and discrimination. These groups gather twice monthly to identify and prioritize the needs and to advocate the rights of the disabled persons to lead a respectable social life. The books of accounts and the minutes of the meetings are maintained by the officers, who received training from Arunodaya Trust and are continuing to improve their skills to administer the groups

#### Micro-finance program for disabled people

The 26 groups opened a bank account and contributed savings regularly. The total SHG amount has accrued to Rs. 110,470. Among the 26, three groups have each received a revolving loan fund of Rs. 10,000, and two groups have each received Rs. 15,000 each. The members are using the revolving loan fund to meet their social and economic needs. So far, 49 members have initiated self-employment activities.

## **Family Counseling Program:**

Creating and maintaining a happy, healthy marriage can be a difficult job. With the demands of work and family, finances and children, people can lose track of the attraction that first drew them together. They can still love

each other, but not know how to live together happily. Arunodaya Family Counseling centre resolved 36 such cases and laid good foundation for newly married couples.

There is no such thing as one “bad” person in a marriage. Without exception, both partners contribute to the problems in the relationship. Our counselors know this and don’t seek to establish blame, but try instead to help couples learn how to handle the conflicts threatening their relationships.

Unresolved conflict eats at the fabric of committed relationships, sometimes allowing outside influences to intrude into the weakened union. Couples fight over money, children, sex, in-laws and religion, to name the top five. They may have long-term conflicts over specific behaviors or a situation may suddenly erupt and disrupt the relationship.

Communication can be blocked. Sometimes people have a hard time identifying their feelings, much less telling them to their partners. Anger, disappointment, and loneliness are difficult feelings to handle. Our counselors are trained to help work through couple conflicts. If couples are committed to the relationship, resolution can be achieved regardless of the conflict.

## **Legal Awareness Programme:**

Legal awareness and legal literacy lie at the base of any effort toward legal empowerment. Critical knowledge of legal provisions and processes, coupled with the skills to use this

knowledge to realize rights and entitlements will empower people to demand justice, accountability and effective remedies at all levels. Arunodaya Trust produces a wide range of legal literacy materials, conducts legal awareness workshops for activists and the community, and also trains state functionaries on legal provisions and procedure.

Arunodaya Trust organizes legal awareness programmes for NGOs, communities, students, Government functionaries etc. all over the country. We have well developed training modules on a wide range of laws and issues and a considerable volume of films and literature to make the process of understanding the law easy and enjoyable.

245 Women were enlightened from the legal literacy camps & awareness programme.

They understood various legal provisions while approaching the Police Stations and Courts including Lok Adalat and Family Counselling Centres.

They are now aware of various Acts like Dowry Act, Domestic Violence Act, Labour Act, Minimum Wage Act, Child Marriage Act and Laws like Hindu Law, Muslim Law, Christian Law, etc., They are also aware of women issues including health issues.

Awareness among the women has developed the confidence to fight against atrocities.

## **Road Safety Awareness Programme:**

The need for prioritization of road safety education with a focus on issues like drunk driving, driving fast, negligent and rash

driving are among the 22 main recommendations highlighted in a report submitted recently to the ministry of road transport and highways. A working group on road safety education has made the suggestions that assume significance in the wake of increasing fatal accidents on the city roads and highways.

"In India, people consider it their right to use roads as per individual convenience. Citizens often don't respect laws and, thus, create hazards for themselves and other road users. For instance, two-wheeler riders vehemently refuse to wear helmets. Intense awareness activities coupled with enforcement are required to sensitise people and bring about an attitudinal change," the committee observed.

Speaking At the Awareness Programme, Arunodaya Trust, Managing Trustee, one of the members of the working group, said the report has in all made 22 main recommendations, many of which are significant for Hyderabad. "One of the main targets for the government is to reduce by half the number of accidents and fatalities in the country by 2020," he said.

The committee stresses the need to inculcate self-discipline among road users by way of constant reminders such as road safety slogans, mobile tones, SMSs and so on. "Information dissemination about road safety programmes needs to be increased significantly, since most road users and managers are quite ignorant about them,".

The Sri Rajasekhar, said there is lack of ownership among various organisations regarding road safety education and these issues are last in the priority list of road construction and traffic management departments. "Awareness on the subject should be a continuous process and not a once-a-year event." The committee has urged that the traffic rule enforcement and road engineering teams need to follow the best practices from across the world. It has cited the example of how cases of drunk driving are handled in other countries, instead of letting the offenders go free due to complications of third party insurance. He further cited a best practice in the US where mothers against drunk driving often send their representatives to schools to speak to students who have attained the age where they start driving.

The report recommends that a national road safety policy and supporting laws are needed to reduce by half the number of road accidents and fatalities by 2020. "A comprehensive plan of action to bring down road accidents by involving other main aspects such as emergency care, enforcement of traffic rules and regulations and engineering (roads and vehicles) is needed." The committee said there is lack of coordination among various departments whose works relate to road safety issues and identified various problems associated with awareness. While the government should monitor enforcement and engineering aspects, vehicle manufacturers should place stress on safer vehicle design. Education and coordination among

government departments, manufacturers, police, medical personnel and road users is a must.

Pointing out that there is absence of road safety councils at state or regional levels, the committee has said that support for educational activities on road safety is minimal both from the side of the government and private agencies. Absence of financial support further discourages innovations in road safety education. The committee has said that the data collection and reporting system, which at present is dodgy, needs to be strengthened for implementing good analytical solutions. About road safety awareness, accidents and fatalities, the committee has observed, "We cannot afford to continue on a business-as-usual approach, but require concerted efforts at all levels." The committee has observed that there is absence of routine training programmes for traffic police and drivers, who spend maximum time on the roads. "They are the best people to suggest or advise the government regarding road engineering or traffic enforcement as they are regular witnesses to incidents on roads," He added.

## **Summer Camps for Kids:**

A non profit voluntary organization established almost a decade ago in year 2008 have been a setting example in creating awareness on individual ,social, moral, psychological and physiological developments thus contributing in healthy and well being of citizens.

Due to the modernization and inclination towards western culture India is losing its ancient heritage, Vedic culture and traditional educational system.

Even after six decades of glorious independence India is still under the influence of slavery and bondage. Illiteracy and unemployment are the major factors affecting the global Indian economy. The influence of hectic day to day life is effecting the mental, physical and physiological development of an individual thus isolating him from happiness health and mental peace.

Taking the above factors into consideration and with an intention to help the needy and uplift the downtrodden Arunodaya Trust has been conducting state wide awareness camps on Yoga, Ayurveda, Vedic science, Indian heritage and culture, Ancient methods of agriculture, Moral development in rural areas, nature cure, Pollution control etc. along with summer camps for school going children.

As a part of above Arunodaya Trust – Hyderabad annually conducts summer camps for school going children aged between 7-16 years. During the months of April/ may and creating records specifically organizing summer camps in grand scale More then 200 children participated in the summer camp and enhanced their skills and knowledge levels.

# Yoga Training Programme:

“Mindfulness for You and the Children in Your Life”

Navigate into mindfulness using tools that can change your life—simple ways to change your attitude and outlook, and effective ways to work with core stressors and patterns.

This course teaches you how your mind and emotions work together, and how to navigate in inner spaces. You will learn how to translate what you are learning for yourself into appropriate practices for children of all ages and abilities.

## **Mindfulness Tools**

Breathing practices for self-regulation: focus, attention as well as calming and releasing anxiety.

Learn how to bring stillness to the body and mind

Yoga breaks throughout the course

Understanding the last four limbs of Yoga—Pratyahar, Dharana, Dhyan, and Samadhi—as meditative guideposts for bringing balance to the mind, emotions, and spirit.

Time for contemplation and journaling throughout the course.



Creation of safe space to share insights, dreams, challenges, and solutions

**Materials Provided:**

- Folder Booklet
- Guidance Cards for personal use or with children

As many as 80 children participated in the training program resulting in peace of Mind and enhanced concentration levels.

**VECTOR BORN DISEASE AWARENESS PROGRAMME:**

The Awareness Programme was conducted from its sources. Communities are made aware of prevention and control of various vectors born and water born diseases through IEC and folk media. Medical help to conduct these camps are availed from Mediciti Hospital, Shamirpet.

**HELP TO MERIT POOR STUDENT:**

Number of poor students is given help during the year from organization. This help are given in cash and kind. Some of them are given educational material and others are given cash money to fulfill their needs around 50 such students became benefited during the year.

**GAMES & SPORTS:**

A number of sports activities are also organized by the organization during the year. Students are normally give the scopes to join in this event and they are given chance to develop

their respective sports for their better development. At least 155 student sport enthusiasts are given scope by this programme and some of them are given financial supports to join desired events.

**Woman and child welfare Program:**

Women and children are from poor and backward communities are given help by providing various needful commodities to be used in their livelihood. Distribution of raw material to make Robes and various household commodities to SHG through this programme around 40 SHG became benefited during this year.

**CULTURAL PROGRAMME:**

The Organization conducted a Cultural Training Programme at Shamirpet town during the year from its sources. Various types of Folk culture are practice here and competitions among trainees are organized from organization sources. During the year at least 60 local culturist got scope to practice their culture from this programme.

**ART PROGRAMME:**

To provide adequate knowledge to the children in the field of Art and is successfully running its Art school, which is located in Balaji Nagar. There are more than 110 students in the Art school. Arunodaya Trust provided free art

education to the poor children in the financial year.

## **Green Environment awareness:**

World environment day celebrated the organization organized a number of Awareness Programme during the year from its sources. Awareness are given to the community on various issues like Malaria, Sanitation, Health & hygiene, Environment, Drug, Abuse, Weather change, Natural calamities, Pure Drinking Water , Preservation of Rare Creatures. Competition like Debate, quiz, art and Essay are organized among students from time to time on this occasion.

OBSERVATIONS: The organization observed various festivals during the year and organized various National/International and special Days & Divash as the nation observed from time to time. During this observation various competitions are organized among students and best competitors are awarded from organization sources.

## **Tree Plantation Program:**

Plantation is a normal activity of the organization during this year it has covered many community place like Zilla Parishad High School, Balaji Nagar in its jurisdiction and at least 3000 seeding are planted. This programme is conducted with the co-operation and help of the local youth and communities of the respective areas undertaken.

# **FUND RAISING**

India is a developing economy, and in the face of progress it is only natural that we, the citizens of the country take full responsibility of our children who are without parental care, instead of relying on foreign funds. By 2020, Arunodaya Trust would like to become self-sufficient in fund-raising so as to be able to support maximum number of □ children who are in need of love, care and protection. After all, India can boast of quality citizens in future, only if every child in the country can get access to proper health, nutrition and education. With the help of generous friends like you, we can make this dream a reality.

In 2015-16, we aligned our fundraising efforts to the ambitious sustainable path projections. This included enhancing efforts for growing the gross income, reducing the cost of fund raising and recruiting professional fund raisers.

Fund Development & Communication (FDC) grew the gross income by 24% in 2015-16.

The Individual Partnerships (IP) grew at 50%.

Supporters have grown from 300 to about 500 and child sponsors have gone up from 75 to 160 exhibiting the supreme trust of donors on Arunodaya Trust. □

Online donations have increased by 25% over the previous year. There has been increased engagement on Facebook, LinkedIn, Twitter and YouTube.

Back end processes were further streamlined by upgrading the current Donor Management System. A donor portal has been launched to improve donor servicing aspects.



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