

# SAMHITA

A SAMARTHANAM PUBLICATION



**04**

**Indian Blind Cricket Team  
wins Bilateral  
Series 2018**



**05**

**Skilling Centres  
Two new LRCs  
launched at Pune  
and Kochi**



**05**

**Samarthanam  
Sunadha  
performs  
across the  
USA!**



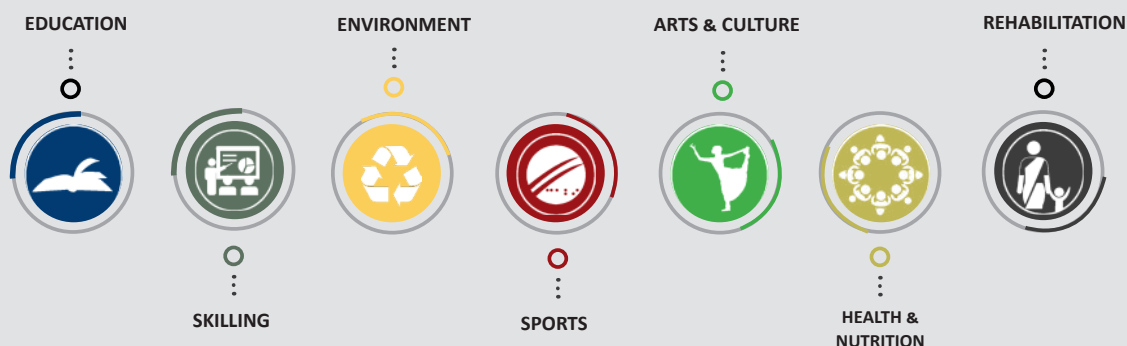
# Samarthanam at a glance

Samarthanam Trust for the Disabled, founded in 1997, is an NGO working towards facilitating opportunities to enable persons with disabilities and the underserved to keep pace with the rest of the society by providing quality education, accommodation, nutritious food, vocational training and placement based rehabilitation. It was established by Founder Managing Trustee Mahantesh G Kivadasannavar along with his schoolmate and childhood friend, Late. Nagesh SP.

The organization is affiliated to the World Blind Union and Rehabilitation International. Acknowledging the efforts, National Award for Child Welfare (2010) by Ministry of Women & Child Development, Government of India and National Award for Child Welfare (2014) in the institution category were awarded.

Samarthanam also received the National Award for Empowerment of Persons with Disabilities 2017.

## Samarthanam envisions to touch 100,000 lives by the year 2020



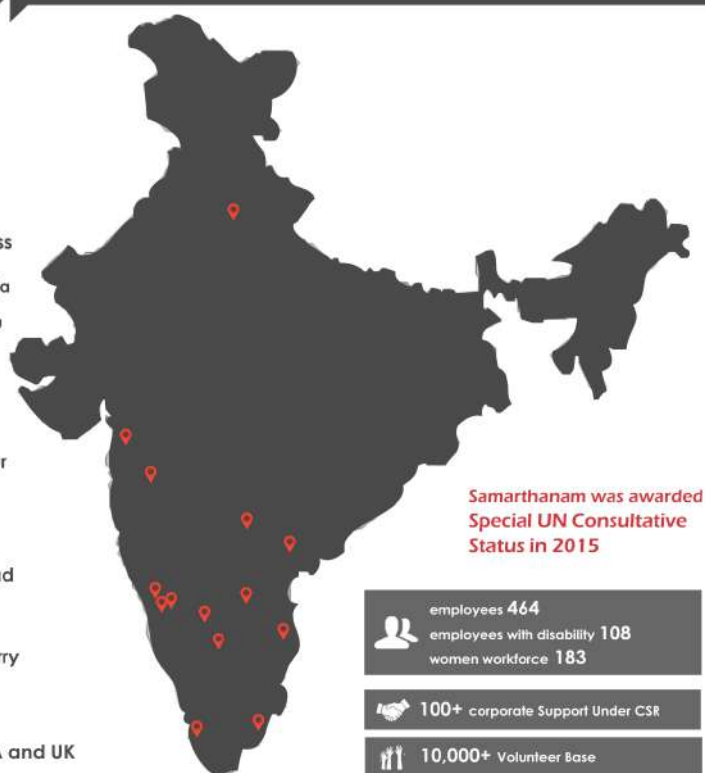
### Vision

An inclusive society free from discrimination where persons with disabilities become contributing members, living with dignity and respect.

### Mission

To empower visually impaired, disabled and underprivileged people through developmental initiatives focusing on educational, social, economic, cultural and technological aspects.

## Samarthanam's Reach



## Statistics on Our Reach

- EDUCATION**  
11737 children educated since inception
- LIVELIHOOD RESOURCE CENTRE**  
12209 trained | 71% placed
- SUNADHA**  
100 artists | 3000 performances | 3 continents
- SPORTS**  
touched >25000 visually impaired cricketers
- PARISARA**  
2.6 lakh tonnes dry waste processed
- WOW**  
300000 households covered
- REHABILITATION**  
2951 women empowered since inception

## From the FOUNDER's desk

Mahantesh G Kivadasannavar  
Founder Managing Trustee



The second quarter of the financial year 2017-18 at Samarthanam has been exciting with blind cricket tournament been played in Colombo and Sunadha travelling the States receiving incredible response from the applauding crowd. On the other hand Samarthanam is expanding its reach with new skilling centres launched in Kochi and Pune. The centres are built to be accessible to people with disabilities and strive towards encouraging youth from rural regions to come forward and compete in the corporate sector like any other individual.

Cricket season has begun and after a beautiful victory being recorded in the 5th ODI World Cup for the Blind 2018, this quarter, Indian Blind Cricket team has lifted the winning trophy in the India versus Sri Lanka Bilateral Series held in Columbo. It was a thrilling experience to play in Columbo and the hospitality extended by Sri Lanka was noteworthy. Many new visually impaired cricketers were presented with a chance to play in this international tournament and the team proved its mettle. Cricket Association for the Blind in India (CABI) is excited about the imminent blind cricket series including Triangular Series, Bharat Cricket League (BCL), 6th ODI and the 3rd T20 World Cup in the coming years. Across all the tournaments CABI has decided to encourage the budding cricketers and give them a chance to play.

Sunadha artists have been travelling across various States in the USA delivering performances and garnering tremendous applause on every stage. I am extremely proud of their artistic talent and finesse. It takes a lot of courage and motivation to excel in Indian arts and I am glad that the team is portraying the significance of Indian culture on an international stage. I thank all the supporters in the USA who have been encouraging Sunadha and contributing for their growth.

Samarthanam has been appreciated by people, corporate, Government and other organizations which drive us towards empowering people with disabilities. I convey my sincere gratitude for all the support received and the alliances made in the direction of doing good to the society. Ultimately it is the abiding belief of all the supporters in Samarthanam that helps us go on with our endeavors and eventually empower people with disabilities. I would like to thank all our supporters, well-wishers, followers and Samarthanam team for their unfaltering support and dearly appreciate the progress made by the organization in this quarter.

Thank you.

Mahantesh GK  
Founder Managing Trustee

## SAMARTHANAM

# News Corner

### First ever Bilateral Cricket Series for the Blind 2018

Cricket Association for the Blind in India (CABI) organized the first-ever Bilateral Series between India and Sri Lanka from 18 to 26 July 2018. The series was supported by IndusInd Bank and was played in Columbo, Sri Lanka. The objective of the First-ever Bilateral series India vs Sri Lanka, was to promote and develop Blind Cricket in Sri Lanka apart from motivating the Sri Lankan Cricket Board and Government to extend their support to Blind Cricket.

IndusInd, one of our most cherished supporters, encouraged the team by supporting their necessities and making the experience remarkable for the entire CABI unit who travelled to Sri Lanka. The tournament was played in 3 ODI and 5 T20 matches of which Sri Lanka won the ODI series and Indian team won the T20 series. Many new players were given an opportunity to play in the Bilateral series as CABI believes in encouraging potential talent in visually impaired cricketers.



### Samarthanam celebrates Teachers Day and late SP Nagesh's birthday

Teachers are our first role models and we respect, value and admire the role of a teacher in a student's life. Acknowledging their importance Teachers Day was celebrated at Samarthanam to honor all the teachers of Samarthanam schools who pour complete efforts in building a bright future for the children. The stage was lit with beautiful dance performances by the students and splendid programmes. Best teachers were honored amid a big round of applause.

Along with Teacher's Day, the Birth Anniversary of Trustee, late S. P. Nagesh was also held at Samarthanam H S R premises. The entire team of Samarthanam fondly remembered late SP Nagesh and his valuable contributions to the organization. Jithendra Shetty, Deputy Director, Department of Youth Empowerment and Sports, Govt. of Karnataka, Narasimha Raghotham, Sr. Manager – Admin, Facility, CSR Lowe's India and Deepashree CSR Lead, Lowe's India, Kumuda, Area Director, Special Olympics Bharat were the chief guests. Mahantesh GK, Founder Managing Trustee, Samarthanam Trust presided over the function and Vasanthi Savanur, Trustee explained about the significance of the event.



## Samarthanam expands LRCs' to Pune and Kochi

Samarthanam has expanded its reach to include more people with disabilities across Pune and Kochi. Two new skilling centres have been launched to provide training in IT, BPO, English language, Communication skills and other basic skill development programmes.

Samarthanam Pune Centre is majorly supported by RBL Bank and Kochi Centre receives support from the Government. The training centres encourage visually challenged students and those from poor economic background and some physically challenged to groom their skills and enhance communication capability. A platform is provided to improve overall personality along with technical and sector based skill training, BPO and Call Centre operations, tele-calling, accent training, customer service, soft skills, and client relations. The centres are made completely accessible with free residential facilities. Also placements assistance is provided to the trainees along with guidance towards attending interviews and resume building.



## Sunadha's artistic prowess travels the **United States of America**

Sunadha dance and the music teams who excel in the classical and folk dance forms were selected to travel to the USA to deliver performances in major cities like Seattle, Boston, Tampa, Miami, Washington and so on. The team has started their travel and have given performances at Sahyadri Kannada Koota, Seattle where thousands of people get together to celebrate the culture. AKKA (American Kannada Koota Association) had organized 10th World Kannada Conference at Texas and the team was fortunate to be selected to perform at the prominent event where well known Kannada celebrities and political leaders were present along with thousands of Indians residing in the country.

The team has given performances in various temples, events and cultural associations garnering appreciation and support from across the United States.

## SAMARTHANAM Schools



Inclusive education is the motto of Samarthanam Schools and make sure that no child is left behind. The schools offer free education, nourish the inherent talent of the young ones, encourage sports and arts, provide nutritious food, with equal focus on other developmental activities. The teachers and staff make sure on maintaining the perfect balance between learning and co curricular activities for a well-built personality.

### NEWS FROM SAMARTHANAM WORLD

#### Independence Day celebrations

72nd Independence Day was celebrated at Samarthanam HSR premises where Mahantesh GK, Founder Managing Trustee hoisted the flag along with the delegates from Atkins, AIG India, UNISYS and Lowe's India. Volunteers, students from PADA, Primary and High School students performed cultural activities. Alongside ID School students had a wonderful opportunity to participate in the Independence day celebration at Manekshaw parade ground and witnessed the entire programme. Hon Chief Minister of Karnataka H.D. Kumaraswamy met the special students and presented flower bouquets.



#### Fitness programmes for a healthy routine

To ensure holistic development of the students' special care is taken towards their health and fitness. Many health camps, yoga programmes and general health screening sessions are organized by organizations namely Art of Living, SPYSS, Namma Wellness, Rotary Bangalore, Agara P.H.C., and Oxford Dental College. As part of which the students are also vaccinated, given advice on dental and other health issues, taught on hygiene and meditation.

#### Visits and Interactions

Students from various schools including Narayana E-Techno School, Gyan Sristi school of Excellence visited Primary and ID School to interact with the students and distribute eatables.

#### Training and Workshop for teachers

The staff at Samarthanam schools is specially trained and holds a good level of expertise in teaching. Workshops and seminars are organized to Primary, High school and ID School teachers who upgrade their knowledge according to the latest teaching methodologies. "Train the Teacher Program" organized by Target Corporation and a sensitization workshop on "Manual on Safety and Security of children in schools" at Christ University are a few of them.

## Sports

Apart from education sports are highly encouraged at Samarthanam schools ensuring a fit and healthy mind. Primary school students took part in the cluster level sports meet organized by the Education Department and a student from ID School participated in the Khelo India Nationals at Gujarat and received medals. 11 children participated in a 2 km Marathon organized by Bengali Association as well.

Many Primary and High school students also bagged prizes at Nakshatra, an annual inter- children's home sports and cultural talent fest organized by Bhumi (NGO) and Cluster level Prathibha Karanji, a cultural competition for students. At Taluk level, Athletics Sports meet organized by the Department of Education witnessed the participation of Primary and High School students who bagged many prizes.



Cluster level Sports Meet



Khelo India Nationals winner

## Special Olympics Bharat

Special Olympics Bharat in association with Lions Club organized Healthy Athletes Program for the special children to screen their eye and dental health status. A workshop for the parents of the special needs children provided details on the nutrition and wellness by experts. Also Oswal Institute of Ophthalmology conducted a dental and eye check up for ID school students.

## Volunteering Activities at Samarthanam Schools

Volunteering is an essential element in Samarthanam schools and we are greatly pleased at the volunteer's interest, enthusiasm and energy involved in teaching and engaging the children through various activities organized often.

- Volunteers from H.G. S. conducted educational activities like quiz, drawing for the students of different grades at Samarthanam School on various days. Also experts from Western Digital organized various activities for the children.
- Senior leadership from Bank of Baroda, J.P.Nagar Branch distributed stationery items to the primary school children and interacted with the children.
- Volunteers from HPE took 100 primary school students to a metro ride and planetarium followed by Cubbon Park.
- VMware conducted a service learning activity for their employees and teachers from ID School were part of the training program as trainers.
- Volunteers from Wells Fargo, Bosch, Asmax, Viacom 18 and interns from St. Joseph's College conducted fun activities for the children with special needs on separate days.
- 'Give 18' conducted activities like drawing, art & craft, tug of war and passing the parcel with attractive prizes for the primary school children during the celebration of 'Global Day of Giving.'

- ANZ, Wipro, Eli Lilly conducted learning activities and educational games in separate activities.
- Primary and ID school students took part in the drawing, art & craft competition organized by Ensure Education Foundation.
- HP Enterprise conducted a volunteering activity for the girl students of the Primary school.
- Senior officials from Ocwen Financial Solutions distributed uniforms and shoes for the Primary School students.
- Volunteers from Gamesight conducted volunteering activities based on Independence theme.



ANZ volunteering activity



Wells Fargo volunteering activity

## Higher Education

Samarthanam higher education programme offers support to students for completing higher education at various levels. Samarthanam higher education centres across Karnataka and Andhra Pradesh have enrolled students who are seeking support for higher studies. The students have received text books, college bags, Braille slates, canes, uniforms, stationery and lunch boxes to start their classes. Students took part in programmes like debate, cultural programmes, Independence Day event, Teachers Day and a Dental check up organized by Lions Club.

## SUPPORT

*Samarth learn at his best...*

*Samarth is a 13 year old intellectually challenged boy and the eldest child of Suresh and Latha. In his early childhood he was enrolled into normal school along with other children but the parents kept receiving complaints on his hyperactivity. As the situation worsened and as his mother was unable to understand his condition they identified his special needs. "We took him to therapy classes, private special school and spastic society. We tried everything suggested by everyone with a hope that he would be normal again," says Samarth's mother. Though they were going in the right direction they were unable to bring any change or development in the child's behavior.*

*Samarth was enrolled at Samarthanam 3 years ago. After learning and attending classes at Samarthanam Samarth showed a lot of progress. "He is always perfect in wearing his slippers the right way without missing them. Even his tolerance has improved," says Samarth's mother happily. Further we are waiting for him to learn to address his personal needs," expressed Samarth's parents.*



CASE STORY

## Skilling

Samarthanam skilling centres effort to empower people with disabilities by providing vocational training which creates sustainable livelihood and provides the strength to recover from difficulties.

### SKILLING CENTRE BANGALORE

In Bangalore centre, this quarter, an exposure visit to Lowe's was organized and also an exclusive job fair for the disabled youth.

19 various prestigious organizations from 6 diverse employment sectors like IT, Retail, BPO, Hospitality, Manufacturing and Banking and Insurance participated in the job fair. Around 464 disabled youths participated in the event. Bangalore LRC witnessed volunteer sessions from Standard Chartered Bank, Central Silk Board industry, Microland, CITI, Textron, HGS, ANZ, Wells Fargo, Wipro, Sutherland and Eli Lilly.



A session by Standard Chartered Bank

### SKILLING CENTRE DELHI

At Delhi Centre, a Disability Camp was organized in association with Indian Red Cross Society at Mahaveer Hospital, Faridabad. Also the trainees were part of a job fair organized by Dept. of Social Welfare, Haryana. A few prominent organizations were visited to meet the placement officers and discuss on the available placements. The team at Delhi conducted mobilization across various institutes, welfare organizations, and NGOs in and around Delhi, to raise awareness on the significance of the training programme offered by Samarthanam.



Disability camp by Red Cross Society

### SKILLING CENTRE MUMBAI

Samarthanam centre at Mumbai, this quarter, organized an industrial visit to JP Morgan. Also an interactive session by Altisource Solutions along with interview sessions by an Industrialist from Silvassa were organized. While the trainees attended a job fair at Industrial Training Institute, a session organized by Bank of America team on interview techniques and resume preparation proved to be beneficial. A session on hygiene and fitness management by the official physiotherapist of Indian Blind Cricket Team was also organized by CAB Maharashtra. Various organizations have been approached for placements and CSR support and received positive responses.



## SKILLING CENTRE HYDERABAD

Samarthanam Hyderabad centre beneficiaries, as part of volunteering, were part of mock interviews sessions, group discussions and personality development classes held by Amazon which was very helpful for building a professional career and for social interaction. Two more sessions were held, one by Salesforce on softskills and career planning enhancing career prospects of beneficiaries and another by Wells Fargo, on softskills, personality development and interview skills. Vizag Air force Academy took a session on overcoming challenges faced by differently abled women which was enthusiastically attended by the trainees. Alongside 11 beneficiaries got placed in Anagha Technologies.



Salesforce Volunteering activity

## SKILLING CENTRE CHENNAI

Samarthanam Chennai centre organized 5th Batch Convocation in the presence of representatives from Bank of America, the sponsor of the programme. The guests and supporters shared motivational words to the trainees and their views, ideas and opinions to enhance their skill and knowledge. The guests appreciated the progress made by trainees, who shared their experiences at Samarthanam.

The 6th Batch inauguration was presided by BOA Volunteers and Samarthanam Chennai Centre Manager. Welcome kit was distributed along with a brief introduction to the course module and words of encouragement.

Volunteers from Wells Fargo visited the centre and were briefed about the organization, mobilization, training and placement activities. The volunteers organized a session on resume building, soft skills, interview skills and mock interview handling which proved to be beneficial for the students. Volunteers from TCS also had organized a similar session on resume building, soft skills and interview techniques for the beneficiaries.

The 2nd Batch of trainees, supported by Societe Generale, has completed their course and a closing ceremony was organized for the candidates along with Societe Generale CSR Head and Communication Head, who appreciated the students for the progress.



BOA supported 5th Batch Inauguration



Wells Fargo visit



Societe Generale at closing ceremony

## SKILLING CENTRE GUNTUR - supported by Microsoft

### Job mela

Samarthanam in association with Department of District Employment Exchange has organized a job fair at Government Polytechnic College for Women in Guntur. 15 corporate companies participated in the job fair and many prominent people have attended the occasion. 850 candidates have been a part of the job mela.

### Motivational activity

Sessions to encourage the trainees on various aspects are duly organized at Samarthanam Guntur. As part of which a motivational session was held headed by a few prominent people including a famous lawyer, the owner of OSAC Technologies Private Limited and the President of Bank Of America IT Division. APTDC Andhra Pradesh Tourism Development Corporation and few industry experts visited Samarthanam and motivated the students. Many more sessions have been held by various industrialists, educationalists and sector experts who briefed on their field of expertise and encouraged the students to pursue a successful career.



Job mela



APTDC visit

## SKILLING CENTRE ANANTHAPUR

### Motivational Session

Samarthanam Ananthapur organized an awareness and motivation session for its trainees headed by the Regional Employment officer, A. Kalyani, District Employment officer and the Coordinator of National Career Services. They have advised to learn and practice English skills, communication skills and computer skills and to be successful in reaching the goals. The District Employment officer also assured to extend complete cooperation to conduct joint job melas and placement sessions.

### Industrial Visit

An industrial visit was organized to M/S MGM Springs Pvt Ltd where the senior officers explained the process and manufacturing of variety of springs. They have narrated the procedure and the functioning of different machines to the trainees who actively participated.



Coordinator of National Career Services  
at the session

## SKILLING CENTRE PUNE

Samarthanam Pune centre, supported by RBL Bank, which has been recently launched mobilized the prospective students from near-by remote villages where education is not given due importance. Students from various cities and towns in Maharashtra State have been interacted with to make each and every person employable. The first batch has been started and trainees were also provided with guidance on their future plans and provide an overall development plan for gaining employment.

Alongside sessions on handling mock interviews, resume building and personality development were organized. A guest faculty session was also held who shared his work experience in handling calls and customer communication enhancing their knowledge in the BPO sector.



Batch inauguration

## NORTH KARNATAKA

### BALLARI CENTRE

Samarthanam Ballari Centre inaugurated the first batch, supported by L&T Technology Services. The trainees were part of a cultural event organized in association with Kalpataru Gnana Yoga Kendra and Kannada Chaithanya Vedhike Ballari. On the occasion of Teachers Day, a new Tailoring Training Lab was launched with new equipment for the beneficiaries. Alongside, four days a week the beneficiaries were arranged with English learning sessions held by Lectures at SSA and Chaitanya College.



Batch Inauguration

### GADAG CENTRE

At Samarthanam Gadag centre, two mock interview sessions were organized enabling candidates understand the various aspects of nailing an interview. Karnataka University Post graduate centre final year MBA and MSW students were invited as mock interviewers. Also a guest lecture session on health and food nutrition was conducted for the candidates by a health expert. UDIS Forum workshop was inaugurated by Samarthanam Gadag Regional Manager along with UDIS Forum representatives and other staff members of Samarthanam. More than 40 visually impaired students actively participated in the workshop.



UDIS Forum workshop

## DHARWAD CENTRE

Samarthanam Dharwad centre started a new batch, welcomed the enthusiastic students and introduced the training module to them. A two day Training of Trainers was organized for the trainers to have uniformity in syllabus, training content, and methodology, as well as time management by inviting suitable external resource persons.

It was a moment of honor when the DDU-GKY students participated in our Honorable Prime Minister Narendra Modi Video Conference at Dharwad ZP Office and Belagavi Taluk Panchayat. Two Training Batches under DDU-GKY have been closed and a new batch was started who were introduced with the training kit. DDUGKY trainees even participated in GKN Aerospace cultural event with a dance performance.

Kargil Vijay Diwas Celebrations were organized to pay tribute to our armed forces in presence of NNC Unit Dharwad to pay homage to the martyrs by lighting the candle. Two campus drives were held by Karvy and TATA human resources and a mobilization workshop at Navalagund taluk.



Prime Minister Video Conference



Mobilization workshop

## BELAGAVI CENTRE

At Belagavi, a new batch supported by L&T Technology Services was launched after a screening and counseling test. Also an exclusive Job Fair for Persons with Disability was organized where 136 Candidates and 4 companies have participated. NVIDIA supported third batch of training was successfully started with 25 girl candidates.

## CASE STORY



## SUPPORT Boraiah achieve his dream...

*Boraiah hails from Ballari District in Karnataka and belongs to an economically poor family. Boraiah is a visually impairment person who studies till PUC and wanted to prepare for competitive exams. But his lack of English skills and computers made it difficult for him to pursue either jobs or other exams.*

*Boraiah enrolled in Skilling Program at Samarthanam Ballari where he learnt MS-Office, improved communication skills, soft skills and typing. After a three month training course, he is now a more confident person, with good knowledge of computers and better communication skills. He also attended interviews and joined Vindhya Info Company. Boraiah is leading an independent life with the knowledge and encouragement received from Samarthanam coaching. His desire is to establish his own store and to offer jobs for differently abled persons in the society.*

# A glance at India vs Sri Lanka Bilateral Series 2018



Sri Lanka's World Cup Winning Former Captain, Arjuna Ranatunga at the Presentation of the last T20 of the BlindCricket Bilateral Series



# India clinch bilateral series

**Colombo:** The Indian Blind cricket team maintained their champion status as they swept aside Sri Lanka 4-1 to annex the inaugural T20 bilateral series. In what a double joy, they defeated the host in both the matches that were on the same day.

Fielding first, India restricted the host to 142 in the first match. Skipper Ajay Reddy stood out with his all-round showing that included picking the crucial wicket of Ajith Silva and putting on a 70-run partnership with Durga Rao to achieve the target with 32 balls to spare.

In the second match, Sri Lanka displayed signs of fighting their way into the reckoning by scoring 190 runs. However, their efforts went in vain as Sunil Ramesh blasted a century to clinch the trophy

Sunil Ramesh was awarded the Man of the Series in B2 category



## BILATERAL SERIES FOR VISUALLY-IMPAIRED

### India win a thriller

POST NEWS NETWORK

**Bhubaneswar, July 20:** The Indian visually-impaired cricket team defeated Sri Lanka by three runs Friday in the second T20 match of the bilateral series and take a 2-0 lead in the five-match series in Colombo.

Put into bat, India posted a challenging 180/8 in 20 overs. Sunil Ramesh (42, 38b, 1x4) top scored for India while Ajay Kumar (31), Durga Rao (25) and Ganesh Mubalikar (27) supporting him.

In reply, Sri Lanka were restricted to 177/8 in 20 overs and India won the thriller. Amol Karache (2/18) was the pick of the Indian bowlers while Durga, Narash and Ajay got a wicket apiece. Ajith Silva (61 n o, 33b) batted well for the hosts.

**Brief scores:** India 180/8 (Sunil Ramesh 42, Ajay Kumar 31; D Ravindra 1/29) beat Sri Lanka 177/8 (Ajith Silva 61 n o, Chandana Desapriya 41, Amol Karache 2/18) by three runs.

**East Zone win**  
Dhara Gujjar (141, 156b, 15x4) scored a brilliant century and Sureya Karar's (4/9) fiery bowling helped East Zone thrash North East Zone by 263 runs Friday in a



Sunil Ramesh in action against Sri Lanka in Colombo, Friday

one-day match of the Women's Inter-Zonal cricket tournament in Chennai.

**Batting first,** East Zone posted a mammoth 303 for the loss of four wickets in 50 overs. Besides Dhara, Ankitia Chakraborty (73 n o, 101b, 5x4) played a good unbeaten knock. However, both Odisha batswomen Pooram Nayak (0) and Kajal Jena (two) failed to impress.

In reply North East Zone were bowled out for palty 40 runs in 22.1 overs. The pick of the bowlers was Odisha's Kalpana Nayak (2/19).



Former Sri Lankan captain Arjuna Ranatunga presenting the trophy to Indian Blind cricket team captain Ajay Reddy at Colombo on Tuesday

## India clinch bilateral series



Doordarshan News @DDNewsLive · 15h  
#Colombo is hosting the first ever bilateral blind cricket series between #India and #SriLanka; Indian team today called on Indian High Commissioner to Sri Lanka Taranjit Singh Sandhu



## Environment

### Parisara

Parisara is a waste management service provider set in Bangalore with focus on creating a waste free environment and constantly works on building sustainable technologies. Parisara also works on raising awareness on the importance of waste management. In the last 3 months, materials weighing 139 tonnes have been processed and associated with 90 corporate companies.

## Well Being Out of Waste



"Well-being Out of Waste (WOW)" is a recycling programme executed in association with Paperboards and Specialty Papers Business of ITC. It focuses on ensuring proper segregation, recycling of waste and creates awareness on "Reduce-Reuse-Recycle". This quarter, WOW team collected 1433 tonnes of waste from 33 Wards in Bangalore.

Alongside, National Recycling Day was organized with a pledge 'I pledge to recycle everything that can be recyclable.' For which a Jatha was conducted after felicitating the Chief Guest, Mr. Ramalinga Reddy, MLA, BTM Constituency by Mr. Mahantesh G K, Founder Managing Trustee of Samarthanam.

A blackspot was removed in a ward in Jakkasandra, Bangalore and an awareness rally on Source Segregation conducted by WOW Team along with BBMP officials and school children. WOW Team conducted Swachhata Pakhwada campaign on Source Segregation along with an awareness camp about plastic ban with the help of Ms. Sowmya Reddy, MLA, Jayanagar constituency, Bangalore, along with local residents, BBMP officials and school children. The public and school children were educated on the consequences of plastic usage and the need to curb them, followed by a Jatha.



**Felicitating of Chief Guest, Mr. Ramalinga Reddy, MLA, BTM Constituency on National Recycling Day**



**Swachhata Pakhwada**

## Sports



Cricket Association for the Blind in India (CABI) this quarter had pulled the team together to organize the first-ever Bilateral Series between India and Sri Lanka in Colombo. The series received major support from IndusInd Bank and was played from 18 to 26 July 2018. The tournament was played in 3 ODI and 5 T20 matches of which Sri Lanka won the ODI series and Indian team won the T20 series.

It was an exhilarating experience for the Indian Blind Cricket team to play in Sri Lanka and also receive appreciation from Hon Sri Lankan President, Maithripala Sirisena.

The objective of the First-ever Bilateral series India vs Sri Lanka, was to promote and develop Blind Cricket in Sri Lanka apart from motivating the Sri Lankan Cricket Board and Government to extend their support to Blind Cricket. It is the first tour of Indian team to Sri Lanka and with the intention of presenting an opportunity to the new generation of cricket players, 10 new players were included in the team. The tournament acted as a platform to encourage new talent in the field of blind cricket and help towards the betterment of the game.



Indian Blind Cricket team with the High Commissioner, Taranjit Singh Sandhu



Indian Blind Cricket team Captain Ajay Reddy



Indian Blind Cricket team and CABI team with Hon President of Sri Lanka, Maithripala Sirisena

## Arts & Culture

### Sunadha

Sunadha team, this quarter, proved their artistic ability with beautiful performances across many stages and always receive standing ovation. This quarter, the music troupe gave a striking music performance at SG-GSC event organized by Societe Generale on the occasion of World Music Day. The visually impaired and hearing impaired students of primary school and Higher Education also presented five beautiful dance performances at Ranga Sangama organized by Samarthanam in association with Kailasa Kaladhara trust. In another event organized by a well known Educational Institution, RV College of Engineering, Sunadha team gave one hour performance including music and dance by visually impaired and hearing impaired artists.

The music and the dance teams including artists with visual and speech impairment gave performances at the Independence Day celebration organized by The Braille Resource Centre, Independence Day event by ABB Limited, Employee Recognition Day 2018 event organized by GKN Aerospace and Spirit of Wipro Run – 2018 by Wipro.



Sunadha performance at GKN Aerospace



## Rehabilitation

### Swadhara Gruha

The residents of Swadhara receive complete support to surpass difficulties and domestic concerns and transform themselves to self sustain at every level. This quarter, apart from the regular vocational training the residents were introduced to training in tailoring and encouraged to take up the sessions. Counseling sessions were also offered to inmates led by an expert counselor.

### CASE STORY

*Geetha is a 26 year old lady with a baby boy Shashank who was married at a very young age and had to face domestic hurdles. Without any support from family, Geeta approached Samarthanam Swadhara to begin a new life, when she was pregnant. "I love to make crafts and sculptures," says Geeta who wishes to learn the same. She even travelled to Terracot Maharashtra for her job training. Her talent was nourished at Swadhara and today she is the receiver of many District and State level awards appreciating the artist in Geeta.*



Many women like Geeta need your **SUPPORT!**

### WORKING WOMEN'S HOSTEL

Samarthanam working women's hostel established at Prashanth Nagar in Bangalore houses women and students who are working and studying. Apart from accommodation, the hostel also provides free food, health and recreational activities. This quarter, residents of the hostel celebrated Teachers Day, Independence Day and the regional festivals with joyful participation from staff. Also the students of the hostel participated in Bangalore Marathon and had an energetic run.



## Volunteering at Samarthanam

This quarter, there were a total of 68 volunteering activities conducted by corporate. To name all corporate who volunteered with Samarthanam, we have Morgan Stanley, Standard Chartered Bank, Microland, HGS, Epsilon, Euromonitor, Fidelity, Sutherland, Target International, BMC Software, Societe Generale, Bank of Baroda, Lowe's India, GKN Aerospace, Mediatek, Textron, Intel, HPE, Gainsight Software Pvt Ltd, Viacom 18, Keys Hotel, VMware, Wells Fargo, Brillo, Citi Bank, ANZ, Wipro, One India Pvt Ltd, Lifestyle and Eli Lilly Services India Pvt Ltd.

**Total of 1,232 volunteers had participated in this quarter and contributed approx 4,499 hours of voluntary service.**

The major highlights were the cooking activity by Epsilon, Planetarium visit and metro ride by HPE, Global Service Day of Eli Lilly Services, Friendly Blind Cricket match by Societe Generale and Samarthanam wall painting activity by VMware.

### **Epsilon cooks a sumptuous meal**

Epsilon prepared a nutritious meal for our children as one of the volunteering activity. 25 volunteers participated in the activity including some senior members who did everything right from cleaning and chopping the vegetables till the serving. They also shared the table with our children giving a feel of family warmth and environment.



**Epsilon Cooking activity**

### **Friendly Cricket Match**

Societe Generale played a friendly Blind Cricket Match with our team at ITBP grounds. 16 volunteers took part in the game which was won by Samarthanam team. The winners received 3 bats for their team spirit and passion for the game from Societe Generale.



**Societe Generale friendly cricket match**

### **Global Service Day**

Eli Lilly Services celebrated their Global Service day with Samarthanam where a total of 70 volunteers participated in various activities with primary school children and LRC. This apart they had also sponsored as well as served meals to the children.

### **Adding colors to the wall**

VMware painted the compound wall of Samarthanam in which 21 volunteers joined hands to create an appealing art work with a social message.



**VM Ware wall painting activity**

### **Social Awareness visits**

There were total of 5 social awareness visits by the educational institutions including Sindhi College, Acharya College, Jain University and Govt Science College.

### A metro ride

Hewlett Packard Enterprise (HPE), took 100 children of our primary school for a Metro ride followed by a visit to the Planetarium. Total of 60 volunteers participated in the activity and took care of the children. Towards the end, the volunteers took them to Cubbon Park and involved in active games making the day memorable.



**A metro ride with HPE volunteers**

### Internship programmes

About 10 students completed their internship at Samarthanam in this quarter. They were exposed and engaged in all the programs right from the school, LRC to Digital Library. These include students from Christ University, Symbiosis Centre for Media and Communication, Pune, Sri Jagadguru College of Arts, Science and Commerce and IFIM Law College.

## Samarthanam Digital Library

Digital library caters to the needs of people with disabilities with digital books in various formats suiting their requirements. Currently there are 555 Braille Books, 1296 Audio Books, 698 scanned pages and 8400 regular books listed in the Digital libraries.

This quarter, the team visited ANZ Manyatha tech park regarding the Daisy library set up and a demonstration of recording was also provided. Alongside, a drive for book donation campaign has been initiated with Citi bank group and a list of books to be stocked in the library, suiting all age groups, was shared. Citi group has initiated the procurement of the books for Samarthanam through Amazon.

Sessions on book recording to volunteers from SAP, Intel India Group, GKN aerospace, Brillo, Wells Fargo, Microsoft and Interns from Oxford College of Arts, Symbiosis Centre for Media and Communication have been held and many have also recorded books for Samarthanam Digital Library. Ms Sumathi, COO of Karnataka State Rural Livelihood Promotional Society had visited the centre and appreciated the book recording process after the demonstration.

An audio library supported by GKN aerospace was inaugurated with 40 visually impaired students' participation.

A total of 36 volunteers had visited the Library and demonstration was presented to 22 individuals and 15 companies. The total number of books uploaded in Sugama Pustakalaya is 558 and additionally Hindi language books also have been added.



**COO of Karnataka State Rural Livelihood Promotional Society visits**



**GKN Aerospace Library inauguration**



## Samarthanam Human resources

Human resources team apart from providing a hassle free working ambience also introduces various proposals for employee welfare. This quarter, Health Insurance has been provided to the employees and also health check-up and eye check-up were arranged. All events at Samarthanam are successfully implemented with the help of HR team. A musical event was also organized for employees and beneficiaries.

## Corporate Acknowledgment

We are thankful for the support and encouragement received from the following corporate organizations. And look forward to a long-term relationship.

ITC Limited  
Give India Foundation  
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**From a resolution to a  
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**8<sup>th</sup> December, 2018 | 3:00 p.m.**

**at Kittur Rani Chennamma Stadium, Jayanagar 3<sup>rd</sup> block, Bengaluru.**

**[www.samarthanamwalkathon.org](http://www.samarthanamwalkathon.org)**

## SPECIAL FEATURE

**Dr. Anupriya Chadha**

### **Children Who Can't Pay Attention**

"I always knew my daughter was special. Every mother thinks her child is special but I knew. So special that the nurses in the baby clinic would crowd around to see her big and always blinking eyes. So special that she stayed awake all day

and most of the night in order to observe the world ... my child could attract a roomful of people to notice her.

But my daughter helped me overcome my inhibitions about being a public spectacle by throwing outrageous temper tantrums. She helped me become better acquainted with her pre-school teachers by challenging all those theories and systems ever created to make feel that any kind of hyperactivity in child can cause significant emotional, social and learning problems....."

This snapshot is from a perplexed and frustrated mother describing a daughter with the baffling problem of an Attention Deficit Disorder (ADD).

Any child may show inattention, distractibility, impulsivity, or hyperactivity at times, but the child with ADD shows these symptoms and behaviours more frequently and severely than other children of the same age or developmental level. A research conducted by the author in schools in Delhi showed that ADD occurs in 6-7% of primary school age children and its prevalence is more in boys than in girls. ADD generally begins before the age of seven and it can continue into adulthood.

A child with ADD often shows some of the following:

- Trouble paying attention
- Inattention to details and makes careless mistakes
- Easily distracted
- Loses school supplies, forgets to turn in homework
- Trouble finishing class work and homework
- Trouble listening
- Trouble following multiple adult commands
- Blurts out answers
- Impatience

- Fidgets or squirms
- Leaves seat and runs about or climbs excessively
- Seems “on the go or move always”
- Talks too much and has difficulty playing quietly
- Interrupts or intrudes on others.

Parents are distressed when they receive a note from school saying that their child “won't listen to the teacher” or “causes trouble in class.” They recognize that their child's behaviour is very different from that of other children around. Their extreme over-activity and inability to attend is apparent at home and school. But parents should learn ways of interacting with their child to become effective agents of change.

Some guidelines for the parents include:

**Praise:** Do not focus on the negative. Take the time to praise achievement and good behaviour.

**Time:** Spend quality time. Talk, do projects, play games or sports together.

**Self-expression:** Encourage your child to voice their opinions – from world affairs to classroom experiences. Listen to what they say.

**Rules:** Establish clear rules and enforce them consistently.

**Participation:** Get involved. Attend games, recitals, parent teaching meeting. Show that you care.

**Responsibility:** Teach children a sense of responsibility.

**Cultivate:** Provide room for growth. Encourage outside interests in sports, music, arts and social activities.

**Comfort:** Discuss traumatic events or fears rationally. Try to provide comfort and support.

**Tact:** Offer constructive criticism as a means of self-improvement. Be mindful of your child's feelings.

**You:** Manage your own stress effectively.

**Relax:** Teach your child to relax.

Other tips include:

- Know your child's rights and support your child
- Teach your child the power of practice
- Find out how your child learns best
- Emphasize methods to decrease non-compliant behavior
- Foster feelings of self-esteem in your child
- All children have strengths and competencies and these strengths must be identified and reinforced.
- Parents can help children deal effectively with mistakes and failures.
- If possible, parents should attend training programmes

\* The author is an expert in inclusive education and currently is the Head of Inclusive Education at Samarthanam.



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Choose Samarthanam as your CSR partner this financial year! We welcome employee engagement, monetary contributions, volunteering, diverse projects and long-term partnerships.

**Contact Kumaraswamy at [kumar@samarthanam.org](mailto:kumar@samarthanam.org) or 9449864775 for associating with Samarthanam**

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**Samarthanam is also qualified to receive contributions through Give India, Give to Asia, United Way, Charity Aid foundation, USA and American service to India, USA**

Stay Connected

[www.samarthanam.org](http://www.samarthanam.org)



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