

# SAMHITA

A SAMARTHANAM PUBLICATION



04

Indian Blind Cricket team emerge victorious at the Triangular Blind Cricket Series 2018



05

Mahantesh GK honored with Sarojini Trilok Nath National Award



06

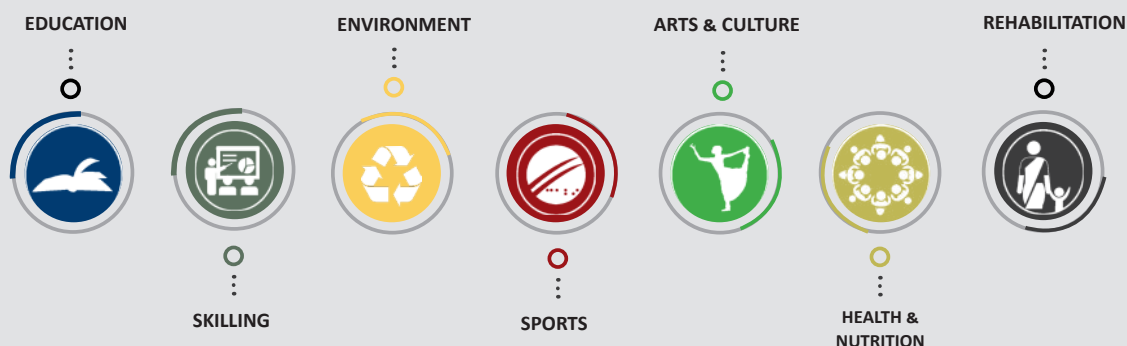
Walkathon 2018  
A walk for digital inclusion



# 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.

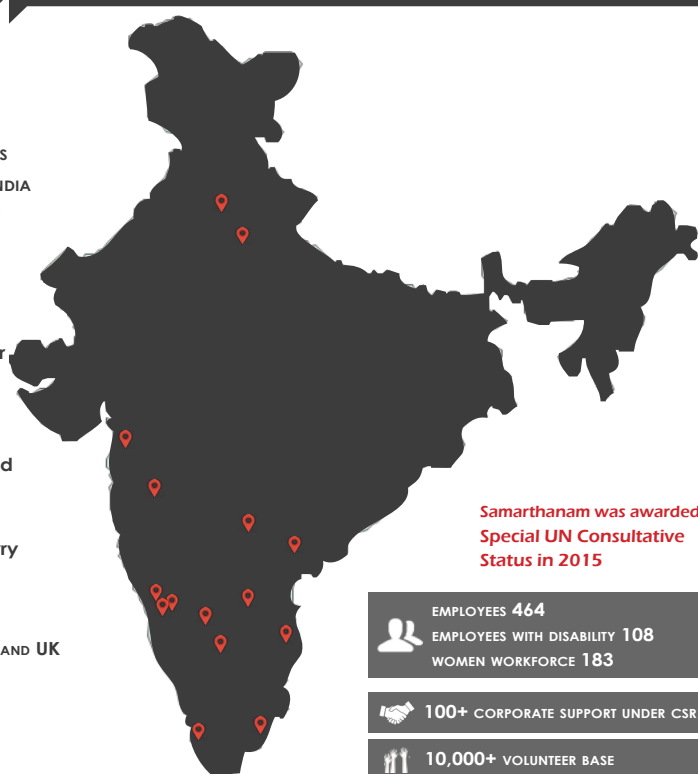
### Mission

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

## Samarthanam's Reach

- SPREAD ACROSS  
14 CITIES IN INDIA
- » Bengaluru
  - » Belagavi
  - » Dharwad
  - » Ballari
  - » Gadag
  - » Anantapur
  - » Guntur
  - » Delhi
  - » Mumbai
  - » Hyderabad
  - » Chennai
  - » Kochi
  - » Pondicherry
  - » Pune

OFFICES IN USA AND UK



Samarthanam was awarded  
Special UN Consultative  
Status in 2015

EMPLOYEES 464  
EMPLOYEES WITH DISABILITY 108  
WOMEN WORKFORCE 183

100+ CORPORATE SUPPORT UNDER CSR

10,000+ VOLUNTEER BASE

## 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



Looking back at the year 2018, Samarthanam has spread its wings to new geographies, skilled many youth with disabilities, provided inclusive education, garnered support for blind cricket, and on the whole put a smile on people who have begun to look at life positively. I am delighted to see the progress made in the year 2018. This incredible work would not have been possible without the support of everyone at Samarthanam.

Blind cricket did extremely well in the year 2018 with three major tournaments organized and Indian Blind Cricket team's winning streak unperturbed during the 5th ODI World Cup, India-Sri Lanka Bilateral Series and Triangular Series (India- England- Sri Lanka). I am proud of every blind cricket player who has participated in the game and wish them the very best.

I am an ardent cricket lover and the recognition that the game is receiving under CABI's administration is gratifying, but there is a lot more to do, many cricket enthusiasts to support and more geographies to reach out to. I am humbled to be re-elected as the President of World Blind Cricket and the opportunity has provided me with a medium to complete the task of taking blind cricket to greater heights.

The recognition and awards received indicate that we are going in the right direction. I feel honored to receive the NAB Sarojini Trilok Nath Award and it only makes my resolve to serve people all the more. The award stands as an inspiration and adds momentum to our efforts in transforming the lives of disabled.

Every year Samarthanam closes its annual diary with the walkathon, an event to commemorate International Day of People with Disabilities. Walkathon 2018 chose the theme to be 'Digital Inclusion' raising awareness on the significance of digital technology in the lives of people with disabilities. The event held on 8 December garnered an amazing response from corporates and people, with more than 8000 participants who gathered at Kittur Rani Chennamma Stadium to join hands and walk together. I appreciate the support received from various sectors for organizing walkathon and making the event meaningful.

I am grateful to the dignitaries for their valuable time and sponsors, partners, volunteers and media for their continuous support. The alliances made in the year 2018 are valuable to us and we look forward to safeguarding the relationships formed in the coming years as well. As we move ahead striving to make the lives of people with disabilities more meaningful, I thank all our supporters, well-wishers, followers and Samarthanam team for their unfaltering support.

We wish you all a joyful new year and hope to receive your continued support and generosity to towards our noble cause. Thank you.

Mahantesh GK  
Founder Managing Trustee

## SAMARTHANAM News Corner

### Indian Team triumph at the Triangular Cricket Series for the Blind 2018

Indian Blind Cricket team brought home the Triangular Cricket Series for the Blind trophy organized by Samarthanam and Cricket Association for the Blind in India (CABI) and majorly supported by L&T Technology Services and IndusInd Bank. The tournament was played among India, England and Sri Lanka from 2nd to 27th October across many states of India.

Blind Cricket tournaments serve as a platform for the young, aspiring visually challenged talented cricketers to showcase their ability and the Triangular Cricket Series for the Blind has created an apt stage for the players.



### Prakash Jayaramaiah of Indian Blind Cricket team makes the country proud

Prakash Jayaramaiah, Vice Captain of the Indian Blind Cricket team, won the National Award for the Best Sports Person with Disability.

Prakash is a wicket-keeper batsman from Karnataka who played his first national tournament in 1998. He is a 40 time 'Man of the Series' winner from the many State Tournaments, Zonals and Nationals participated. He received 88 'Man of the Match' awards during South Zone, National and International Tournaments. Prakash fought all odds to make a career in cricket with the help of Samarthanam which played a pivotal role in molding his abilities. Samarthanam and CABI congratulates Prakash on his achievement and wishes him the very best for his future endeavors.



## India's first disability-focused technology accelerator, Assistive Technology Accelerator (ATA)

India's first Assistive Technology Accelerator (ATA) is being set up with a strong foundation of Samarthanam along with the support of technology mentors from the industry. ATA will make a difference to both the startup and the disabled community. It will facilitate a disability focused ecosystem around startups focussing on providing access to the disabled community and also thereby nurturing startups to develop and scale technology solutions that will enable persons with disability to access assistive devices.



As announced by the Karnataka Social Welfare Minister, Mr. Priyank Kharge at the Karnataka Tech Summit 2018, SamajaKalyana, Government of Karnataka's social welfare department will be supporting the Assistive Technology Accelerator (ATA).



### Mahantesh GK honored with NAB Sarojini Trilok Nath National Award

At the UNESCO programme and the NAB Delhi Award for Excellence event, organized in Delhi, Mr. Mahantesh GK, Founder Managing Trustee of Samarthanam was one of the panelists who was felicitated and awarded with the NAB Sarojini Trilok Nath National Award 2018 for the 'Best Individual' received from Ms. Meenakshi Lekhi, MP of New Delhi.

Sunadha troupe received an opportunity to perform classical dance on the occasion, which was extremely appreciated by the audience.

# TE Samarthanam Walkathon 2018

## Envisioning a digital revolution by 2019

With the theme 'Digital Inclusion', the 14th Bengaluru Walkathon was a great success with over 8000 participants at the Kittur Rani Chennamma Stadium, on December 8, 2018.

Samarthanam's Walkathon is organized to commemorate the **International Day of People with Disabilities**. The event saw dignitaries from the Government, corporates and other organizations who appreciated the efforts put in by Samarthanam in conveying the importance of digital inclusion. Close to 400 volunteers, from corporate and private institutions, supported Samarthanam during the event.

Samarthanam's 14th Walkathon is perceived as the first step towards the bigger mission of touching 1000 lives of PwDs in the year 2019 through digital education.



Participants  
8000+



Media coverage  
39+



Sponsors  
9+



Partners  
6+



Volunteers  
1000+

## SAMARTHANAM

# Update from Schools



Education is the basic right of every child and Samarthanam Schools provide a superior education ecosystem for children with disabilities and poor economic background. Free education, residential facilities, balanced diet, sports, arts, culture, developmental activities are equally focused in the curriculum ensuring holistic development of the children.

### NEWS FROM SAMARTHANAM WORLD



#### Celebrating the State formation day

Chief guests at the 63rd Kannada Rajyotsava

R. Sadashivayya Jaraganahalli, Literati and Ex-President of Kannada Sahitya Parishath, Bommanahalli,  
Sri Madhu Billana Kote, Senior journalist and Kannada Movement Fighter,  
Prof. Sadashiva HSR Layout Kannada Movement Fighter,  
Yogananda from Nike  
Mahantesh GK, Founder Managing Trustee, Samarthanam Trust

#### Visits and Interactions

Active interactions and social visits largely help children become more creative and innovative. Hence the school organizes regular visits by students and teachers from various educational institutions each quarter. 150 Students and 10 Teachers from Narayana School, 70 children from Little Millenium Preschool and 32 Students from National Public School visited Samarthanam Primary school to interact with the students, conduct activities and donate provisions.

#### Workshops for staff

The primary school teachers attended the basic computer skill training programme conducted by the IT department. They were also a part of the Educomp smartclass training and the Sign Language Training allowing the teachers improve on their skillset and teaching procedures.



**Sports meet by the Department of Empowerment of Differently Aabled and Senior citizens Bangalore Urban District at Kanteerava Stadium.**



**Drawing Competition by Dream India**



**Science Quiz**

**Drawing competitions** by Dream India, Fund – A- Child –In- India, Dept of Empowerment of Differently Aabled and Senior citizens; **Science Quiz** by Karnataka Science and technology Academy, Dept of Science and Technology, Govt of Karnataka

## Special Olympics Bharat

Special Olympics Bharat conducted state level selection camps for floor ball, floor hockey, cricket and Young Athletics program for children with special needs. Manjunath, P.E. Teacher at Samarthanam was selected as the coach for the National Coaching Camp for Floor ball. Samarthanam is proud of the students who participated and won medals in the National level Floor Hockey championship, NCC National Championship and State level Sports meet.

## Higher Education



**Workshop on Capacity Building for empowerment of differently abled youth at Bangalore University**



**Cultural Festival "Kala Chaitanya 2018" by Bangalore University**

## Volunteering Activities at Samarthanam Schools

Volunteering activities at Samarthanam schools help the children communicate and interact with ease. The visiting volunteer's fervor adds enthusiasm to the teaching and learning process making the children more receptive and responsive.

### Handmade decor and crafts workshop



JD Institute of Fashion Technology



Handmade decor & crafts workshop

Quiz, dance, fun games, educational activities, arts, crafts and goodies distribution by

Bosch

Aditya Birla

Uber

Khane ka zaika

Microsoft

Concentrate

MTR foods

Cisco

Christ University



Dance Performance at Atkins



VMware service learning activity



### Christmas celebrations by Brillio, FlipKart and Gypmik respectively

- Volunteers from reputed corporates celebrated their Global Impact Day by conducting activities like quiz, drawing, craft, greeting card preparation and planting saplings.
- 5 students from PESIT, Electronic city interacted with special children as part of their project on developing a chat bot that a child can interact with, determining his/her ability to reason, plan, solve problems, learn quickly, comprehend ideas and learn from experience.
- Children with special needs were part of the product making activity at Herbalife.
- Citrix volunteers were involved in the sports meet conducted for the children with special needs.
- CADD Centre volunteers organized drawing and essay writing competitions for high school students.
- Samarthanam's High school differently abled students participated in the prelims of 'The Quizzabled 2018' organized by Seva in Action.

## Skilling

### SKILLING CENTRE BANGALORE

- Samarthanam's Skilling Centre Bangalore conducted graduation day for the batches concluding their training and welcomes the new students on the inauguration day. Currently 65 trainees are receiving skill building training in the centre.
- RBS, Microsoft, State Bank, Accenture and other corporate companies organized various learning, personality building and developmental activities and workshops adding value to the overall skill training programme.
- LRC students secured prizes in the quiz competition organised by Science and Technology Academy.



21 companies interviewed



20 undergoing training



3 job fairs



10 volunteer learning sessions

### SKILLING CENTRE DELHI



An interactive counseling session by Accord Hotels on the different job opportunities in the hotel industry



A one day sensitization programme organized by Sarva Shiksha Abhiyaan, Punjab, to train the Govt School teachers on inclusive education

### SKILLING CENTRE MUMBAI

- 'Skill Ability India', a skilling programme was inaugurated followed by an interactive session between the beneficiaries and employees of the supporting corporate partner
- A session on financial literacy by the volunteers of Bank of America and Branch Manager of Corporation Bank helped the trainees understand the intricate details in finance.
- VMware, BOA, Swami Vivekanand College, IndusInd Bank, ConnectFor led various sensitization and learning activities for the beneficiaries on various occasions.



Session on Interview techniques by Bank of America volunteers



Blind Cricket Match with volunteers from Transworld Logistics

## SKILLING CENTRE HYDERABAD



Salesforce volunteering activity



PVR Cinemas campus recruitment drive



Chess, Braille and Quiz competitions at 'International Day of Persons with Disabilities Week' celebrations



Cooking and Fashion tips session by National Association for the Blind India and Big Bazaar

## SKILLING CENTRE CHENNAI

- The 6th Batch Convocation Ceremony at Samarthanam Chennai in the presence of representatives of the supporting corporate partner who are the sponsors for Chennai centre. The event was an inspiring one with words of encouragement delivered by the guests. Inspirational ideas and opinions were shared with the trainees strengthening their confidence and knowledge.
- Corporate visits exposed the trainees to the corporate work culture and the interactions greatly benefit their understanding. Visits to corporates were organized where the corporate volunteers interacted with the employees.
- International Day for Persons with Disability was celebrated by inviting all the disabled employers across various sectors in Chennai and an interaction event was organized.
- Samarthanam is proud of Ms. Kanagalakshmi A, recipient of the Young Achiever Award for Wheelchair Basketball conducted by Rotary Club of Madras East.



BACI volunteer visit



Young Achiever Award

## SKILLING CENTRE GUNTUR

- Mission Sahasi is a training session for women on how to be vigilant under adverse circumstances. A session was organized for women beneficiaries of Guntur LRC at Majeti Gurvaiah College.
- First of its kind visually challenged orchestra followed by Dinner in the Dark was organized by Guntur LRC at the Hindu College of Pharmacy. The dignitaries and guests enjoyed the event and appreciated the singing talent of the visually impaired artists.
- Executives from the Human Resources division of the leading food chain visited the centre to present a brief on the various opportunities available at Reliance along with words of encouragement.



**District Employment Exchange team visit**



**Job fair by Department of District Employment Exchange and Vindhya Info E media**



**Walkathon commemorating the World White Cane Day with Amway**



**Free dental camp by Sibar Institute of Dental Sciences and North Club Guntur**

## SKILLING CENTRE KOCHI

- The first and second batch of training with 25 aspirants each took off at Samarthanam Kochi centre
- The International Day of Persons with Disability was celebrated with high energy and enthusiasm. DDUGKY Kudumbashree Unit graced the event and launched a handwritten magazine. Prizes were given away to the winners of the various competitions organized a week prior to the event
- A workshop on Empowering the Differently abled community was organized by NIPM at Cochin. Three representatives from Samarthanam Kochi attended and are implementing their key learnings in the ongoing training process
- A session on adult learning principles and learning styles using VARK Model (Visual, Audio, Read and Write, Kinesthetic) was led by the Centre Head for the trainers

## SKILLING CENTRE PUNE

- At Pune centre, training was organized for a batch of 26 students comprising visually challenged, below poverty level, and physically challenged individuals with great potential. Mobilization sessions are organized for students from remote villages to educate on the opportunities available in the industry
- Pune centre is drafting a proposal on partnering with other NGOs around Pune to spread awareness and knowledge on the prospects available at the centre
- An overall development plan is presented to the students helping them build skills through counseling sessions on understanding their future plans, scoring grades at college and surviving in the corporate world



**Italian food tasting event at the new Pesto Bistro cafe by Samarthanam students**



**Guest session on cold calling by an expert customer service executive from Chandigarh**

## NORTH KARNATAKA

### BALLARI CENTRE

- Samarthanam's Ballari Center organized the 16th Batch graduation day programme graced by dignitaries who appreciated Samarthanam's efforts in skilling the disabled.
- The 17th batch of the skill development was inaugurated in the presence of Mr Prabhu Kumar (President of Kannada Chaithanya Vedike, Ballari), trainers and beneficiaries.



**World Disabled Day programme by Ballari Administrative Department and Zillah Panchayat**

### GADAG CENTRE

- Mock interview sessions and guest lecture sessions were conducted by Karnataka Rural development and Panchayat Raj University, Gadag staff and MSW students respectively.
- A welcome event was organized for Skilling Project trainees with a brief introduction on the training programme.



**Graduation Day**

## DHARWAD CENTRE

- The 14th DDU-GKY batch with 21 students took off at Samarthanam's Dharwad Centre
- Mobilization Kaushalya Mela workshops were held at various locations in and around Dharwad
- Participated in Health Department Arogya Karnataka Scheme information Training Program at the Dharwad District Hospital
- Conducted District level Chess tournament at the centre on the occasion of World Disabled Day.
- NRLM Assistant Mission Director Mr. Nishchith visited Dharwad Centre and appreciated the programme



**A ten day Coaching Camp for Karnataka Blind Cricket Team**



**Mobilization drive**

## BELAGAVI CENTRE

- The 4th Batch with 25 candidates was launched with an introductory programme along with note books distribution in presence of Vijaywani press team.
- Students and staff were part of the Children's Day function organized by Deshbhakt Sena Samiti Belagavi. The Centre Head was felicitated at the Samiti and cultural programmes by Prerana students were applauded for its artistic finesse.
- A friendly cricket match between a corporate team and Belagavi Samarthanam team was organized at KSRP ground Belagavi. On the same occasion 30 cyclists from the corporate rode to Bangalore to raise awareness on girl child education.



**Friendly cricket match with RBL**



**Mr.Satish Reddy, MLA of Bommanahalli and Mr.Vishwanath, MLA of Yalahanka visit the centre**

## 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, 616 tonnes dry waste has been collected for recycling and 90 corporate alliances made.



**616 tonnes**  
of waste collected



**90**  
corporate alliances made

## 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”.

**2500 tonnes**  
of dry waste collected and processed



Alongside, WOW Team has conducted Swachhata Abhiyan Yojana Adyalaya program at a ward in Madiwala along with Pura Karmikas (PKs), BBMP Officials to educate the general public on recycling. The team also visited muster points and discussed the area challenges with respective BBMP Officials and PKs.



**Swachhata Abhiyan Yojana Adyalaya**



**Muster point assembly**

# Year 2018

# Moments to remember



Launch of Samarthanam's Skilling Centre in Pune



CNBC TV18 India Business Leader Award 2018



Bilateral Cricket Series for the Blind 2018

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



The 14th Bengaluru Walkathon 2018. The walk in progress



Cavinkare Ability Award for Eminence 2018



Sunadha performance on Colors TV



Industnd Blind Cricket Conclave



5th ODI World Cup Championship 2018



Indian Blind Cricket team lift the Triangular Cricket Series for the Blind 2018 winning trophy



NAB Sarojini Trilok Nath Award



Samarthanam's barrier free residential school at HSR layout



CABI and Indian Blind Cricket team with Honorable President of India, Ram Nath Kovind



## Sports



Cricket Association for the Blind in India (CABI) has been supporting visually impaired cricket players pursue their cricketing dreams and establish a career in blind cricket.

### **CABI preps for Bharat Cricket League**

CABI is currently setting up the stage for Bharat Cricket League (BCL), a cricket league on the lines of IPL, which would be organized across multiple cities of India. We are glad that Sony TV has confirmed for the Live Broadcasting of all the BCL Matches, mostly beginning in mid March 2019.

### **Nagesh Trophy to encourage budding players**

At CABI, the Annual National Cricket Tournament will be henceforth organized as Nagesh Trophy, between November 2018 and February 2019. The tournament will serve as a platform for amateur players to practice their skills and also compete with different teams outside their zone. With 24 teams participating, the tournament will also create awareness across 18 venues of India where the matches will be played.

The inauguration of the cricket tournament was organized in memory and honor of Late SP Nagesh, Founder of Samarthanam trust, who motivated every blind cricketer's passion to go beyond barriers.



**Nagesh Trophy launch**

### **India retained the Presidency of World Blind Cricket (WBC)**

Mahantesh GK, Founder Managing Trustee of Samarthanam and President of Cricket Association for the Blind in India has been re-elected as the President of World Blind Cricket. Rajneesh Henry was elected as the Director of WBC Asia.



*I feel honored to be re-elected as the President of WBC. The game of blind cricket possesses immense potential and is a perfect platform for the aspiring cricketers to show their talent. I am positive that WBC is going to make complete efforts for the benefit of blind cricket*

**- Mahantesh GK**



### **The first T20 women's blind cricket series kicks off at Delhi**

The womens blind cricket team started off on a good note as they hit boundaries in the very first Women's Blind Cricket Match played in Delhi. The T20 Triangular Cricket Series for blind girls was organized by Cricket Association for the Blind in India, Uttarakhand Science Education and Research Centre in association with Samarthanam Trust. The first time the city hosted a match for the visually impaired girls received cheers and applause for their spectacular performance.

## Arts & Culture

### Sunadha

Sunadha is the cultural troupe of Samarthanam with disabled artists who excel in various classical dance and music forms. Sunadha team is incessantly proactive in learning new art forms and also delivering performances across the world. The troupe toured the USA for 68 Days giving 45 programmes including home concerts across many states of America. Samarthanam Sunadha received appreciation and recognition from the audience who were enthralled by the artists's perfection and dexterity.

### The 68 day tour across the USA



## Samarthanam's Digital Library



### Visits and Interactions:

- A set of 100 books were received during the book donation campaign organized by Pratham books
- As part of the CSR activity, a team of 7 members from VMware recorded 9 books for the Digital Library
- Volunteers from Intel India, Microsoft, SAP, Brillo, VMware, HGS, Sandvine technology, GKN Aerospace, and Samarthanam staff have given their valuable time for recording
- Interns from Tata Institute of Social Science, Christ, Symbiosis Law School Hyderabad, NIFT, Nutanix recorded nearly 53 books.

### Samarthanam Mobile Library

Making books accessible to every booklover in the city, Samarthanam launched a mobile library carrying books for all ages, AV material like audiobooks, a mobile hotspot and tablets for accessing books on-the-go. Till date 35 people across Bangalore have accessed the mobile library, of which 24 are visually impaired.



# Volunteering at Samarthanam

41 volunteering activities



2721 volunteers involved



33 corporates



14563 hours of voluntary service



## VOLUNTEERING CORPORATES

Morgan Stanley, VMware, Herbalife, Akamai Technologies, GKN Aerospace, Brillio, Bosch, State Street, Intel, Textron, Uber, Zaika ka Tadka, Microsoft, Concentrix, Citrix, Sutherland, Royal Bank of Scotland, Share at Door Step, Tata AIG, JDA Software, Standard Chartered Bank, Unisys, Cisco, HGS, Great West Global Solutions, Krypt Inc, Epsilon, HPE, Target International, Happiest Minds, Nutanix and Kloh.

## VOLUNTEERING INSTITUTES

RV College of Management and Engineering, Christ University, Bangalore University, Jyoti Nivas College, NIFT, Oxford College, Banjara Academy and St Josephs.

## SOCIAL AWARENESS VISITS

AIMS College, SJR College of Arts Science and Commerce, Banjara Academy, IIM-Bangalore, RV College, Rani Chinnamma University, Institute of Industrial Design, Christ Academy, NIMHANS, Azim Premji University, Sanjay Centre for Special Education, Goa and National Public School.

### Highlights:

- Morgan Stanley- Friendly cricket match with Samarthanam blind cricket team. The players were gifted with audio recorders by Morgan Stanley team after a fun match
- Corporate Team-up activities and handmade product making activity. 50 volunteers were part of the activity who later put up the stalls in their premises selling the products and donated the amount collected to Samarthanam
- Citrix- 20 volunteers celebrated the Joy of Giving at Samarthanam ID School, distributed gifts and played many fun sports with the children
- JDA Software- Close to 25 volunteers played a friendly cricket match
- About 17 students completed their internship at Samarthanam where they were exposed and engaged in all the programmes right from school, LRC to Digital Library. Many of them worked towards the promotions of our Annual Walkathon



Match with Morgan Stanley



JDA cricket match

## Samarthanam Overseas



**SAMARTHANAM USA, INC.**

(a non-profit charity organized pursuant to M.G.L.C. 180)

- Mr. Subu Kota - Chairman Boston Group announced a support of 1 million USD for the Global Development of Blind Cricket on 15 Sept 2018
- Meeting with Accord Worldwide, UAE for partnership ventures in Africa and Afghanistan.
- Mr. Mazhar Khan, General Manager of the iconic Sharjah International Cricket Stadium visited Samarthanam. He was recently conferred a Lifetime Service Award for his "exceptional performance and services" by the International Cricket Council (ICC). The meeting with him at Samarthanam premises was an engaging one with discussions on Samarthanam's initiatives and expanding the Indian Blind Cricket team's presence and building a passion for the game in the UAE. Mr. Mahantesh GK Founder Trustee and President of the World Blind Cricket & Cricket Association for the Blind in India honored him for his visit and expressed his gratitude for all the support extended by Mr. Mazhar towards Blind Cricket.
- The Overseas Department Initiated discussions for partnership with Georgia Development Mission for Environmental and Skilling projects in Georgia.
- An invitation has been sent to Christian Institute of Blind (Judicial Training Institute-Liberia), to send 5 Blind candidates to Samarthanam for one month residential Digital Literacy Skilling program. This will be the first time Samarthanam will be imparting training for International candidates.
- A Samarthanam introductory email was sent to 1061 Indian Associations Worldwide and 115 Embassies

### Samarthanam Overseas in the new year

- Plans to extend our expertise and build a relationship with 15 Island Nations in Micronesia.
- Plans to extend our expertise and operation in Malaysia and other nearby countries.



**Mahantesh GK with Mazhar Khan,  
General Manager of Sharjah International  
Cricket Stadium**



**Mr Subu Kota, Chairman of Boston Group with  
Mahantesh GK**

## Samarthanam Human resources

Human resources team apart from providing a hassle free working atmosphere & plans to implement various learning programmes for employees.

- Christmas celebrations
- Induction program for the newly joined employees
- Leadership Development Program
- Sign Language Training for the employees
- Diwali Celebrations
- Performance Appraisal for the employees
- HIV & TB Awareness program by SATHI(organization contracted by NACO) for the employees
- Dussera Celebrations



**Christmas celebrations**



**Sign Language Training**

## Corporate Acknowledgement

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

- ABB India Foundation
- Adobe
- BA Continuum India Pvt Ltd
- JDA Software
- Manhattan Associates (India) Development Centre Pvt Ltd
- NVIDIA Graphics Private Limited
- NEC Technologies India Private Limited
- ExxonMobil Services & Technology Pvt Ltd
- Mercedes Benz Research and Development India Pvt Ltd
- ITC Limited
- Adobe
- VMware
- Moody's Analytics
- IREDA
- MediaTek Bangalore Pvt Ltd
- Northern Operating Services Pvt Ltd
- 72 Degrees Consultancy Services LLP
- Akamai Solutions India Private Ltd
- NTT Data Information Processing Services Pvt Ltd
- Societe Generale Global Solution Centre Pvt Ltd
- Tech Mahindra foundation
- UK Online Giving Foundation (Western Digital Volunteering Matching Grant)
- Kluber lubrication India private limited
- Allergan India Pvt Ltd
- Unisys India Private Limited
- Tommy Hilfiger Arvind Fashion Pvt Ltd
- Brillio Technologies Private Limited
- Ujjivan Financial Services Ltd
- Yaskawa Electric India Pvt Ltd
- The Himalaya Drug Company
- IBM India Pvt Ltd
- Charities Aid Foundation India
- Give India Foundation
- Dream Orbit Softech Private Limited
- Life Style International Pvt Ltd
- Flextronics Tec
- DDUGKY
- Government of Karnataka

## SPECIAL FEATURE

**Dr. Anupriya Chadha**

### EFFECTIVE PARENTING

It is important for parents to understand the critical importance of treating their children with dignity, respect, understanding, and compassion from infancy into adulthood. Children raised with love and compassion will be free to use their

time as adults in meaningful and creative ways. Every child deserves to be treated with dignity, respect, understanding, and compassion. Raising children is one of the toughest and most fulfilling jobs in the world - and the one for which you may feel the least prepared. Here are some ways to tackle your child-rearing responsibilities that will help you feel more fulfilled as a parent, and enjoy your children more, too.

#### **Nurture your child's self-esteem**

Children start developing their sense of self as babies when they see themselves through your eyes. Your tone of voice, your body language, words and actions as parents affect your child's developing self-image more than anything else in his world. Consequently, praising your child for his/her accomplishments, however small, will make him/her feel proud; letting him/her do things for himself/herself will make him/her feel capable and independent. By contrast, belittling your child or comparing him/her unfavorably to another child will make him/her feel worthless. Avoid making loaded statements or using words as weapons: "What a stupid thing to do!" or "You act more like a baby than your little brother!" Comments like these bruise the child from within. Choose your words carefully and be compassionate.

#### **Catch your child being good**

As a parent, you may find that you are criticizing far more than you are complimenting. The more effective approach is to catch your child doing something right: "You brushed your teeth without being asked - that's terrific!" or "I was watching you play with your sister and you were very patient." These statements will do more to encourage good behavior over the long run than repeated scoldings. Make a point of finding something to praise every day. Be generous with rewards - your love, hugs, and compliments can work wonders and are often reward enough. Soon you will find you are "growing" more of the behavior you would like to see.

#### **Set limits and be consistent with your discipline**

Discipline is necessary in every household. The goal of discipline is to help children choose acceptable behaviors and learn self-control. Children may test the limits you establish for them, but they need those limits to grow into responsible adults. Establishing house rules will help children understand your expectations and develop self-control. Some house rules might include: no TV until homework is done, and no hitting, name-calling, or hurtful teasing is allowed. You may want to have a system in place: one warning, followed by consequences such as a "time out" or loss of privileges. A common mistake parents make is failure to follow through with consequences

when rules are broken. You can't discipline a child for talking back one day, and ignore it the next. Being consistent teaches your child what you expect.

### **Make time for your children**

With so many demands on your time, it's often difficult for parents and children to get together for a family meal, let alone spend some quality time together. But there is probably nothing your child would like more. Get up 10 minutes earlier in the morning so you can eat breakfast with your child, or leave the dishes in the sink and take a walk after dinner. Children who are not getting the attention they want from their parents often act out or misbehave because they are assured of being noticed that way. Many parents find it mutually rewarding to have prescheduled time with their child on a regular basis. Look for other ways to connect with your child - put a note or something special in his/her lunchbox.

### **Be a good role model.**

Young children learn a great deal about how to act by watching you. The younger they are, the more cues they take from you. Before you lash out or blow your top in front of your child, think about this: is that how you want him/her to behave when s/he is angry? Be constantly aware that you are being observed by your children. Studies have shown that children who hit usually have a role model for aggression at home. Model the traits you wish to cultivate in your child: respect, friendliness, honesty, kindness, tolerance, unselfish behavior, etc.

### **Make communication a priority**

You can't expect children to do everything simply because you, as parent, "say so." Children want and deserve explanations as much as adults do. If you don't take time to explain, children will begin to wonder about your values and motives and whether they have any basis. Parents who reason with their children allow them to understand and learn in a nonjudgmental way. Make your expectations clear. If there is a problem, describe it to your older child, express your feelings about it, and invite your child to work on a solution with you. Be sure to include consequences. Make suggestions and offer choices. Be open to your child's suggestions as well. Negotiate with him/her. Children who participate in decisions are more motivated to carry them out.

### **Show that your love is unconditional**

As a parent, you are responsible for correcting and guiding your child. But how you express your corrective guidance makes all the difference in how your child receives it. When you have to confront your child, avoid blaming, criticizing, or fault-finding, which undermine self-esteem and can lead to resentment. Instead, strive to nurture and encourage even when you are disciplining your child. Make sure s/ he knows that you love him/ her no matter what.

Remember parenting provides some of the greatest joys and most intense challenges of life. All parents struggle to find ways to effectively reach and teach their children. Constantly seek principles that would fit well in your parenting style. Principles, if effectively and consistently practiced, are most likely to result in the most positive outcomes for children.

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

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