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**Activity Report
April 2012 - March 2019**

SANMITRA TRUST

Sept 2012 - March 2013:

- a. Inception of Sanmitra, idea generation, selection of Trustees and registered Sanmitra Trust on 4th February 2013.

April 2013 – March 2014:

- a. **Prevention of Cerebral Palsy in India – Doordarshan Broadcast: 23rd October 2013.** We sponsored a project on Prevention of Cerebral Palsy in India which was telecast on Doordarshan – Chandana as part of “Arogya Bharatha”.
- a) **Internship Program** – Grow and let grow: Peer-to-Peer Education : A Program “Grow and Let Grow, A Team Effort” for teenagers was conducted between 23rd November 2013 to 11th January 2014. This program was aimed at establishing an interaction between rural and urban children in the age group of 13 to 19 to improve their communication in English and regional language.
- a) **Charity Activities:**
 - a. **AID For Chennai** with the help of residents of Elan conducted a fund-raising event towards Chennai flood relief effort and contributed Rs. 90,000 to the Chennai Relief fund.
 - b. **3R Program:** As part of charity activity, collected office furniture and items that can be used by differently abled persons were donated to **Viveka Foundation Challakere on 7th December 2013.**
 - c. **Medical Support :** Sponsored medical expenses of a handicapped person who underwent a bone reconstruction operation.
 - d. **Paper Collection Drive:** Elan donated approximately 1600 Kgs of old newspapers and magazines to NGO Arpana Seva Samsthe. They sponsored 25 dialysis with the amount raised by selling papers.
 - e. **Festive Drive – Clothes, Old toys, Story books and Stationery** 55 cartons of Story books, old toys and old clothes were distributed to Gerizm Mission, Grace Homes and Slums.

April 2014 – March 2015:

- a. **Internship Program:** Conducted first Internship program on Educating the Society on Prevention of Cerebral Palsy. 14 enthusiastic students took part in research, attending lectures, visiting rehabilitation and conducting workshops to present their learnings.
- b. **Aid For Nepal :** The fundraising event called “A Tribute to Nepal by Young hearts of Elan” with challenging games, arts & crafts, home-made bakery goods was held in 2015. “Young Volunteers of Elan” joined hands in providing help and support for the rescue and rehabilitation efforts for the victims



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of the devastating earthquake of Nepal. We thank Goonj foundation for extending their support in reaching out to the affected people.

April 2015 – March 2017:

- a. **Prevention of Cerebral palsy:** Created educative learning videos with a team of Gynecologist, neonatologist and veteran who has extensively worked in disability sector.
- b. These videos aims to demonstrate the remedial aspects, educate people on its causes, and the primary and secondary prevention measures of CP. It also promotes the importance of physiotherapy and the benefits of CP-affected children joining a specialized school.
- c. **Internship Program:** Conducted first Internship program on Educating the Society on Prevention of Cerebral Palsy. 18 enthusiastic students took part in research, attending lectures, visiting rehabilitation and conducting workshops to present their learnings.

April 2017 – March 2018:

1. Work shops on : Prevention of Cerebral palsy:

- a) **All India Institute of Speech and Hearing (AIISH)** Oct 6, 2017 : Addressed 150+ students and staff at All India Institute of Speech and Hearing (AIISH) Mysore on “Prevention of cerebral Palsy”. Thank you Pricipal Smt Nandini for allowing us for an interactive session with your students. Interning students Aparna, Sahana and Divya along with Suma Prasad educated the audience.
- b) Conducted awareness program on Prevention of Cerebral Palsy for college staff and students. Kids showed keen interest in getting to know the causes and took an oath towards healthy living and work towards preventing the condition. Thank you Bhanu Priya for organising.
- c) Awareness on Prevention of Cerebral Palsy for pregnant and ladies who are planning for their family at Echo Rehabilitation Centre at Kammanahalli, Bangalore on 6th November. with sister Regina.

April 2018 – March 2019

1. Work shops on : Prevention of Cerebral palsy:

- a) Conducted an awareness program on Prevention of cerebral palsy at Abalashrama , an orphanage for destitute women (<http://abalashram.org/>). Session was full of questions with **48 very inquisitive girls** and I am glad that they are convinced with my answers.
- b) Mariappa Charitable Trust, Chamarajapet, Bangalore a free hostel facility, recently completed their centenary, for boys and girls from rural areas and for underprivileged who have an urge to continue their studies. It was a full filling awareness program filled with laughter on Prevention of Cerebral Palsy. **60 inquisitive students** which included future engineers, doctors, physiotherapists, nurses, accountants, and teachers and lecturers. Its always been a nice experience to interact with young adults as it gives me an



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opportunity to expand my knowledge horizon. Thank you Mr Putta Rudrappa, a 94 year youngster, Hostel warden, and our associate Bhanu Priya for arranging this.

- c) Are all Cerebral Palsy kids Mentally retarded? Is it a disease? Is it a Genetical disorder? Is it preventable? Is there a cure? What causes this? Whom to be blamed? Where do we look for support?So many queriesHad a wonderful interactive sessions on PREVENTION OF CEREBRAL PALSY with **112 Anganawadi workers** from Madiwala, Tavarekere, Adugodi, NS Palya, Singasandra, Wilson Garden, Banashankari, C T Bed, Dobhighat, Vidyapeeta, Jayanagar, N R colony, JP Nagar, Sakamma garden (PHC)Primary Health Care centers
- d) Awareness program on “Prevention Of Cerebral Palsy” to ANMs at Dasappa Memorial Hospital, Bangalore. Thank you Dr Shashikala for providing the platform and Thank you Bhanu Priya for your persistence in making it happen. Such a lovely interactive session. Hope our ANMs are enriched with more knowledge and wl do much more justice and aid the society in bring g down the incidence rate of CP births.
- e) Right audience for the topic. Interactive session with **MSc Early Childhood students** future educators. Thank you Dr Madhumalathi for arranging and inviting us for the session. Looking forward to more and more interaction with you and beloved students.

Visit <https://sanmitra.org/our-blogs/> for details and pictures of the the programs.