



**ANUGRAHA
SOCIAL WELFARE
SOCIETY®**

**Annual Report
2022-2023
ANUGRAHA**

SOCIAL WELFARE SOCIETY

(Diocese of Bhadravathi)

www.anugrahasws.org

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ABOUT US

Anugraha Social Welfare Society (ASWS) is a registered non-profit organization (Reg. DRS/SGR/53/2017-18) under the Karnataka Societies Registration Act 1960. Anugraha Social Welfare Society (ASWS) is the official social work organ of the diocese of Bhadravathi. Started in 2017, it caters to the socially and economically disadvantaged sections in the society irrespective of caste, creed and community. thought the mainstream community of Karnataka is highlighted as developed, keeping in mind cities like Bangalore, Mangalore and Mysore; ASWS concentrates on the less developed Malnad area in the Western Ghats of Karnataka.

Started with the charity approach, ASWS in its journey to development, traversed through the welfare approach, then changing the course to people centered approach and finally reaching to Human Rights Based approach. The organization is part of various NGO network like; Malnad Social Service Society, Karnataka Regional Organization for Social Services, Caritas India...Etc., Advocacy, lobbying addressing regional issues, environmental problems, gender concerns and child rights are areas of its focus. The Organization is also developing a good networking system with Panchayath Raj Institutions (PRIs)...

The activities of ASWS are spread mainly in the two districts of Karnataka; namely Shivamogga and Chickamangalore. The main focus of the organization is the empowerment and improvement in the quality of the poor and other vulnerable sections in society like women, widows, elder persons, differently-abled, rural children and farmers through the formation of Self-Help Groups (SHGs). The Thematic areas of Intervention of ASWS include Human & Institutional Development; Gender Equality Development; Community Health Programmes; Natural Resource Management; Entrepreneurship Development Programme & Rural Marketing; Disaster Management, Community Based Rehabilitation of Differently-abled; Child and Youth Development; Savings and Micro credit, Advocacy and Lobbying as well as Action Research & Documentation.

VISION

A Society of love, peace, justice, prosperity and economical harmony

MISSION

To empower marginalized communities through capacity building programs, building their network and by results driven actions to help communities get their legitimate rights and enhance their social, economic and ecological status.

OUR GOAL

Integral development of all sections of people especially the poor and the marginalized

VALUES

Integrity, Respect for People, Communities and Cultures, Honesty, Transparency & Commitment.

OUR BOARD OF DIRECTORS

Mar Joseph Arumachadath
Bishop of Bhadravathi & President of
ASWS

Fr. Tino Thomas
Vice-President

Fr. Jose John
Secretary

Fr. Abraham A M
Treasurer

Fr. Joseph Antony
Director

Fr. Libin Rajan
Director

Fr. Subin Sebastian
Director

OUR COMMITMENTS

Motivate and empower the backward to accelerate their own development so that they decide their own destiny and they live with dignity.

- Facilitate empowerment and sustainable development of the poor and vulnerable sections of the society.
- Develop capacities and skills of the poor and the marginalized for generating sustainable livelihoods and means of subsistence.
- Facilitate sustainable management and use of the natural resource ensuring co-existence of man and nature.
- Promote the use of non-conventional energy sources through the propagation of eco-friendly and appropriate rural technologies.
- Promote and establish functional networking and resource sharing among the stakeholders and actors in development.
- Rehabilitate the victims of natural and man-made calamities and of the persons with disabilities.
- Develop the basic infrastructure facilities of the poor and the shelter less through Housing and sanitation programs
- Promote vocational skill training besides formal educational support for poor and marginalized children
- Facilitate collaboration with local Government and other Development Actors
- Encourage participation of the women and other weaker sections in development

A GLANCE ON THE PROGRAMMES HELD

1. MAZDOOR SURAKSHA YOJANA

Mazdoor Suraksha Yojana is an initiative of Workers India Federation and Labour Commission of Catholic Bishops Conference of India, which is an insurance linked pension scheme for unorganized workers especially in the field of Agriculture and self-employed or daily laborers. It is a government guaranteed retirement pension scheme named Swavaambana having central government subsidy of Rs. 1000 per year with a minimum contribution from the pensioners such as Rs.100 or above up to Rs. 12000. ASWS with the support of Workers India Federation enrolled 543 members and this year 310 of them renewed. Two members cleared their death claims as well as accident claims. Those who complete 60 years can avail their pension amount back and this year four of them did it.

2. SPARSHA - *Cancer Awareness Program*

SPARSHA is a campaign against cancer under the banner of Caritas India, New Delhi. The power of a touch, a smile, a kind word, a listening ear, or the smallest act of caring is so profound that it has the potential to turn a life around. This is very much the charism of SPARSHA by which we instill hope in the people battling against the disease of cancer. The aim of this campaign is to create awareness, detection, treatment and prevention of cancer in operational areas of ASWS under the Diocese of Bhadravathi. The methodology adopted in this man oeuvre is emphasizing the change in the lifestyle of the people which will effectively serve in striking the ailment.

Amidst this pandemic many webinars were organized to alert and inform the people about the grave nature of this illness and the ways to fight against it. The beneficiary list of this campaign has a universal nature as it is open to all. Also, as the government relaxed the lockdown regulations many camps were organized in our operational areas.





The cancer detection camps were conducted with the help of the Palliative Care Centre run by MSSS and moreover the compatible hospitals and organizations came forward to be part of this noble endeavor. We have a strong team of the volunteers who are instrumental in carrying out the functions of this program in an effective manner. It consists of animating the people of the villages to support this virtuous cause. The volunteers training programs, Strategic meetings with like-minded organizations etc. are organized on a regular basis for the effective functioning of the awareness program.

Organic Farming and Kitchen Gardening are the two initiatives which are held in high regard as it enables the people to have healthy food and life style. The free distribution of the organic seeds serves as impetus to cultivate vegetables in their gardens and open spaces. Along with these efforts the suffering people are provided with psychological and spiritual counseling both in offline and online manners.

3. COMMUNITY HEALTH PROGRAMS

Health is a state of complete physical, social, and mental well-being and not merely the absence of disease or infirmity. Within the context of health promotion, health has been considered less as an abstract state and more as a means to an end, which can be expressed, in functional terms as a resource for everyday life. It is a positive concept emphasizing social and personal resources as well as physical capabilities. ASWS initiated different programs in the health sector with our focus mainly on the prevention of diseases, awareness creation, promotion of holistic health, and rehabilitation.



SIGHT TO THE BLIND (EYE CAMP)

ASWS and the Indian Vision Institute – Chennai jointly organized the 'Sight to the Blind' program to detect eye issues in various villages of the diocese. Over 9650 beneficiaries received eye tests, with 2870 diagnosed with eyesight problems receiving free spectacles. Bishop Mar Joseph Arumachadath played a significant role in organizing the program, which has been beneficial to many people.



BLOOD DONATION CAMP

Blood is a gift we all have inside of us to give to those who are injured, sick, or in need. ASWS makes people aware of the importance of Blood Donation and that through this noble act; they could potentially save precious lives. Keeping this aim in mind ASWS formed Blood Donation Armies at different parishes in collaboration with the youth association of the diocese. As a joint venture, we organized blood donation camps in 5 places.



AWARENESS WORKSHOP

(Lifestyle Diseases and Preventive Measures)

Today more and more people are falling into the trap of various lifestyle diseases like obesity, heart attack, diabetes, hypertension, (High blood pressure) depression and even cancer. Lifestyle diseases, as the name suggests, are caused by lifestyle habits, and hence they can be prevented by following simple changes in day-to-day life. What is more concerning is that the occurrences of these diseases are becoming higher among youth and even small children are affected by the same. Blame it on a hectic and tight busy work schedule, smoking habits, alcohol abuse, sleepless nights, skipping meals, spending long hours in front computers and unhealthy diets and quick bites at coffee bars.

COVID-19 EMERGENCY RESPONSE

PROGRAMME

Anugraha Social Welfare Society together with national and international funding partners have scaled up operations to fight corona virus in our 2 districts of operation, providing dry ration kits to 44314 poor people, 17250 cooked meals to migrant laborers, distributed 22314 hygiene kits and distributing 2,660 safety kits to frontline workers. ASWS has also circulated IEC materials for the communities through social media to prevent the spread of corona virus. It helped the people to stay safe.



PSYCHO – SOCIAL COUNSELLING

In Karnataka second wave of Covid created havoc among the people. People who are under house observation are psychologically stressed and their family members are also mentally upset. Apart from that the vulnerable marginalized people are feeling panic and anxiety about the second wave impact in their life. In this juncture in order to ventilate their pent-up emotions - telephonic counselling support is very essential so that the people are relaxed and they follow the right instructions. Moreover, they can also clarify their queries. ASWS started 24 hours tele – counseling for the Self-Help Group members, Children as well as general public.

PROTECTION GEAR FOR FRONTLINE WORKERS (PPE KITS)

Amidst Covid 19, The frontline workers (including Asha workers, Village Health Volunteers & field workers) are supporting the government to provide continuous medical treatment and health care services to the infected patients in the hospitals as well as at home and people under quarantine in the community. So, they are at high risk of getting the infection and if they are infected; the complete health care services will be disrupted causing massive spread and loss of lives. To avoid this crisis situation, ASWS distributed 1500 PPE kits & 25000 face masks to health workers and volunteers in the diocese of Bhadravathi.



4. SPECIAL EVENTS:

WORLD CANCER DAY

In connection with SPARSHA- a program to instill hope among cancer patients; the International Cancer Day was celebrated at Anavatty on 4th February 2023. Cancer detection camp was organized along with a general health checkup and a multi-media presentation on the danger of this sickness as well as preventive care in lifestyle, junk food and danger of pesticide applied vegetable/ fruits etc. were discussed. All the members took an oath to develop Kitchen Garden in their homes.



WOMEN'S DAY CELEBRATION



Anugraha Social Welfare Society, organized International Women's Day. The program was organized at Shivamoga with a few party games and other activities. The main program which took place in the afternoon was a seminar on women empowerment led by Mrs. Rekha. A plan of action that illustrates the guidelines for all activities that ASWS would undertake to ensure the empowerment of women in the society was discussed.

WORLD ENVIRONMENT DAY

June 5th every year, people all around the globe celebrate World Environment Day, encourage awareness and observe its protection. In this regard let us rethink how we consume, revive what we destroyed and reconnect with what sustains us - our home. The Staff of ASWS also gave ear to a call for the protection and revival of ecosystem all around for the benefit of people and nature. Staff members of the ASWS took initiative in planting trees near the office campus, conducted awareness programs in the schools on clean and green nature. Also conducted drawing completions on the theme of 'Saving Earth' and organized awareness program in public places about air pollution.

NAVOMI- Get-together of Navomi women members

The Navomi group, created by ASWS to support widows in its villages, empowers women raising families alone. A yearly gathering was organized with the Bhadravathi Diocese Women Commission at Little Flower Cathedral, N R Pura, aiming to reduce stigma and promote holistic development. The event was inaugurated by Fr. Tino Vellaramkalayil (Vicar) and Sr. Usha CMC (Director of women Commission), with party games for the members and a motivational session by Fr. Santhosh. Attendees enjoyed the program, expressed gratitude, and showed interest in future gatherings.



5. DEPARTMENTS & INTERVENTIONS

God has created every individual unique and with specific skills and capacities. ASWS focuses on empowering individuals and groups to explore their potentials and capacities in order to ensure their well-being along with enhancing a sense of community care. ASWS recognizes the vital role that institutions play for the development of society, and therefore has initiated several programmes with the support of government and non-government organizations along with own resources.

AGRICULTURAL DEVELOPMENT & ANIMAL HUSBANDRY

Shimoga is an ideal place for cultivation and is known for agriculture. The founder president and the patron of the ASWS - Bishop Mar Joseph is very much concerned about the empowerment of farmers and farmer produces. Various seminar and training in organic farming is conducted in different areas of operation. As part of the income generation program we have promoted different live stocks in the villages especially among self-help group members. The members are getting an adequate income from this for their livelihood. We have started with promoting goat rearing in which 45 persons have benefited. In future we wish to promote: - cow rearing, Quill rearing, Rabbit rearing, Poultry units and Pig rearing.



EDUCATIONAL SUPPORT PROGRAMS

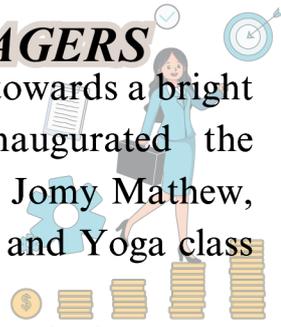
A good education is the cornerstone to a socially awakened populace. Education is the ability to think, apply it in the world and to know the value of life. It doesn't limit with self-education, but also to spread it to every human around us. ASWS works in areas where children face hurdle with creative education. Through this opportunity the child becomes a productive member of a civilized society by acquiring all the necessary skills. It is a fundamental human right in strengthening the respect for child rights and freedoms. ASWS Smart Children include students of class VII to XII who are motivated to excel in life and trainings are provided to them.

SMART KIDS' MEET - UNARVU

With an aim of holistic development of smart children, ASWS conducts diocesan level Smart Samgamams under the title UNARVU. Classes are taken on Topics such as Time Management, healthy study practices, motivational talks, smart performing etc by Resource persons of different departments. Games and competitions were also organized for smart groups. Cultural programmes of smart children added colour and beauty to the Smart Kids' Meet.

CAREER GUIDANCE WORKSHOP FOR TEENAGERS

ASWS organized a one-day Career Guidance Workshop to direct students towards a bright career. Fr. Abraham Areeparambil (Executive Director, ASWS) inaugurated the programme held at Bodhana Pastoral Center. Career guidance expert Mr. Jomy Mathew, Prof. Varghese and Dr. Lilly Paul led the input session. Career exhibition and Yoga class were the high lights of the program.



FINANCIAL STATEMENT

Balance Sheet as on 31st March 2023

ANUGRAHA SOCIAL WELFARE SOCIETY, SAGAR ROAD, SHIMOGA.

Income & Expenditure Account for the year ending 31st March, 2023.

INCOME	Amount [₹]	2022-2023	2021-2022
		Amount [₹]	Amount [₹]
Contributions and Donations		8,62,815.64	10,65,381.00
Reimbursement of Service & Incidental Expenses		18,400.00	41,400.00
Bank Interest		7,425.00	2,958.00
Total :		8,88,640.64	11,09,739.00

EXPENDITURE	Amount [₹]	2022-2023	2021-2022
		Amount [₹]	Amount [₹]
General Fund Expenses (Revenue Expenses) :			
- Schedule C		2,97,119.20	73,148.02
Depreciation - Schedule F		8,234.00	Nil
Excess of Income over Expenditure		5,83,287.44	10,36,590.98
Total :		8,88,640.64	11,09,739.00

Subject to our report of even date
For Joseph V G & Associates
Chartered Accountants
FRN : 0257965
CA. Joseph V.G.
Partner
Membership No. 028597

Place : Shimoga
Date : 20-10-2023
Secretary
Anugraha Social Welfare Society®
Reg.No. DNS/SGR/53/2017-18
St. Joseph Church
Sagar Road, Shivamogga
Karnataka, India - 577 204.

ANUGRAHA SOCIAL WELFARE SOCIETY, SAGAR ROAD, SHIMOGA.

Balance Sheet as at 31st March, 2023.

SOURCES OF FUNDS :	Amount [₹]	31.03.2023	31.03.2022
		Amount [₹]	Amount [₹]
GENERAL FUND :		16,58,102.92	10,74,815.48
Balance	10,74,815.48		
Add : Excess of Income over Expenditure	5,83,287.44		
CORPUS FUND :		25,000.00	25,000.00
Balance			
UNDEBURSED SPECIFIC PURPOSE FUNDS :		6,50,000.00	35,307.64
Schedule D			
Total :		23,33,102.92	11,35,123.12

APPLICATION OF FUNDS :	Amount [₹]	31.03.2023	31.03.2022
		Amount [₹]	Amount [₹]
FIXED ASSETS : As per Schedule F			
Gross Block	20,584.00		
Less : Depreciation to Date	8,234.00		
Net Block		12,350.00	Nil
CURRENT ASSETS :		23,20,752.92	11,35,123.12
Balances : Schedule E			
Cash and Bank Balances :			
- Cash in Hand	3,824.00		
- Cash at Banks	23,16,928.92		
Total :		23,33,102.92	11,35,123.12

Note : Schedules A to F form an integral part of accounts.

Subject to our report of even date
For Joseph V G & Associates
Chartered Accountants
FRN : 0257965
CA. Joseph V.G.
Partner
Membership No. 028597

Place : Shimoga
Date : 20-10-2023
Secretary
Anugraha Social Welfare Society®
Reg. No. DNS/SGR/53/2017-18
St. Joseph Church
Sagar Road, Shivamogga
Karnataka, India - 577 204.



MANY THANKS TO OUR DONORS & COLLABORATORS

MINISTRY OF WOMEN AND CHILD DEPARTMENT
Govt of India

CATHOLIC HEALTH ASSOCIATION OF INDIA
Secunderabad, Telangana

CARITAS INDIA
New Delhi

KARNATAKA REGIONAL ORGANIZATION FOR SOCIAL SERVICE (KROSS)
Bengaluru, Karnataka

CHILD LINE INDIA FOUNDATION
Mumbai, Maharashtra

WORKERS INDIA FEDERATION
New Delhi

KINDERMISSIONSWORK
Germany

CNEWA INDIA
Kochi

ANUGRAHA SOCIAL WELFARE SOCIETY®

REG.NO. DRS/SGR/53/2017-18

***St. Joseph's Church Compound, Sagar Road,
Shivamogga – 577204, Karnataka***

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