



# Hindu Seva Pratishthana Annual Report 2018 - 19





## *Our Projects*

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- Sevavratis
- Seva Mitra
- Aruna Chetana
- Manonandana
- Yoga Bharati
- Child Guidance Centre
- Aapta Salaha Kendra
- Nele
- Stree Swawalamabana
- Samagra Shishu Shikshana
- Supraja
- Ashraya
- Chanakya Bharati



## *From the Director desk*

We would like to thank all our donors on behalf of all the beneficiaries of our projects. Special thanks to the donor who donated their Building to Hindu Seva Pratishthana in Thyagarajanagar to serve the people. This building has been utilized to open Supraja Pregnancy center, headed by Dr. Usha who has served at Ayurvedic College, Udupi. She is serving her time with us in developing and spearheading this project.

Special Thanks to Mrs. Vasundhara Ma, who had donated her property in Tumkur for Nele has donated another property in Padmanabanagar in Bengaluru. After her demise, her son, Mr. Mahi Tirumala has donated the building for the organization Seva activities. We have opened a tuition center and Tailoring training unit in the building.

We would also like to thank Ms. Saraswati Bhagini from Australia has donated her residence in Ramesh Nagar, Bengaluru to Hindu Seva Pratishthana for the Seva activities

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This year, we reconstructed Ajithashri Building in Bull Temple Road. We have built the fifth floor which includes a conference hall and some interior changes have been made. On January 12th, Co-secretary Dattatreya Hosabale inaugurated the renovated building. The following day, we conducted Sevavрати conference at Ajithashri.

In March, the three founding organizations (Aruna chetana, Manonandhana, Seva in Action) working towards physically challenged children conducted "Divyanga Kala Vishkara" program. Other project highlights have been briefed in sperate sections in the annual report.

- Suresh, Director  
Hindu Seva Pratishthana



# *Our Reach*

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**2000**  
Kids in Nele  
Foudation



**20,00,000**  
Sevavritis



**15,000**  
Integrated  
children education



**15,000**  
Counselled at  
prasanna  
counselling



**25,00,000**  
Beneficiaries



**3,15,000 FAMILIES**



**6,150 WOMEN**



**12,300 CHILDREN**



# Sevavrati

Started in the year 1980, the programme provides training to young men and women, who are referred to as 'sevavratris' towards serving the needy, underprivileged and marginalized people irrespective of their class, gender, creed, religion and geography. To date, 30 batches of training have been conducted and about 4,150 young volunteers have been trained and provide ongoing support. Most of them are girls who come from a humble background and have attained education only till 10th or 12th standard.

Over a span of 35 years, there have about 4,500 sevavratris working in slums, tribal areas and other neglected areas of society by rendering services in various disciplines such as health, hygiene, education, livelihood, cultural, social and economic fields.

## Reach of Sevavratris:

About 5000 Girls above 18 years are trained and deployed in the social activities areas – Karnataka, Kerala, Tamilnadu, Assam, Andrapradesh, Manipur, Gujarat, Bodoland, Arunachala Pradesh, Maharastra, Uttarpradesh, Rajasthana, Delhi total project cost is Rs. 2.50 Lacs per month.

## 2018-19 Program Highlights

This year, we conducted Sevavrati conference for all the previous years trained sevavratris in the month of January.

we also trained two new batches.

The details are given below.

Shishu	9
Shikshana	19
Seva Mitra	4
Gurukula	2
Yoga	9
Nele/Ashrama	2
Ajithashri	2
Seva in Action	1
Supraja	<hr/>
	48

Mangaluru	1
Shimoga	1
Bengaluru	1
Tumkur	5
Dharwad	9
Belagavi	3
Kalaburgi	5
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	2
	48
	3



# Seva Mitra

An initiative started during 2014 to accelerate seva activities in every taluk of Karnataka. Any person willing to contribute 3-4 hours of time daily will be trained and exposure provided in various seva activities with an aim to start those activities and work based out of their homes.

Each of the SevaMitras are given a minimum honorarium. Such SevaMitras have got trained and started various activity through out the country. About 100 SevaMitra volunteers are working in these centres. Total beneficiaries 2000 Families and continuing areas Shirahatti, Shikaripura, Thirthahalli, Chikkaballapura, Shringeri, Koppa. Total project cost is Rs 3.5 Lacs per month.

## 2018-19 Program Highlights

We conducted free health check-ups to 5000 children across Mandala Government schools with the support of Vistar Financiers as part of their CSR activity.

The Seva Mitra program activities details are given below.

	Shirahatti	Shikaripura	Thirthahalli	Shringeri	Koppa	Chikkaballapur
Mandalas	27	23	22	4	7	17
Villages	108	92	88	16	28	68
Tutions	29	24	2	-	3	17
Bala Gokula	133	81	85	17	29	27
Jolige Library	33	22	17	5	6	6
Yuva/Kishore Bharthi	2	10	24	1	-	3
Matru Mandali	16	1	-	2	5	8
Selfhelp group	-	1	-	-	21	-
Bajane	7	12	8	3	4	16
Yoga	5	-	-	-	-	4
Tailoring	-	1	1	3	1	-



# 2018-19 Program Highlights

This year, our children participated in many events and programs. The details are given below.

lalbagh flower show, smileys Dnace program, Divyanaga kalavishkara, differently abled empowerment program, differently abled art show organised by senior citizen department, sports tournament organised by women and children welfare department, shashwati seva samiti sports tournament, quiz ball organised by seva in action.

- Triveni Turbines donated school bus to Arunachethana.
- Participated in sports tournament conducted by Shashwati Seva samiti. our children won several medals.

- In the sports competition held on the occasion of world handicapped day, our children won 4 gold, 4 silver and 4 bronze medals.
- G.Alex was selected for floor hockey conducted by special olympics Bharath. Team won second prize at the tournament conducted at Punjab.
- Ms. Deepika was selected for women's floor hockey conducted at Kerala this year. she was part of Karnataka state team which won silver medal at the tournament.
- Mr. Prabhu who received vocational training at Arunachethana has been posted as helper at State BJP office.
- Mr. Prakash was joined Arunachethana in 2012, had several communication and learning disabilities. he received speech therapy and Yoga therapy. This year he has secured second class at SSLC (10th class).

## Arunachetana

**School for children with special needs  
(Mental Retardation, Cerebral Palsy & Multiple Disabilities)**

Realizing the need to extend a basic support to kids with suffering from Mental Retardation, Cerebral Palsy & Multiple Disabilities, this Institution was started in December 1987 with a strength of 5 children.

The school aims at providing comprehensive service to children suffering from various disabilities ranging from cerebral palsy, mental retardation, visual and hearing Impairment, Partial Visual Impairment, Spina Bi Fida, Autism, Dyslexia – Behavioural and Emotional disorders etc.

Dedicated and experienced personnel provide services including Physiotherapy, Speech therapy, Occupational therapy, Academic education, self-management, Vocational training and Yoga. 137 children are now being trained in this Institution. It is a matter of pride that this Institution has been selected as an exemplar in the field and duly recognized by many Educational Institutions for demonstration and hands-on-experience.





# Manonandana

**Manonandana is a multi disciplinary comprehensive rehabilitation centre for mentally challenged and multiple disabled children belonging to lower economic group. Manonandana Trust was established in the year 1996. It is a registered non-profit organization.**

**The Founder is Dr.Kusuma Bhatta Ph.D., a Speech Pathologist – Audiologist having more than 40 years of experience in this field. She has studied and worked in India and Abroad (U.S.A, Singapore, Indonesia). Also she has many years of experience in training gross root level workers in comprehensive training for children with various disabilities in rural areas of Bengaluru district – covering 52 villages.**

**The centre is committed to provide comprehensive training for cognitively impaired children to develop various skills for better quality of life and to provide social and emotional support to the families of the afflicted children.**

## 2018-19 Program Highlights

- Participated in several painting and art competitions
- Participated in Quizball competition conducted by Seva-In-Action
- Dance program at Balotsva, Cubbon Park
- Dance program at Anantanamana at Basavanagudi National High school Ground.
- Yakshgana Program at ISHACON 2019 conducted at Nimhans
- 13 students interned with us this year which included 3 students from Ugire, SDM college who was involved in clinical work for 15 days.
- Training for Manonandana teachers



# Yoga Bharati

(Propagating Yoga and Home Remedies)

HSP has trained thousands of persons all over Karnataka in Yoga through special yoga camps and workshops, based on the traditional Patanjali School of Yoga.

Regular classes on Pranayama and Meditation are also conducted. Many have benefitted through these Yoga camps and have reported improvements in their health, including instances where chronic diseases have been cured. For many others, Yoga is a new life style. The Karnataka Government has introduced yoga in its curriculum. The HSP takes pride in this.

Performing 108 Surya Namaskaras and Surya Yagna on the occasion of Rathasapthami is one of the major events which the yoga vibhag organizes every year. Thousands participate on this day in mass Surya Namaskaras.

Yoga Sevavratris also teach how to prepare simple medicines from materials easily available at home to cure common ailments like cold, cough, fever etc. Here, a mention has to be made of Panchavati Yoga Anusandhana Kendra, which is an institution dedicated to Yoga Research and Alternative Medicine.

## 2018-19 Program Highlights

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- Girinagar yogashree center: Enrolled number of people is 932.
- Total number of Yoga teachers: 45
- 48 Training programs
- 37 Baitak programs
- 24 Yoga camps: 1140 people
- Yoga Awareness Program: 600 people
- World yoga day - Bike Rally: 140 people
- World Yoga day: 780 people
- Yoga Nidhi: Funds collected was contributed to 10 soldiers families.
- On the occasion of Republic Day, we honoured soldiers for their unconditional work in the presence of Air Marshal Mr. Murali.
- Rathasapthami Suryanamasker: 585 people
- Monthly Surya Milana program: 60+ people.



## Child Guidance Center

Good mental health during childhood and adolescence is just as important as good physical health. Child Guidance Center is dedicated to providing excellent behavioural and mental health services for the children with guidance from the experts..

We work with family members, teachers and others who all have important roles in ensuring children are able to achieve their true potential.

We identify the learning disabilities and provide appropriate treatment/ therapy to address the issue. Children who need further analysis will be referred to KIMS, NIMHANS, Samvidu etc

## 2018-19 Program Highlights

Development Problems	2
A.D.H.D	9
Behavioural problems	6
Learning disabilities	36
Emotional problems	9
Speech disabilities	33
Autism	4
School drop outs	2
Regular children	8
Others	15
	<hr/>
	116

(No.of Boys: 79 & No.of Girls 37)

- Children development and Mental health program for parents: 7 seminars were conducted addressing several issues.
- Creativity workshop for teachers and parents
- Workshop about parenting
- Educational rights: Seminar
- Vocational and Educational festival for special children



# Aapta Sala Kendra

Prasanna Counselling Centre which works under the aegis of Hindu Seva Pratishthana is an unique institution devoted to provide free counselling and guidance services to the needy clients. Established in 1980 by the founder director of Hindu Seva Pratishthana late Ajith kumar, Prasanna Counselling Centre has grown from strength to strength bringing comfort and solace to thousands of people from different walks of life.

As a result of increasing industrialization urbanization and complexities of life, people are confronted with varieties of problems. The unceasing trend towards urbanization has multiplied such problems.

The accelerated pace of change in life and situations, the range of novel situations available and the wide and diverse options developed with the aim of bringing greater happiness to human beings have ultimately snatched the very sheet anchor of contentment and happy living conditions to a very great extent.

Located in Basavanagudi at Ajitashri, Bull Temple Road, Bengaluru, Karnataka.

Working time : MON to SAT - 06:30pm to 08:00pm

## 2018-19 Program Highlights

- Counsellor training program: Feb 2nd to June 2nd 2019
- 107 counsellors were trained and issued training completion certificates
- Pankajjakkappa was awarded Rotary excellence award and Rotary Guidance award.
- Website visitor clicks: 60,000+
  - Bull temple road centre
  - Malleshwaram centre
  - Devayya Park centre

Following are the cases handled by the counselling centre

Physical ailments	39
Mental health problems	452
Marital problems	59
Suicide tendencies	1
Alcohol/Drugs addiction	10
Financial problems	210
Educational problems	197
Rehabilitation problems	28



# Nele

Street children represent the thousands of homeless children who live in our cities without a place to sleep and invariably without food. It is a common sight in Bangalore to see children with torn clothes, Disheveled Hair, eyes full of hope, lugging a dirty bag on their tiny shoulder, picking bits and pieces of rags from the streets.

Apart from the rag-pickers there are also thousands of other children deprived of parental care and facing financial hardships who need homely atmosphere. Nearly 80,000 such children live in Bangalore alone. In our country, the number of such children is increasing daily. As responsible citizens, there is definitely a lot we can do for them. We could embrace these children and help them lead a life we dream for ourselves. These children too, are citizens of our society and could contribute to the progress and glory of our land if given an opportunity. This is the rationale behind NELE.

So far, 10 centres have been established 6 in Bangalore and others in Mysore, Tumkur, Shimoga and Bagalkote. Over 260 boys and girls have found caring homes in these centers.

## 2018-19 Program Highlights

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- Eye and Medical care camp was conducted for Narendra Nele students
- Ranganathittu Bird Sanctuary tour for Niveditha nele kids
- Dental camp by Santhvana charitable trust at Niveditha nele
- Mysuru tour for Namma nele kids
- Arts and crafts workshop at Namma nele
- Jawaharlal Nehru Planetarium visit conducted by Global organisation members for Ashakirana nele kids
- Second prize for Ajitha Nele in Dance competition at Ashadayaka foundation
- New Horizon Bengaluru has built a building in Dwaraka Nele which will be used for vocational training.
- Nali-Kali and English coaching classes was conducted for Madhava Nele kids

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Shimoga - Madhava Nele	(Girls & Boys)
Tumkur - Dwaraka Nele	(Girls)
Mysore - Ajitha Nele	(Boys)
Bengaluru -	
Narendra Nele	(Boys)
Chandana Nele	(Boys)
Namma Mane Nele	(Boys)
Niveditha Nele	(Girls)
Ashakirana Nele	(Girls)



A woman with dark hair, wearing a blue patterned top, is smiling and looking towards the right. She is working on a craft project, possibly a bag or a piece of fabric, which is visible in the foreground. The background is slightly blurred, showing what appears to be a workshop or training center setting.

# Stree Swawalambana

Dedicated to the upliftment of women from the economically weaker sections of society, this project helps them become self-reliant by training them in activities like tailoring, handicrafts and greeting card making, bag making and preparing condiments.

## 2018-19 Program Highlights

- Tailoring centre at Narendra Nele - so far, 1554 women have been trained. There are two batches per day. 6 months training will be provided to each Batch.
- Two Self help groups are created at the centre.
- Three months Computer courses at Narendra nele.
- Tailoring and Computer training is funded by Rotary Club Vijaynagar.
- Padmanabanagar Vasundhara Tailoring centre is training 20 women.
- Under the Sevamitra program, 21 self-help groups have been organised.

# 2018-19 Program Highlights

## Samagra Shishu Shikshana

Child Education should not merely mean teaching the child the three 'R's. It should, on the other hand, mean the child acquiring knowledge from its own participatory activities, directed by its own desires and interests.

There are scientific and systematic approaches available to child education such as – Kindergarten, Montessori, Shishu Vatica and Anganavadi systems. They vary in concept and approach. A detailed study on these methods and discussions with experts on several aspects of child development resulted in evolving a new scheme of “Comprehensive Child Education”, which was put into practice in 1992.

This new scheme was adopted on an experimental basis in 13 Shishu Mandirs in 8 districts of Karnataka in 1993. In due course, in Tekkatte, Araga, Holehonnur and Kalladka villages people came forward to provide octagonal shaped buildings and fully equipped playgrounds for children. This attracted the parents and management of Shishu Mandirs in other places resulting in those centres also getting necessary learning materials and playgrounds. Till 2001, 272 persons from 24 districts of Karnataka were trained through the annual training programmes

Mangaluru Division	60
Shimoga Division	9
Dharwad Division	6
Kalburgi Division	13

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88

- Shishu Shikshana Camp at Kaladka VidyaKendra: 72 women from 39 centres across 11 Districts
- Four Days workshop for North Karnataka Division: 30 teachers from 20 Shishu mandirs.
- Academic training for all the teachers across all the divisions

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Following are the activities conducted across the centres

Balagokula	70
Jolige Pustakalaya	5
ManePata	12
Matru Mandali	50
Self-Help Groups	11
Yakshagana Training	2
Bajane	10
satsanga	2
Yoga	2
Kishore Bharati	10

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174



# Supraja

Modern medical research has proved that the lifestyle of the pregnant woman has immense effects on the baby in the womb. Researches throw a scary picture of how wrong lifestyles and addictions of pregnant women can mutate the genes of baby in the womb and can cause irreparable damage to their well being.

Modern science authenticates the already existing age old wisdom of 'Garbha Samskara' enshrined in Hindu scriptures that says "learning begins before birth". Researchers have also come out with the fact that baby starts to learn right from womb and they react to the external stimuli such as music heard by the mother.

'SUPRAJA' Garbha Samaskara Kendra systematically guides the couple to enable them to get a quality baby through various recommended in Ayurveda. It helps to enhance physical, psychological and emotional wellbeing of the baby in the womb.

'Supraja Garbha Samskara Kendra' under the leadership Dr. Usha M.D., who has made extensive study in the said field has undertaken to impart these invaluable knowledges to young aspiring couple

## 2018-19 Program Highlights

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- SUPRAJA' Garbha Samaskara Kendra was inaugurated on Aug, 2018
- Building was donated by Shri. Gangadhar Shastri for Hindu Seva Pratishtana activities.
- 8 women have received guidance and treatment from the centre and have delivered healthy babies.
- The centre has become a boon for the women who are struggling to conceive.
- Dr. Usha provided guidance through television program which was telecasted on Ayush TV channel in four episodes.

## Success Stories

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- Mrs Smitha was suffering from Retroplacenta disease, started bleeding after a month she conceived. She received Ayurveda treatment, Yoga, Pranayama, Meditation. she delivered a healthy baby through cesarian.
- Mrs Prasanna who was not able to conceive for 7 years, received treatment from the centre. She conceived through IVF. She was ailing from High blood pressure and Diabetic condition. She received Ayurvedic treatment along with meditation guidance. she has delivered a healthy baby.

# Ashraya & Chankya Bharati

- Ashraya - Janaseva ViswaSannidi

Kasargodu Taluk: Kanyapadi Ashrama (old age home)  
It is currently administered by Janaseva vishwasannidi trust.  
Along with the old age home, there is Balagokula and Shishumandir centres are running simultaneously.

- Chanakyabharathi in collaboration with Hindu Seva Prathistana constructed the school on the premises of Hindu Seva Prathistana.

## Brief History of the School:

National Public School has been offering educational service for the people of RT Nagar/Sultanpalaya area for the last 12-13 years specifically for students from lower strata of our society.

Last five years the school has been run by Chanakya Bharathi. Surrounded by hakki pikki community and slum dwellers who are economically, socially and educationally backwards. Main activity for living is rag picking.

The school offers quality education and also focus on moral value inculcating education to the students. They also run many programs to enhance different ability of the students like Math-Science Olympiad, Spelling Bee in three languages, debates, etc..

HSP agreed to lease the site for 30 years freely. The school will cater to the educational requirement of the locality.

## 2018-19 Program Highlights

- In Chanakyabharathi school, there 50 children studying from class 1 to class 7.
- There is yoga centre at the school, currently 16 people have enrolled.
- Free eye care camp sponsored by Rashthrohana for the locals.
- 300 people benefitted from the camp





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fill up the required details > Payment

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