

# For Healthy Living



**Belaku Trust works at the village level  
Annual Report  
April 2004 – March 2005**

## A Letter from the Chief Trustee



This has been a year of important change at Belaku Trust. In my last letter I appealed for funding to update our administrative system and, thanks to your generosity, we have been able to improve our basic organization greatly. After nine years, the Belaku office has moved from an alcove in my house to its own, five-room premises. Besides making us happier and more efficient, this extra space makes it

possible to integrate volunteers far more quickly. Even more important than the new space, was our good fortune in recruiting Dr Sam Roy as Belaku Director. Dr Roy brings good experience, having come to us from the Catholic Hospitals of India, where he was Programme Manager and Team Leader, Capacity Building Team for several years.

We are now active in 14 villages, where we have been able to help at the individual level, organise health education programmes and support village institutions, such as the anganwadis. We have achieved closer links with the government Primary Health Centres and this has made our work more effective. Our staff has benefited from attendance at training sessions and workshops and very much enjoyed discussion with Indian and international visitors to Belaku.

Belaku began as a research group and we continue to stress the importance of gathering solid information about the health needs of the villages. We have published a paper in *Indian Pediatrics* on infant nutrition in our area and our study of adolescent health concerns in rural Karnataka is almost ready for publication. We plan more papers based on that study.

Micro-enterprise groups give women social and educational opportunities besides useful income. Thanks to a grant organised by the Irish Embassy, we will be establishing a fabric block-printing group in one village and, in the near future, it should be possible to start two more groups. Kirana, the women's paper-making project, our first micro-enterprise, now has established worldwide markets and is selling well in an increasing number of Bangalore outlets.

I must again end my letter with an appeal for funds. We continue to find that, while grants are usually available for a well-planned programme, help with basic administrative expenses is hard to obtain. Our workers and researchers need the support of an efficient system and every administrative improvement strengthens our work in the villages. If you are able to help us with these necessary underlying expenses, we should be most grateful.

With many thanks for your interest in our work,

Sincerely,

A handwritten signature in dark ink, appearing to read 'Girish Karnad'.

Girish Karnad

### Anganwadi support programme

Anganwadis provide headstart education and nutritious food for pre-school village children. Their important work is often hampered by poor premises and the teacher's feeling of isolation. In June, Belaku student volunteers and some of the young people from the village repaired and painted the Kadahalli anganwadi. With support from Mrs. Sarita Bakhshi, Mrs. Tara Kini and Agnishikha of the Aditi school, we have instituted a training programme for anganwadi teachers. Our workers were with them during the first sessions.

### Women's micro-enterprises

We are delighted to be expanding this programme. Kirana, our paper-making group, has given the women of Kadahalli badly-needed extra income and the chance to make friends and learn new skills. Thanks to an Irish Government grant (Development Cooperation Ireland), we are now able to set up a fabric block-printing group in Halasur Village and plan to start two more groups during the next two years.

### Other programmes

- Educational and medical assistants grants to individuals

Our field staff have continued:

- General education for out-of-school adolescents
- School sessions on health and hygiene
- Collaboration with Grameen Koota to carry out health sessions for women's groups
- Sessions on neonatal care with mothers and extended family
- Health education for women and one health fair

### Future Plans

We have proposed to NIMHANS Small Grants Project a parents' counselling scheme for rural areas.



Halasur Village Block Printing Group



***A Dropout session***

### **Community Education in Improving Infant Nutrition**

Babies' 'failure to thrive' is a serious problem in many Karnataka villages. This year we published our findings on the importance of community education in improving infant nutrition and growth. Kilaru A., Griffiths P.L.\*, Ganapathy S. and Ghosh Shanti\*\* "Community-based Nutrition Education for Improving Infant Growth in Rural Karnataka" Indian Pediatrics, vol 42: 425 - 432. 2005

### **Survey of Adolescent Health Concerns**

We completed the work on our survey of adolescent health concerns in south rural Karnataka and this is now ready for publication. We plan other papers based on this work.

- \* Department of Human Sciences, Loughborough University, UK;
- \*\* Pediatrician and MCH Consultant, New Delhi, India

### **Ethics in Research Workshops**

Ethics in Research: Belaku staff attended two workshops on this theme and made a presentation at NIMHANS on the same subject.

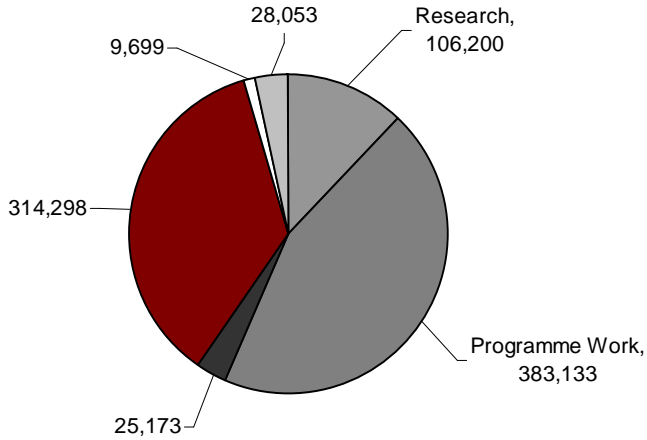
### **Self-Evaluation Exercise**

Our whole organization took part in a self-evaluation exercise and we had useful help from an advisory group convened by Ruth Whitbread, in defining our aims and making future plans.

### **Primary Health Centres**

We continued to collaborate with government Primary Health Centres.

Expenditure (Rs)



Complete audited statement of accounts available on request

**Thanks to our supporters**

Our thanks to People for Progress in India for their assistance in fund-raising efforts.

Thanks also to many generous individual donors and to our many friends who have donated equipment and given their time and professional skills.

**Bankers and auditors**

State Bank of Mysore  
Banashankari Branch  
305, 40<sup>th</sup> Cross, 3<sup>rd</sup> Main Road  
Jayanagar 8<sup>th</sup> Block  
Bangalore-560082

T. Sriam and Co.  
Chartered Accountants  
2974 17<sup>th</sup> Cross, K.R. Road  
Bangalore-560070

## **Trustees:**

Girish Karnad, President

Marie Therese Mascarenhas

G.S. Jayanthi

Sadiqa Peerbhoy

Anjana Vivek

Mrs. Sarita Bakshi – joined as trustee as of 9th March 2005

Mrs. Marie Therese Mascarenhas – resigned as of 9th March 2005

## **Staff Members:**

Dr Sam Roy, Director (from February 2005)

Dr Saraswathy Ganapathy, Director of Projects (honorary)

Ms Asha Kilaru, Director of Research

Ms Varalakshmi, Director of Field Projects (left Belaku 15th June 2004)

4 field staff, 4 office and research staff



***Kirana Paper Project***

**Volunteers:**

Niti Bagchi

Ajay Krishnan

Hilary Diehl

Charlotte Mirrielees

Amy Gardiner

Rebecca Poston

Pratima Gokhale

Ruth Whitbread

**Interns:**

Amy Gardiner, London School of Tropical Medicine

**Our visitors have included:**

Jo Bamford (Southampton)

Tom Burrows

Ali Brownlie (Brighton)

Dr. Pushpa Chandwani

Ms. Sona Chandwani

Nagini Kajendra

Shanti Mahendra

Mr. and Mrs. Piplani, Virginia

Sister Clara and Sister Rosemary (St Joseph's Convent, Bangalore)

Mr. S. Srinath, PPI



***School Health Programme***

## **Belaku Trust**

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We welcome visitors and collaboration with other researchers. Please contact us at the above address to arrange a mutually convenient time.



***Halasur Village Block Printing Group***