



THE BELAKU TRUST
RESEARCH & ACTION



THE BELAKU TRUST
APRIL 2013 / MARCH 2014

Dedicated to Community Health, Research and Action



THE BELAKU TRUST

TABLE OF CONTENTS

/	A Letter from the Chief Trustee	5
/	Map	6
/	Our Team and its Mission	7
/	The Belaku Team in Action	8
/	More about Belaku Programmes 2013/2014	10
/	Our Stories	12
/	Future Directions & Challenges	14
/	Governance	16
/	Staff	17
/	Media / Publicity	17
/	We Need Your Support ...	18
/	How to Donate	20
/	Our Thanks to So Many	22
/	Networking	24
/	Visitors	25
/	Finances 2013 / 2014	26



DEAR FRIENDS OF BELAKU

Another year has gone by in which Belaku's work in the villages has continued, thanks entirely to the help and encouragement we have received from you. So many of you, from different professions, countries and backgrounds, have supported us with time, advice and money that we cannot name everyone, but can only say a very sincere thank you.

As always, our work lies in providing support for community institutions, health services and individuals.



Our projects have been extremely well received and our staff has grown in capability and confidence. Careful evaluation continues to be central to our work – we owe it to all our supporters and to the people we aim to serve to be sure we are doing as good a job as we can and that the programmes are useful to the community.

The micro-enterprise groups continue to grow in strength. Beyond the financial rewards, these groups enable the women to grow in confidence and independence, which has a very positive effect on their communities as a whole.

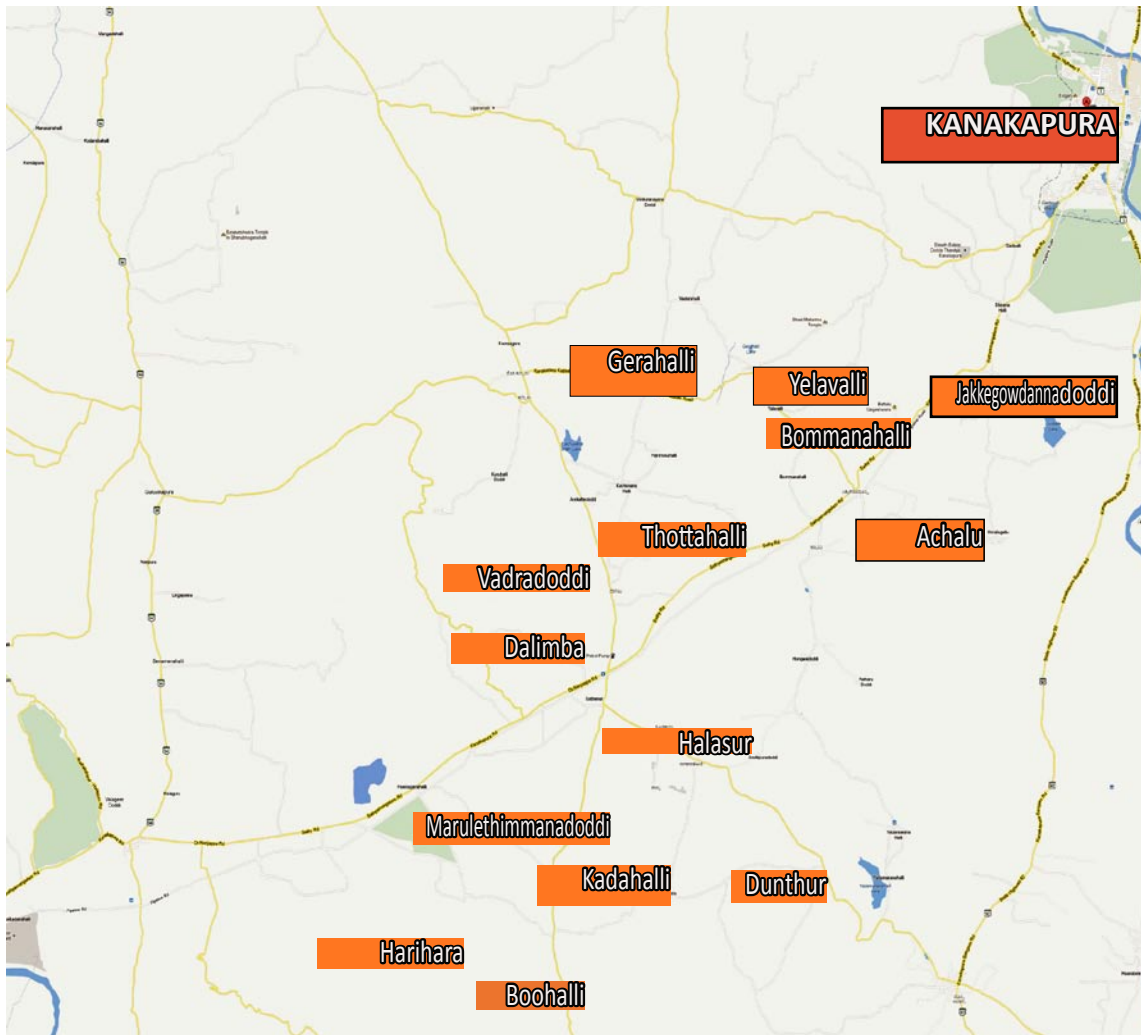
During this year, serious thought and planning have gone into issues of ensuring the continuation of our work and of how staff in Kanakapura might take on more of the planning and overall supervision of the activities.

But to keep all of this going, we need funds. Every donation is vital to our work and sincerely appreciated by everyone at Belaku and by the women, men and children we work with. Even relatively small amounts can make a huge difference to people's lives: Rs. 100 will pay for a child to attend the summer camp; Rs.2000 would pay for a Gelathi (a community health worker) for one month, and support 30 children, their families and 15 pregnant women. Whatever you can give will be warmly accepted and wisely allocated.

Thank you all for your interest in Belaku,
Yours,

Girish Karnad
Chief Trustee

OUR TEAM AND ITS MISSION



The Belaku team has always been fortunate in having members from different professional backgrounds. Our focus is on health and nutrition but besides people to provide advice on health, we have found that educators and community organizers can play an important part in planning programmes to help improve the situation in the communities of the villages we work in.

We have a wide variety of programmes and all have been entered into with these beliefs:

- / Handouts are occasionally necessary but never desirable
- / Real lasting change in our rural areas must come from the village communities themselves.
- / We can work with the village communities to help them gain the skills and knowledge they need to effect these changes.
- / We can work with the existing services and will always aim to strengthen not replace or sideline them.

We uphold the right of the village communities to make their own decisions.

THE BELAKU TEAM IN ACTION

We began our work with a research project to find causes of poor health. Careful research and everyday experience in the villages has shown us that poor health and nutrition in the villages comes from many related causes.

POVERTY: Many village mothers do not have enough money to provide their families with adequate nutritious food. Poverty also drives mothers to take work far from home and leave small babies without proper care.

BELAKU RESPONSE

- A programme to loan money so women can buy livestock.
- A programme for providing the poorest families with free medical help. This prevents one member's medical bills causing the whole family to lack proper food.
- A programme to develop income generation groups

LACK OF INFORMATION: Most village women have little opportunity to travel or learn from the outside world. Their information often comes from relatives and neighbours and is sometimes wrong and even harmful.

BELAKU RESPONSE

- A programme to train home visitors, Gelathis, who give information on health and nutrition to mothers
- A programme we call Smart Start gives women help at home and concentrates on giving information on pregnancy and baby care.
- We encourage the women working together at the income generation to discuss ideas and share information.

POOR OR NO ACCESS TO EDUCATION: Education in these areas is hampered by poor facilities, transport problems and lack of money. This results in drop outs and poorly educated young people.

BELAKU RESPONSE

- A programme to support the teachers in government-sponsored anganwadis, or preschools
- A programme to organize summer camps that provide educational enrichment for children and young people.
- A programme to provide provide scholarships so that local students can attend school and college.



MORE ABOUT BELAKU PROGRAMMES

2013 / 2014

Anganwadi Support Programme, And Smart Start Programme

The anganwadis (government pre-schools) can benefit village children by providing not only early education but also a nutritious midday meal. There is only one worker at each anganwadi and no arrangements for further training or meetings with colleagues. It was easy for these workers to feel isolated and become demoralized and Belaku's involvement helps them in this regard. We have found it works well for the Gelathis to divide their time between home visiting and attending the anganwadis. They now draw up the curriculum, plan games and story sessions and organize the resource material. The anganwadis are more cheerful places as a result, and the children enjoy attending.

The Gelathis' home visiting has helped village mothers understand more about nutrition and hygiene. In spite of this, we still see undernutrition in the villages. This is often due to lack of money or lack of time. We try to adapt our approach to the individual families and help them solve their particular problems.

Programme To Support Village Women's Income Generation Groups

The three income generation groups, Kirana, Deepa and Ushe, continue to thrive. Their products are now well-known in the Bangalore community and also sell well when kind Belaku friends arrange sales abroad. The women welcome the extra income and we have seen them grow in confidence and skill. Rural women, especially young mothers, are often overworked and isolated. Working in a group gives them the chance to develop friendships, share information and have fun.

Summer Camps

The eagerly anticipated summer camp was held once more, thanks to renewed funding by The Overseas Women's Club (OWC). We were delighted to see the children learning, acquiring new skills and making friends. The camps served 10 villages and a total of over 900 children between the ages of 3-16. The activities were run primarily by the gelathis, local women who are trained as health and development facilitators, with Belaku's Field Co-ordinators overseeing and mentoring them. Running the Summer Camps was no small feat, with some camps having over a hundred very excited children learning, playing and creating in a 3 room government school building – but the gelathis and Field Co-ordinators did a great job of it.

Through the activities, children learnt teamwork, leadership and inclusiveness –when they're playing a game, everyone plays together: boys and girls, older and younger children, and children of different castes and social backgrounds. We also took the opportunity to engage with the children on issues of nutrition, sanitation, human rights and the environment. We believe that the best way to teach these issues is through play, discussion, and action: engaging with, instead of preaching to, the children.

Other Activities

Medical

Our staff helped the family of the surviving one of premature twins to receive important follow up care including vision and hearing screening. In the process we once more realised how complex and unhelpful the system is and how difficult it is for families to navigate it.

Krishna (name changed), the teenaged son of one of the women in the Income-Generation group who is paraplegic, was helped by staff and volunteers to receive follow up care and refitted braces.

Scholarships

The two daughters of a single mother were given scholarships that enabled them to continue in school. The woman herself was helped with employment that enabled her to find a satisfactory job.

Livestock

Eleven women took loans to buy livestock. Some had taken loans previously to buy sheep or goats and were now emboldened to take larger amounts to buy cows. They tell us that the milk from a cow brings them an average profit of Rs.1500 per month

OUR STORIES

Saroja (name changed) comes from a community that used to observe very harsh traditional practices, especially in regard to women and childbirth. They consider a woman unclean when she is menstruating and after she delivers a baby. At these times, the woman who has her period has to live in isolation in a hut outside the village.

Saroja was one of the few unmarried women in the village and was dependent on her brother, whose wife was not good to her. In addition, her community were considered low caste.

A health worker who collaborated closely with Belaku suggested that she join one of the women's groups and she has now worked there for several years. She has made friends among the other women and Belaku staff, eats with them (a sign of acceptance in the local context) and has become a valued member of the group. Saroja's brother died a few years ago and after this her sister-in-law was very unkind to her. Saroja took a loan on the strength of her work with the group and has built her own house where she lives on her own. "Because I am involved with Belaku, people do not trouble me, they admire me", she says with confidence



FUTURE DIRECTIONS

We plan to continue with our existing programmes and aim to work with the people in these villages to build healthy communities with prospects for growth and wellbeing for all.

An important aspect of future work will be devising strategies and training all levels of staff so as to ensure its continuation for the long term.

CHALLENGES

Many factors remain challenging -- attitudes and beliefs change slowly, there is a persistent inertia in parts of the community, and social pressures come to bear on individuals who are making changes in their own lives.

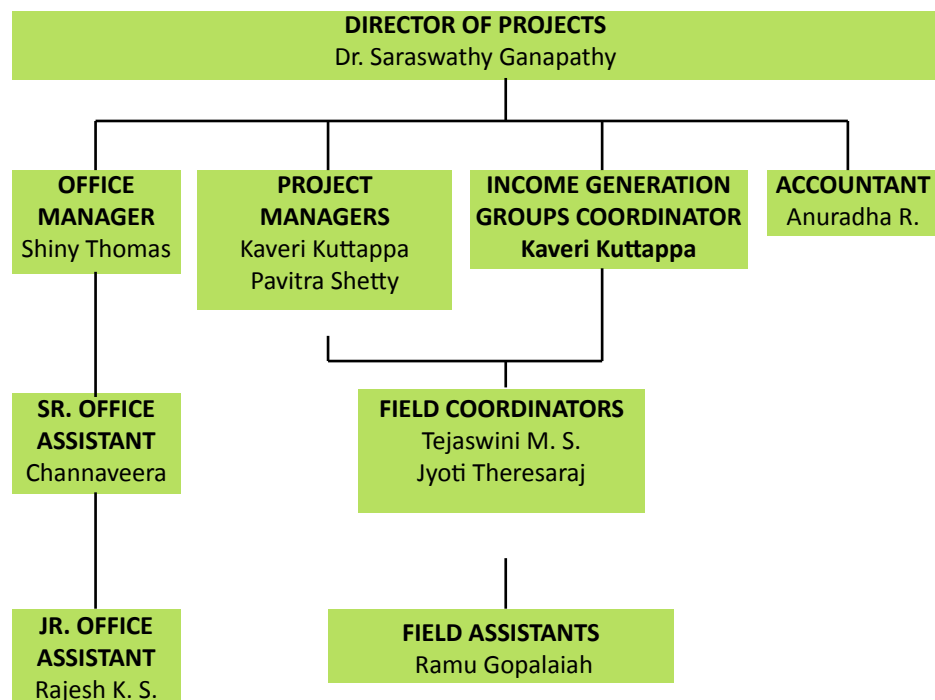
Most troubling are non-responsive or ineffective public systems which do not deliver what they should be.

We strive to remain sensitive to these issues and to devise ways to continue our work despite them.



GOVERNANCE

Name	Role
Girish Karnad	Chief Trustee
Sarita Bakhshi	Trustee
GS Jayanthi	Trustee
Sadiqa Peerbhoy	Trustee
Anjana Vivek	Trustee
VS Thyagarajan	Advisor



STAFF

Baneen Karachiwala left Belaku in July 2013 after many years of involvement in both research and programme implementation. She will be greatly missed but we hope for a continuing relationship.

Raji Mohan joined us in August 2013 to work with the women's income generation groups.

MEDIA / PUBLICITY

Our chief trustee, Girish Karnad, generously funded and directed a short film about Belaku, which was greatly enhanced by Arundathi Nag's voice-over, done pro bono for Belaku. This will be uploaded onto the net soon -- please take a look at it and get to know us even better.

Contributions from Belaku appeared in the book *On Becoming a Mother*, compiled by Brigid McConville, global creative director of the White Ribbon Alliance for Safe Motherhood

A write up also appeared on the website

<https://aturquoisecloud.wordpress.com/2013/07/28/made-in-kanakapura/>

WE NEED YOUR SUPPORT ...

We are truly grateful for the support we have received during the year. It has come from individuals, family foundations and corporate houses.

In collaboration with Bangalore Cares' "Daan Utsav", one of our fund raising efforts was through "Wish Trees" that bore various items we need as wishes. Supporters in galleries, shops and schools exhibited these and many wishes were fulfilled.

We appeal again to your generosity for help in maintaining our programmes; as you will see from the following figures, every amount helps a great deal

Rs. 500 (USD \$8) supports educational enrichment programmes for rural children. Boys and girls who have never travelled more than a few miles from home benefit from trips to museums and historical sites. At summer camps they can meet new people and learn about health and the environment.

Rs. 2000 (USD \$30) supports a community health care worker for a month and gives families easy access to health care and advice.

Rs. 20,000 (USD \$300) supports the three women's income generation groups for one month. This covers training, marketing and production costs. These groups have contributed greatly to the welfare of women and their families. We very much want to keep them strong.



HOW TO DONATE

Cheque Donations

Please make out to the Belaku Trust,
697, 15th Cross Road,
JP Nagar Phase II,
Bangalore, India, 560078

Direct bank transfer

For Indian Citizens

Account name: Belaku Trust
Bank RTGS Code: SBMY0040008
Account no: 54018362960

Address: State Bank of Mysore, Banashankari Branch,
305, 40th Cross, 2nd Main Road,
8th Block, Jayanagar, Bangalore, 560 082

Overseas

Overseas direct transfers can be made through our Bank's partners in your country of residence. For full information on how to donate this way please contact us at belaku@belakustrust.org.



Donating as a US Resident

For US residents looking to make tax deductible donations – please donate through People for Progress in India

Online

www.ppi-usa.org

Please also email PPI at ppiusa@ppi-usa.org informing them that your donation is for Belaku Trust

Check

Mail checks payable to 'People for Progress in India'

(make sure you write Belaku Trust somewhere on your Check) and mail to:

People for Progress in India (PPI),

c/o S.K. Srinath,

13927 SE 47th St, Bellevue, Wa 98006, USA

Please be sure to give your email when sending a donation via PPI. PPI will not provide your email to any other organization.

Note: send the donation to PPI mail box directly, if sending between December and March (PPI, P.O. Box 51231, Seattle, WA 98115-1231).

Donating as a UK resident

For UK residents looking to make online donations, please visit

<https://www.cafonline.org/>. Please email us at belaku@belakustrust.org with your Name and Address once you have made the donation online.

For residents of other countries

If you plan to make a donation by cheque or direct bank transfer, please contact us at belaku@belakustrust.org for details.

If you would like to make your donation online using Ammodo please use the link below <https://www.ammodo.com/nonprofit/the-belaku-trust>.

Please email us at belaku@belakustrust.org with your name and address once you have made the donation online.

OUR THANKS TO SO MANY

Donors and supporters

Our work would not continue without the support we receive from a very large number of people. Many help us with the essential donations of money, and others with technical and professional help. To all, our grateful thanks.

Volunteers and Supporters

Belaku has always had the great privilege of talented and committed volunteers working with us, from Bangalore, other parts of India and from overseas and our good fortune in this regard continued this year.

Gayatri Devadasan
Srilakshmi Divakar
KT Ganapathy
Pratima Gokhale
Helen Joss
Baneen Karachiwala
Raghu Karnad
Evie Kelton
Nadia and Clarice Mancion
Cassandra Martin
Vina Mathrani

Alagammai Meyyappan
Samuel Monteiro
Ragini Mukund
Rebecca Poston
Maija Pulkinen
Swathi Rao
Nikhil Saldanha
Shaibya Saldanha
Nandita Urs
Himani



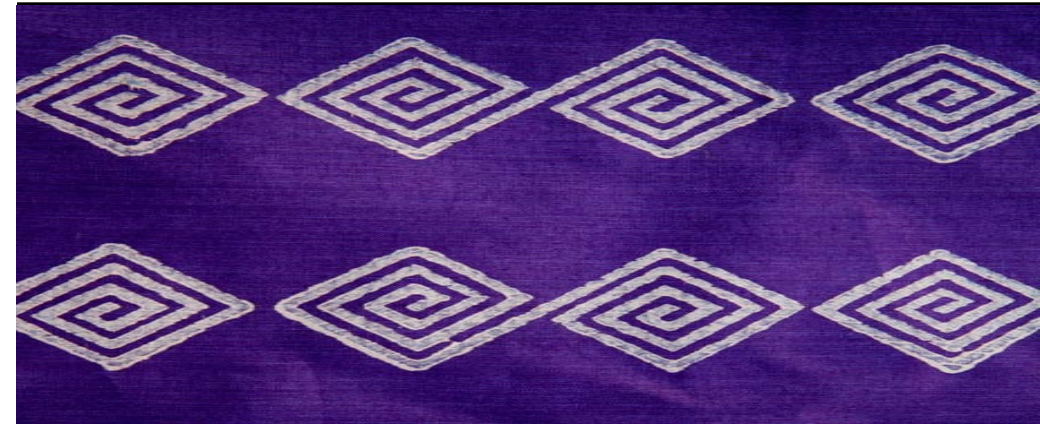
NETWORKING

We collaborate, share information and are strengthened by many people.

- Students come to experience the realities of village situation or to learn about a particular issue.
A group of students and two faculty members from the University of Southampton spent a busy and fruitful time with us, learning about the realities of field work and data analysis.
- Other organizations have similar interests, and we share information and plan to address policy change and discussions



VISITORS



Many friends and supporters visited – as always, we were delighted to be able to take them to the villages and happy to show them our work. Among them were

Anuradha Pati
Enakshi Gupta and son Kabir
Erin Mee
Marc and Leah Blessin
Peck Hoon
Raja Warriar and Malini Vasudevan

Paediatricians, obstetricians and other interested persons from the UK and Australia visited

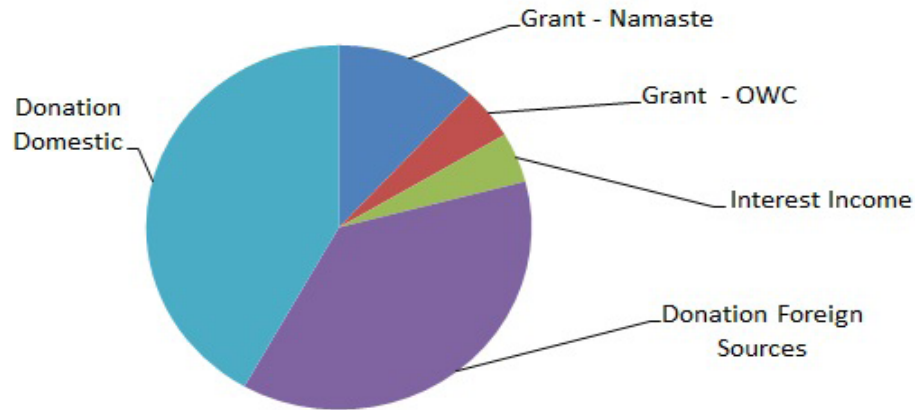
Friends from the Overseas Women's Club made a road trip.

Chloe le Comte, Chris Orange, Dr. Zoe Matthews, Zakiya Powell and Charlie Bovill, Dr. Susan Horsewood-Lee

FINANCES

2013 / 2014

Income for the Financial Year 2013 - 2014

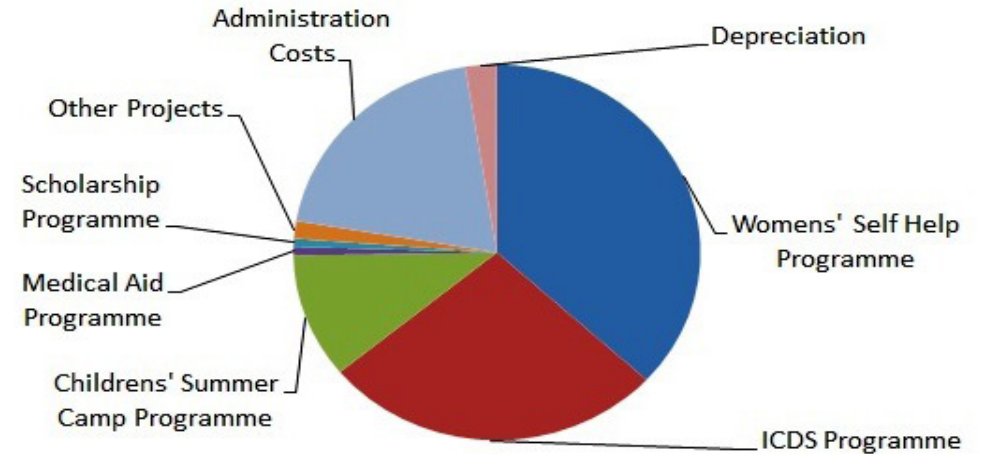


Total Income Rs. 37,73,446

Income	Percentage
Grant - Namaste	12%
Grant - OWC	5%
Interest Income	4%
Donation Foreign Sources	37%
Donation Domestic	42%
Total	100%

The Belaku Trust was registered in 1995 under the Indian Trust Act, Reg. No. 290. All donations are exempt under section 80G of Income Tax Act. You will receive your Tax exemption certificate once payment is received. We are registered under section 6(1) of the Foreign Contribution (Regulation) Act, 1976, with Registration number 094420976 and can therefore receive foreign contributions.

Expenditure for the Financial Year 2013 - 2014



Total Expenditure Rs. 30,32,978

Programme	Percentage
Womens' Self Help Programme	36.9%
ICDS Programme	27.2%
Childrens' Summer Camp Programme	10.7%
Medical Aid Programme	0.7%
Scholarship Programme	0.7%
Other Projects	1.5%
Administration Costs	19.8%
Depreciation	2.5%
Total	100%

Bankers

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

Auditors

T. Sriram and Co., Chartered Accountants
2974 17th Cross, K.R. Road
Bangalore 560070

Audited accounts are available on request.



CONTACT DETAILS

T: +91 80 2665 4145

E: belaku@belakustrust.org

W: www.belakustrust.org

FB: www.facebook.com/belakustrust

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