



# 2023-2024 ANNUAL REPORT

LATEST INFORMATION AND UPDATES REGARDING  
ANUGRAHA ORGANIZATION(R)



# INTRODUCTION

Anugraha organization is registered under the section of karnataka state socieity registration act 1960 the socieity. since 2010 years we conducting somany program like educational awareness, health awareness especially adolescent girls and women's health, and womens empowerment program's in school , colleges anganawadi kendras , public places all over india



# MESSAGE FROM THE FOUNDER & CEO

We stepped up to keep providing primary healthcare services to the disadvantaged population at a time when the country's health infrastructure was severely overstressed, and also to help facilitate Covid screening and testing in partnership with state governments. In our skill training and livelihood program, anugraha organization is registered under the section of karnataka state society registration act 1960 the society. since 15 years we conducting so many program like educational awareness, health awareness especially adolescent girls and women's health, and women's empowerment program's in school , colleges anganawadi Kendra's , public places all over India. we introduced new modules to train General Duty Assistants and add to the health workforce of the country as we battled the biggest health crisis of our time. Besides this, we also added fresh modules for evolving industries with increasing demands for a skilled workforce including digital marketing. While people were afraid to move out of their homes, there were also those who kept moving to ensure that others are safe, and have access to their basic needs.



## OUR VISION

We aspire to create a community where every person, regardless of gender, has equal chances to attain self-sufficiency. This empowerment will help the community thrive, allowing everyone to lead fulfilling lives filled with dignity and respect.

## OUR MISSION

The Anugraha Organization® is committed to nurturing the overall development of disadvantaged and vulnerable children, their families, and communities. We strive to offer equal opportunities to help them become respected members of society.



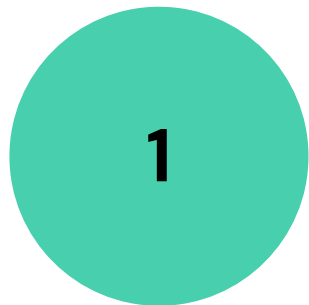
# 1 MILLION + FREE SANITARY PADS DISTRIBUTED

## Distribution of Dignity Kits

Provide dignity kits containing essential menstrual hygiene products like sanitary pads, along with other hygiene items like soaps, undergarments, and hand napkins. Ensure that the distribution reaches the most vulnerable and marginalized communities, including remote villages and areas with limited access to healthcare facilities

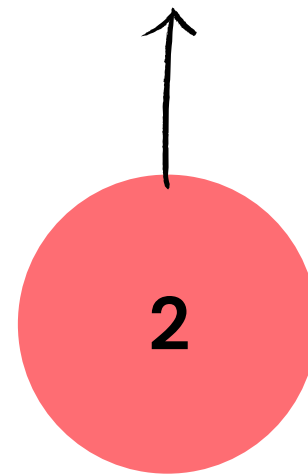
## Capacity Building and Training

Train local volunteers and healthcare workers to become menstrual health champions who can provide ongoing support, guidance, and follow-up care to girls and women in their communities. Empowering local leaders and community members is essential for creating lasting change and promoting self-reliance



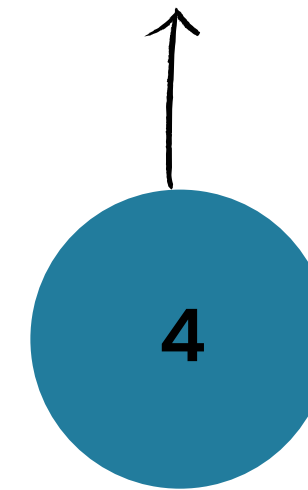
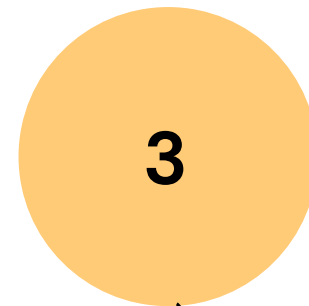
### Community Workshops and Educational Campaigns

Conduct regular workshops and educational campaigns in rural areas to raise awareness about menstrual health, hygiene, and related issues. These sessions can cover topics such as menstrual hygiene practices, reproductive health, and debunking myths and taboos surrounding menstruation



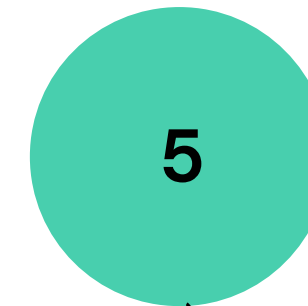
### Partnerships with Local Stakeholders:

Collaborate with local healthcare providers, NGOs, government agencies, and community leaders to reach a wider audience and ensure the sustainability of the program. Local partnerships can help identify beneficiaries, mobilize resources, and integrate menstrual health education into existing community initiatives



### Monitoring and Evaluation

Establish monitoring and evaluation mechanisms to track the impact of the program, gather feedback from beneficiaries, and identify areas for improvement. Regular assessments can help refine strategies, adapt to evolving needs, and demonstrate the effectiveness of Anugraha's interventions to stakeholders and donors





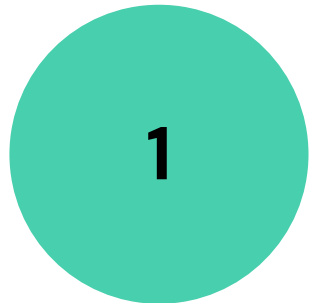
# HYPER TENSION & DIABETIS AWAERNESS PROGRAM

## Educational Workshops and Seminars

Organize educational workshops and seminars in community centres, schools, and healthcare facilities to disseminate information about hypertension and diabetes. These sessions can cover topics such as risk factors, symptoms, complications, prevention strategies, and management techniques

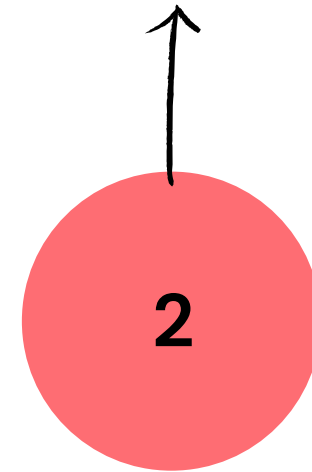
## Community Engagement and Peer Support

Foster community engagement and peer support networks by organizing support groups or peer-led activities for individuals living with hypertension and diabetes. Peer support can encourage, practical tips, and emotional assistance to those managing these conditions.



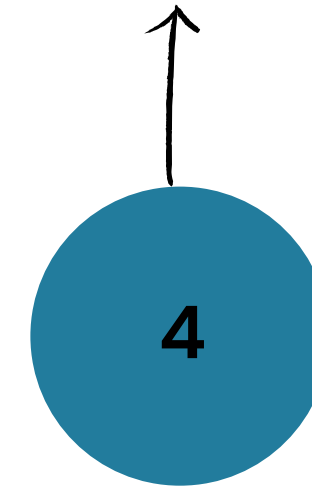
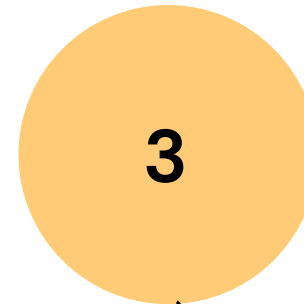
### Screening Camps

Conduct screening camps in collaboration with local healthcare providers to offer free blood pressure and blood sugar screenings to community members. Early detection of hypertension and diabetes is key to preventing complications and initiating timely interventions



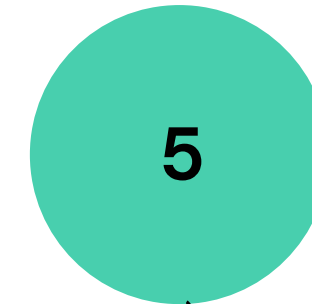
### Healthy Lifestyle Promotion

Emphasize the importance of adopting a healthy lifestyle to prevent and manage hypertension and diabetes. Provide information on healthy eating habits, regular physical activity, stress management techniques, and smoking cessation programs.



### Partnerships with Healthcare Providers

Collaborate with local healthcare providers, clinics, and hospitals to ensure access to affordable and quality healthcare services for individuals diagnosed with hypertension and diabetes. Facilitate referrals and follow-up care to promote continuity of care.





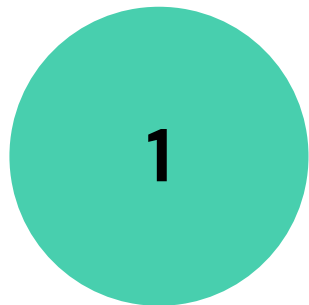
# ADOLASCENT & MENSTRUAL HYGIENE MANAGEMENT PROGRAM

## Menstrual Hygiene Management Workshops

Organize workshops focused on menstrual hygiene management, aiming to dispel myths, provide information on menstrual health, and teach proper hygiene practices. Include demonstrations on how to use menstrual hygiene products like sanitary pads or menstrual cups, and discuss the importance of menstrual hygiene for overall health

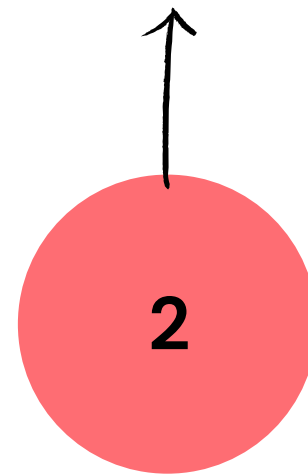
## Collaboration with Schools and Communities

Work together with schools, community centres, and local leaders to incorporate adolescent health and menstrual hygiene education into existing programs and initiatives. Involve parents, teachers, and community members in nurturing the health and well-being of adolescents.



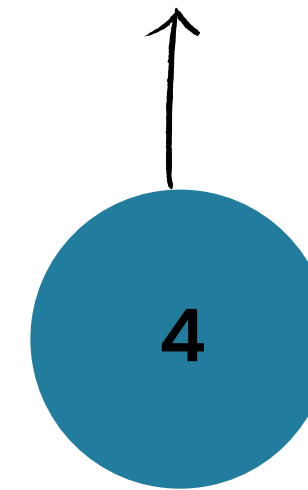
### Adolescent Health Education:

Develop educational workshops and sessions tailored to the specific needs and concerns of adolescents. Cover topics such as puberty, reproductive health, hygiene, nutrition, mental health, and substance abuse prevention. Provide accurate and age-appropriate information in a safe and supportive environment.



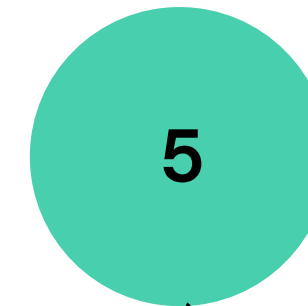
### Access to Menstrual Hygiene Products:

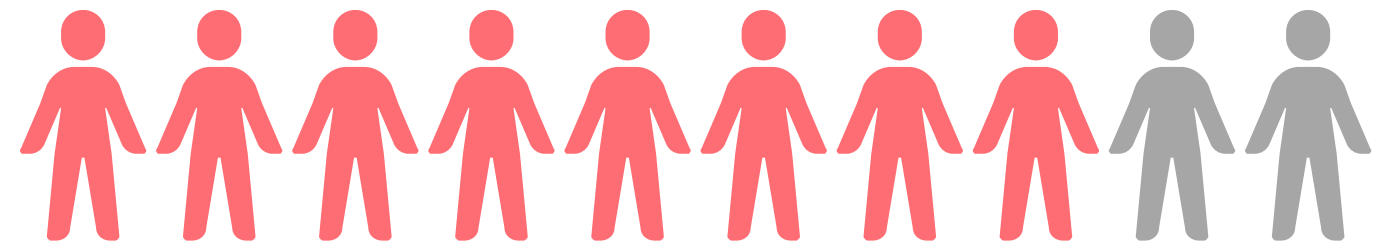
Ensure that adolescent girls have access to affordable and reliable menstrual hygiene products. Consider distributing menstrual hygiene kits containing sanitary pads, soap, and other essentials to girls in need, particularly those from low-income families



### Counseling and Referral Services

Provide confidential counseling services for adolescents dealing with puberty, sexuality, mental health, or relationships. Establish referral networks with healthcare providers and specialists to support adolescents needing medical or psychological assistance





BY APPLYING THESE APPROACHES, THE ANUGRAHA ORGANIZATION CAN SIGNIFICANTLY IMPACT THE HEALTH AND WELL-BEING OF ADOLESCENTS, EQUIPPING THEM WITH THE NECESSARY KNOWLEDGE, SKILLS, AND SUPPORT TO NAVIGATE ADOLESCENCE CONFIDENTLY AND WITH DIGNITY.

*Monitoring and Evaluation: Set up a monitoring and evaluation framework to gauge the program's effectiveness in enhancing knowledge, attitudes, and behaviours concerning adolescent health and menstrual hygiene management. Gather feedback from participants and stakeholders for continuous program enhancement and adaptation*

*Peer Education and Support Groups: Train older adolescents or peer educators to serve as mentors and role models for younger peers. Peer educators can lead discussions, offer support, and provide guidance on adolescent health and menstrual hygiene management topics. Establish peer support groups where adolescents can exchange experiences and seek advice in a non-judgmental setting.*

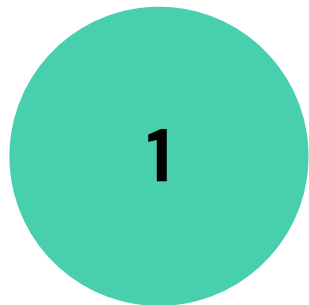
# ROAD SAFETY AWARENESS PROGRAM IN GOVT SCHOOLS

## Role-playing and Simulation Exercises

Set up role-playing sessions and simulation exercises where students can practice safe road habits in a controlled environment. Create mock road scenarios to teach students how to navigate intersections, crosswalks, and traffic signals safely

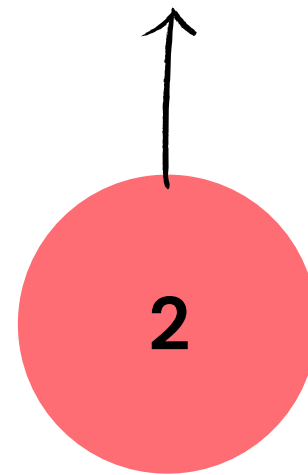
## Evaluation and Follow up

Assess students' road safety knowledge, attitudes, and behaviours before and after the program. Follow up with students regularly to reinforce key messages and address any emerging road safety concerns.



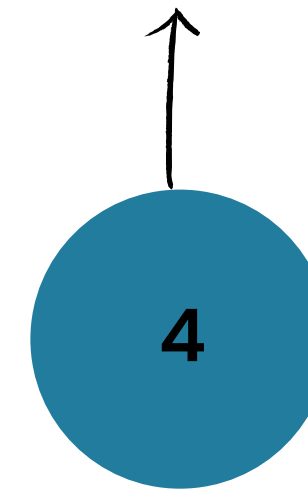
### Interactive Workshops and Seminars

Conduct lively workshops and seminars in schools to educate students on road safety rules, traffic signs, pedestrian safety, and the importance of wearing helmets and seat belts. Employ enjoyable activities, videos, and demonstrations to deliver a memorable and effective learning experience.



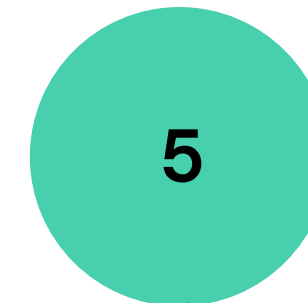
### Guest Speakers and Experts

Invite guest speakers such as traffic police officers, road safety experts, and road accident survivors to share their stories and insights with students. Personal anecdotes can help students understand the real-world consequences of unsafe road behaviours and motivate them to adopt safer practices



### School Assemblies and Awareness Campaigns

Organize school assemblies and awareness campaigns focusing on road safety. Use posters, banners, and audiovisual aids to reinforce important messages about responsible road behaviour and the significance of following traffic regulations





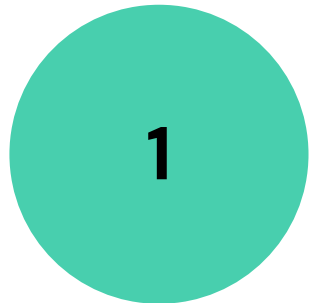
# GO GREEN ,GLOBAL WORMING AWARENESS PROGRAM

## Partnerships with Local Organizations

Forge partnerships with local environmental organizations, government agencies, and community groups to leverage resources, expertise, and support for the awareness program. Collaborate on joint initiatives, such as clean-up drives, nature walks, and eco-tours, to broaden the impact and reach of the program

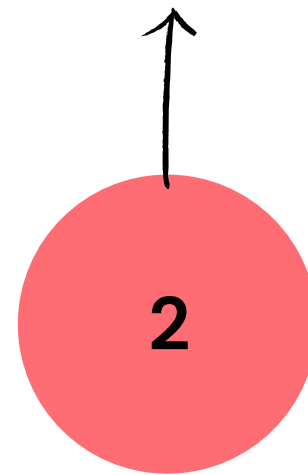
## Evaluation and Monitoring

Regularly assess the effectiveness and impact of the awareness program through surveys, feedback sessions, and environmental audits. Use data and feedback to measure progress, identify areas for improvement, and refine strategies for greater engagement and results



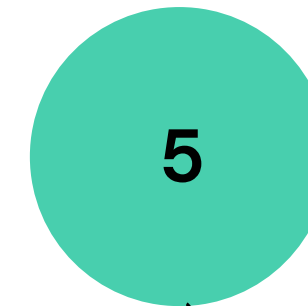
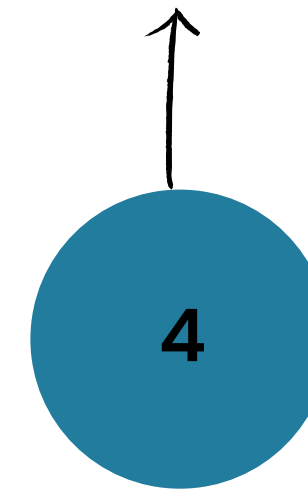
### Awareness Campaigns and Events:

Launch awareness campaigns and events within the school and local community to raise consciousness about environmental issues. Organize events such as Earth Day celebrations, eco-friendly competitions, and film screenings on environmental documentaries to engage students and community members.



### Student Leadership and Action Teams:

Empower students to take leadership roles in driving environmental initiatives and advocacy efforts within their schools and communities. Establish student-led green clubs or eco-teams to plan and implement environmental projects, campaigns, and outreach activities.



Anugraha Organization's initiative to raise awareness about environmental conservation and global warming in government schools in Shiggown is crucial for fostering environmental stewardship among students and the community. Here's how they can design an effective awareness program:

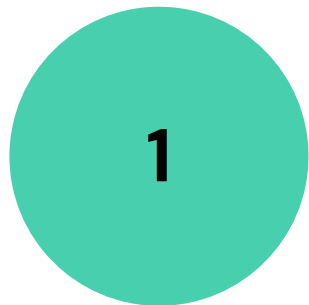
# HERBAL GARDAN (MEDICENAL) PLANTATTION PROGRAMS

## Selection of Medicinal Plants:

Consult with local botanical experts or herbalists to choose indigenous medicinal plants suitable for cultivation in the region. Include a variety of plants with healing properties, such as aloe vera, holy basil, neem, ginger, turmeric, and mint

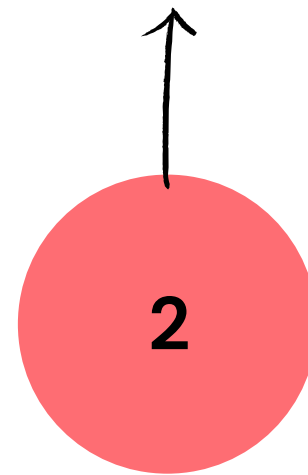
## Planting and Care:

Host planting activities for students, teachers, and volunteers to plant medicinal herbs in the garden. Offer guidance on planting methods, spacing, watering, and mulching for plant health. Develop a maintenance plan for watering, weeding, pruning, and pest management.



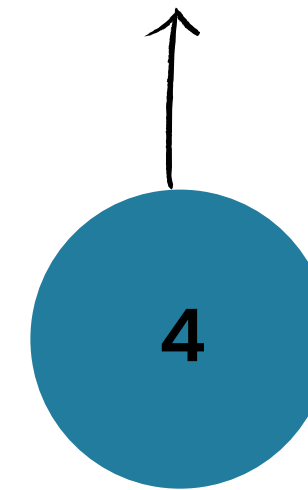
### Site Selection and Planning

Collaborate with the school administration to identify suitable locations on the school premises for establishing herbal gardens. Take into account factors such as sunlight exposure, soil quality, accessibility, and space for planting beds or containers.



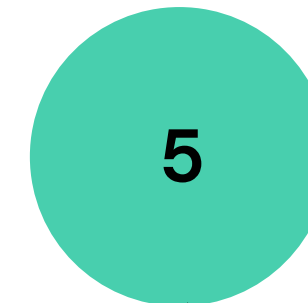
### Garden Design and Layout

Create a garden plan that optimizes space usage and encourages biodiversity. Arrange plants based on their specific needs like sunlight, water, and soil preferences. Include pathways, seating spots, and educational signs.



### Educational Workshops and Demonstrations

Host educational workshops, demonstrations, and interactive sessions to educate students on the medicinal properties and uses of various herbs in the garden. Cover topics like herbal remedies, traditional medicine systems, and sustainable cultivation methods. Encourage students to observe, identify, and record plant attributes and growth patterns



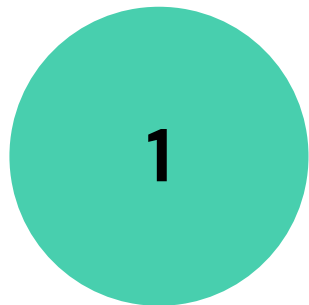
# HERBAL GARDAN (MEDICENAL) PLANTATTION PROGRAMS

## Cultural and Community Engagement

Plan cultural gatherings, herbal festivals, and community initiatives to promote awareness of the herbal garden and its advantages. Invite local healers, herbalists, and traditional medicine experts to impart their wisdom and skills to students and the community.

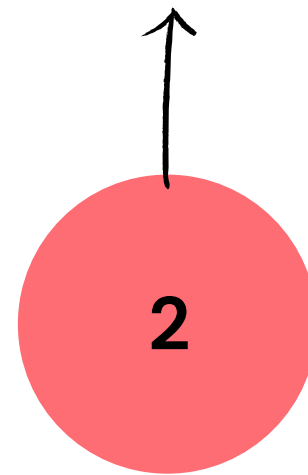
## Establishing Monitoring and Evaluation Procedures

Create a structured framework to monitor and assess the progress and impact of the herbal garden program. Keep track of key indicators like plant growth, student involvement, community outreach, and health benefits derived from herbal medicine.



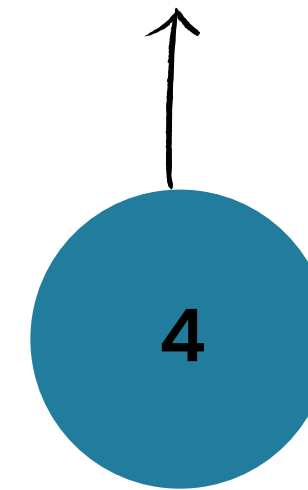
## Integration with Curriculum

Embed the herbal garden program within the school curriculum, spanning subjects such as science, biology, environmental studies, and health education. Include hands-on projects, research assignments, and visits to the garden to deepen students' knowledge of medicinal plants and their significance.

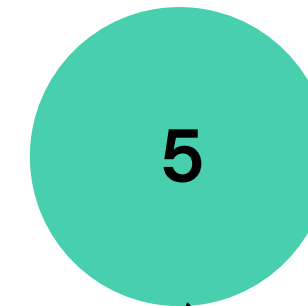


## Encouraging Sustainability

Promote sustainable gardening techniques such as composting, rainwater harvesting, organic fertilization, and natural pest control to foster eco-friendly practices. Inspire students to uphold green behaviors and nurture the garden for its long-term viability.



Anugraha Organization's commendable effort to introduce herbal garden programs in residential schools promotes environmental conservation, health, and education simultaneously. Here are some effective steps for developing and executing such a program:



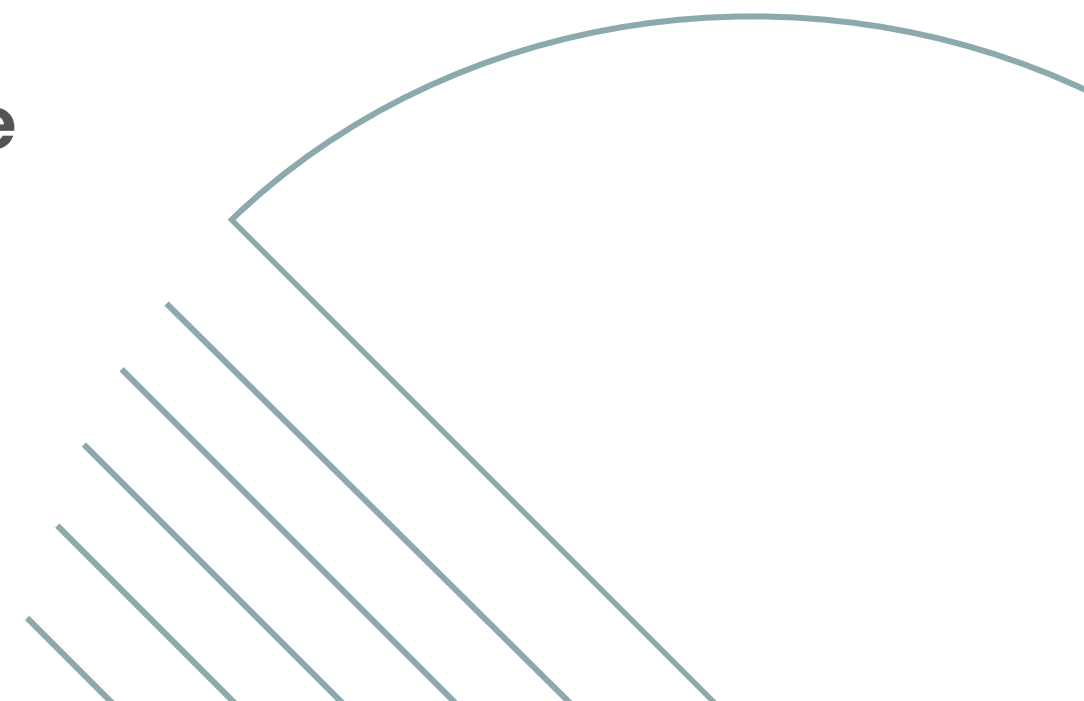


# THIS IS THE IMPACT YOU HELPED US TO ACHIEVE IN 2020-23



# OUR BANK ACCOUNT DETAILS

- **BENEFICIARY NAME: ANUGRAHA ORGANIZATION**
- **BANK NAME: UNION BANK OF INDIA.**
- **IFSC: UBINO560031.**
- **BRANCH: BYADGI.**
- **ACCOUNT NO.  
600301010050941.**
- **Donations made to the Anugraha Organization<sup>®</sup> qualify for a 50% tax exemption under Section 80G of the Income Tax Act**





# THANK YOU

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