

# Saphala Mahila Foundation



## EMPOWERED TO EMPOWER



**Activity Report Apr'18–Mar'19**

## OUR VISION

**Empowering women towards holistic transformation of the society.**

## OUR MISSION

**To equip women to overcome physical, social, economic, moral and ethical barriers by imparting life skills for living a dignified life and impact others across the nation.**

## OUR INSPIRATION

Women play a crucial role in the social, physical, economic, emotional, moral and ethical life of people for their well-being and development of the society. There is a drastic change in the status of women from being a mere house-wife to working as a dynamic, multi-tasking woman. Today, women leaders have become role models by giving their able leadership and empowering younger generations.

However, majority of them continue to live in vulnerable situations. They are prone to atrocities deprived of education and skill training which are the basis for the individual's as well as the nation's economic growth. Majority of them have no opportunities to empower themselves and demonstrate their talents and skillfulness. Because of the dire for empowering women from marginalized, poor and needy families **Saphala Mahila Foundation** has emerged with a motto of serving the nation by ***Strengthening the weak and encouraging the strong.***

**Saphala Mahila Foundation** is a non –profitable charitable organization.

## ACTIVITIES - APR'18 TO MAR'19

As part of Empowerment Initiative, the Basic Spoken English Classes (BSEC) and Basic Computer Course (BCC) were planned and conducted from 10th April to 11th May'2018 for the third consecutive year. In addition, this year, Summer Camp was conducted with various activities.

Children who could not afford to pay exorbitant fees as per the market rates have enrolled their names for the courses. A total of 49 girls and boys attended the three programs. Among them were children from two Orphan homes: Asha Kuteer and Friends Home, Narapally.



### 1. COMPUTER BASICS - Volunteers – Mrs. Archana; Mrs. Manjulah

Literacy has always been important for success in school, work, and life in general. However, literacy in the 21st century isn't just about being able to read and write fluently. As essential as that is, computer literacy is just as important in our modern world. It provides:

- More Job opportunities
- Better communication
- New Media
- Having an Up-to-date News Source
- Being prepared for the future

#### Topics taught:

1. Hard ware components
2. MS office
  - MS-Word
  - Excel
  - Power point
3. Creation of E-mail ID
4. Internet Basics
5. Network Basics
6. Practicals



27 girls and boys completed Basic Computer Training successfully and have become computer literates. Certificates were given in the name of Saphala Mahila Foundation.



## 2. SPOKEN ENGLISH CLASSES Volunteers – Mr. Chiranjeevi; Mrs. Silvitha



Learning to speak English confidently is the need of the day. It is no more an issue of status; however it is of supreme necessity for a good quality job and to flourish in one's career. Lots of accomplishments in life are greatly dependent upon the way you conduct yourself. Ability to read and write English appropriately is important, particularly for higher studies and procuring high profile jobs, hence the need to conduct SPOKEN ENGLISH CLASSES for the unprivileged.

### Topics taught:

1. Structure of English and Telugu
2. Building vocabulary
3. Conversations
4. Tenses
5. Audio –Video lessons
6. Paragraph writing
7. E-mail writing
8. Role play exercises

○ 38 girls and boys completed the first level of Basic Spoken English classes.

## 3. SUMMER CAMP - Miss. Mary and team

Around 31 girls and boys attended the summer camp and benefitted from various activities conducted. To mention a few

- Puppet making
- Fun cooking
- Environmental Stewardship
- Water art
- Music
- Calligraphy
- Alphabet and Creative images



- Games etc

**Reflections:** Students and parents expressed their heartfelt thanks for conducting the courses in their vicinity and for enabling them to become computer literates, improve their English and for teaching creative art. Moreover they were delighted for having made use of their vacation productively.

### GLIMPSES



**Calligraphy**



**Alphabet-Creative images**



**Water Art**



**Fun Cooking**



**Puppet Making**



**Environmental stewardship - Care for Environment Sessions**



#### 4. SELF- HELP TRAINING PROGRAM (SHTP) @ AGLC, Ghatkesar – Mrs. Jayanthi



Place : Pocharam, Ghatkesar  
Dates : 18<sup>th</sup> and 19<sup>th</sup> July, 2018  
State : Telangana State  
Volunteer : Mrs. Jayanthi  
No. of Participants : 10

##### **No. of Products taught: 8**

1. White Scented Phenyl
2. Liquid Soap
3. Detergent Powder
4. Vaseline
5. Herbal Shampoo
6. Chicken pickle
7. Potato Chips
8. Banana Chips

#### SELF- HELP TRAINING PROGRAM (SHTP) @ SANGAREDDY –Mr. Yesudas



Place : Tara Degree College, Medak  
Date : 24<sup>th</sup> April, 2018  
State : Telangana State  
Volunteer : Mr. Yesudas  
Participants : 22

1. **No. of Products taught: 4** - Vaseline, Pain balm, Jeevandhara, Candles

### SELF- HELP TRAINING PROGRAM (SHTP) @ KARIMNAGAR –Mr.Yesudas

Place : Asif Nagar, Dist: Karimnagar.  
Date : 8<sup>th</sup> March, 2019  
State : Telangana State  
Volunteer : Mr. Yesudas  
No. of Participants : 10

#### No. of Products taught: 8

1. White Scented Phenyl
2. Liquid Soap
3. Detergent Powder
4. Dish wash Powder
5. Herbal Shampoo
6. Pain Balm
7. Candle making
8. Cooler perfume

### SELF- HELP TRAINING PROGRAM (SHTP) @ NAGOLE



Place : Nagole, Hyderabad  
Dates : 16<sup>th</sup> March, 2019  
State : Telangana State  
Volunteer : Mr. Yesudas, Mrs. Esther Rani  
No. of Participants : 20

#### No. of Products taught: 8

1. Phenyl
2. Detergent Powder
3. Liquid Soap
4. Candle making
5. Pain Balm
6. Herbal Shampoo
7. Cooler Perfume
8. Dish wash powder

### SELF- HELP TRAINING PROGRAM (SHTP) @ MEDCHAL



Place : Balaji Nagar, Dammaiguda, Dist: Medchal.  
Dates : 19<sup>th</sup> March, 2019  
State : Telangana State  
Volunteer : Mr. Yesuda, Miss. Karuna  
No. of Participants : 11

#### No. of Products taught: 9

1. Phenyl
2. Colin
3. Detergent Powder
4. Liquid Soap
5. Vaseline
6. Pain Balm
7. Herbal Shampoo
8. Vim Liquid
9. Jewellery

### SELF- HELP TRAINING PROGRAM (SHTP) @ KARIMNAGAR



Place : Darmaram, Dist: Karimnagar  
Date : 26<sup>th</sup> March, 2019  
State : Telangana State  
Volunteer : Mr. Yesudas  
No. of Participants : 14

#### No. of Products taught: 7

1. Phenyl
2. Colin



3. Detergent Powder
4. Liquid Soap
5. Vaseline
6. Pain Balm
7. Herbal Shampoo

## 6. GARMENT CONSTRUCTION TECHNIQUES:

Around 85-90 beneficiaries attended tailoring course (GCT - GARMENT CONSTRUCTION TECHNIQUES) conducted by ATDC through SMF in five batches which started in the year April, 2016 and ended in October, 2018.



## 7. VOCATIONAL TRAINING - TAILORING PROJECT

**VOCATIONAL TRAINING - TAILORING PROJECT:** is the brain child of the Founder/Managing Trustee, Dr. Mrs. Kamala Chiranjeevi. Started in the month of November'17 has two full time volunteers - Mrs. Sucharita and Mrs. Anusha.

Through this project we are able to support and encourage some of our trained GCT trainees by outsourcing the tailoring work and thereby facilitate their livelihood.

### Assets acquired:

1. Sewing machines - 3 nos – All three donated by Founder/Managing Trustee, Dr. Mrs. Kamala Chiranjeevi
  - Usha stitch queen - (New)
  - Preethi - (Old)
  - Vimal Sewing Machine - 1nos in the month of April'19 - (New)
2. Motor - 1 nos
3. Iron box -1 nos
4. Scissors - 2 nos
5. Cutters - 4 nos
6. Seam rippers - 2 nos
7. Bobbins - 2 nos
8. Bobbin case - 2 nos
9. Wheel marker - 1 nos
10. Iron stools - 2 nos
11. Almirah - 1nos
12. Sewing Machine Tool kit - 1 nos

## TESTIMONIES:

**MRS. SUCHARITHA** is a post graduate (M.Sc.) and, ex-trainee of GCT, (2<sup>nd</sup> Batch) conducted in the year 2016. She is associated with SMF since February, 2017.

### **IN HER WORDS**

In the first place, I would like to thank God for the opportunity to work for Saphala Mahila Foundation - (SMF). Secondly my heartfelt gratitude to Kamala madam, for identifying women like us to become productive citizens by imparting life skills.



Though educated, I was confined only to household chores. I had no work skills, lacked self-confidence, identity, self respect, dignity of labor etc.

Joining SMF has drastically changed my personality. I gained work experience, working skills, learned to build relationship with others, self confidence, punctuality and moreover have become a source of financial support to my family. This will further help me to sustain my family and bring up my children too with moral and ethical values.

I will give my best services to SMF which has transformed my individuality.

### **ANUSHA:**

I am Mrs. Anusha (Intermediate); ex-trainee of GCT, (4<sup>th</sup> Batch) conducted in the year 2017-18. She is associated with SMF, since April'2019.

After my GCT course, I was given an opportunity to go for advance training in Tailoring – PATTERN MASTER @ATDC Madhapur. I thank God for Kamala madam, who has recognized me among the many trainees and sponsored for the training through SMF.

The training was for eight months. Subjects taught were

- English
- Work Ethics
- Sewing techniques
- Pattern Construction
- Pattern Development
- Textile Science
- Garment Construction



This training has helped me improve my skills. Initially, I made patterns only for myself, but now I have learned to make patterns and designs for different people and in different sizes. I would still like to improve myself and be a blessing to the organization. Though educated, like the other housewives, even I was busy with household work and restricted to my home. Working in SMF has taught me different skills. Now I am able to balance both work and home.



I would further like to improve my tailoring skills and offer my best for SMF.

## 9. EDUCATIONAL AID BY SMF in the year 2018-19

1. Nevin 10<sup>th</sup> standard and Abhisha 6<sup>th</sup> standard – Centenary Baptist Church School, Secunderabad - (June'18)
2. Anusha – Advanced Training – Pattern Master – (Two terms in the months of June'18 and February'19)
3. Blessy 8<sup>th</sup> standard and Gracy of 6<sup>th</sup> standard, Nagarjuna High School, Ibrahimpatnam (July'18)
4. Devika 7<sup>th</sup> standard and Siddhu 6<sup>th</sup> standard – Seventh Day Adventist, Secunderabad - (in the month of July'18)
5. Heli Hinns - Degree 2<sup>nd</sup> year student, Wesley Degree College, Secunderabad- (August'18)
6. Vidyasagar Anurag College of Engineering, Diploma 2<sup>nd</sup> year, Aushapur, Ghatkesar. (September'18)
7. Pheobe Brighty B'Ed – 1st yr - (November'18)
8. Shalom Raj Polytechnic 1<sup>st</sup> year-Aurora Polytechnic College, Ibrahimpatnam. (December'18)
9. Jessy 8<sup>th</sup> standard- , and Chakkani 3<sup>rd</sup> standard- Olivet grammar high school, Malkajgiri (November'18, March'19)
10. John Joseph 9<sup>th</sup> standard and Helena Sarojini 1<sup>st</sup> standard - Shri Shirdi Sai Vidyaniketan (Two terms in the months of November'18 and March'19)
11. Isaac Emmanuel - 9<sup>th</sup> Standard, St. Alphonsus High School, Banjara Hills, - (March'19).

## 10. MEDICAL AID

### SMF donated 10,000/- to Mrs. Jayashree towards Medical Aid.

Mrs. Jayasree was brought to Unicorpus by her well-wishers, Mrs. Malathi and Mrs. Beulah since she was bed ridden for some time. The team of doctors at Unicorpus examined her and diagnosed her case as comprehensive myelopathy in Nov' 2018.

Later, Unicorpus team admitted her into Kasturi Hospital Secunderabad, on 7th January and treated her till 2<sup>nd</sup> May' 2019. A total of 60,000 was incurred for her treatment. Consequent to the treatment she was able to sit, stand and walk a few steps.

She thanks Saphala Mahila Foundation for the support extended towards her treatment.



## 11. CLOTH BAGS PROJECT:

Keeping in view of the dangers of using plastic, an eco friendly initiative was started for promoting cloth bags among public.

So far we were successful in promoting around **2322** Khadi bags and **75** Kalamkari bags in A.P Telangana and Karnataka.



**MAKING OF KHADI BAGS**

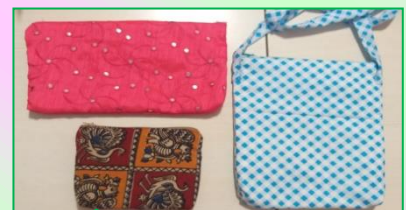
### **PROMOTION OF CLOTH BAGS TO REPLACE PLASTIC :**



**Cloth bags being handed over to the Mayor of Medak district, Telangana State on 15<sup>th</sup> August'18 to replace plastic**



**Promotion of cloth bags to replace**



**BEST OUT  
OF WASTE  
POUCHES**



## **11. HEAT PRESS MACHINE**



Heat Press Machine was purchased in the month of December'18 to create employment for the needy and poor. This project is being run under the supervision of Mr. Ramesh.

## 12. VISIT TO ORPHAN HOME:



Date : 17<sup>th</sup> December, 2018  
Place : Madhapur, Keesara  
Organization : BLESS HOME  
Organization Director : Retd. Prof. Judson .P

***Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give.***

On 17<sup>th</sup> of December volunteers Mrs. Jayanthi, Mr. Vamshi Robert, Mr. Sunil visited BLESS Orphan Home located in Madhapur village, Keesara on behalf of Saphala Mahila Foundation (SMF) to spend time with the Orphan children. They presented cultural items like the Magic show and Puppet show. Children participated enthusiastically and enjoyed their presence.

Later gifts were distributed to all the 24 children; 19 belts for boys and 5 pairs of sandals for girls.

### **13. ACCOMPLISHMENTS FOR THE YEAR 2018 -2019**

- 1. Basic Computer Course (BCC): 27 beneficiaries**
- 2. Basic Spoken English Course (BSEC) : 38 beneficiaries**
- 3. Summer Camp : 31 beneficiaries**
- 4. Tailoring Project: Created employment for 2 women, and supporting five other unemployed women through outsourcing.**
- 5. GCT course : 24 beneficiaries**
- 6. Self- Help Training Program (SHTP) : 87 beneficiaries**
- 7. Saree rolling: 3 Beneficiaries**
- 8. Promotion of Cloth Bags : 1422 Khadi bags and 71 Kalamkari bags**
- 9. Heat Press machine: To create employment for unemployed women**
- 10.Orphan Home : Gifts to 24 Children**
- 11.Educational Aid : 16 students**
- 12.Medical Camp : Needy patients through Unicorpus Health Foundation**

### **14. IMPACT**

- These programs have impacted the lives of beneficiaries significantly. The support and encouragement received by taking part in these programs have enabled the unprivileged women gain skill, experience and confidence.
- The girls and boys who have attended Basic Computer Course (BCC) and Basic Spoken English Course (BSEC) have enhanced their communication skills, computer skills and doing better in academics.
- The summer camp has helped the students to use their time productively and learnt different art work and skill and most importantly about environmental stewardship which is the need of the hour.
- Among the women who have undergone GCT tailoring course (Garment Construction Techniques), some of them are recruited in boutiques, few have started their own business and the rest of them stitch their own garments at home thus saving the cost of stitching.
- The beneficiaries of Self Help Training Program (SHTP) are making the best use of their time. The unemployed women have created employment opportunities for themselves, by starting their own business and supporting their families. Especially the college students have found a means of earning their livelihood, (based on the concept ***Earn while you Learn***) to support their future studies by selling the self made products.



- The children who have been given educational aid are thankful for enabling them achieve success for another academic year, without which it would have been difficult for them to attend the school.

**Report by Silvitha**