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have developed our programs gradually, always keeping in mind the communities we are working for. All our programs are need-based and the communities are involved in the decision-making process for new programs. For example, the program on Women hygiene was started based on requests from the community. During a community meeting in a village called Manfor, where a mobile clinic was opened, the community informed us of the widespread prevalence of Likoria (Leukorrhoea). Our team of professional doctors informed us that this was a problem caused by unhygienic menstrual practices and therein was born our menstrual hygiene program. The program aimed at not only generating awareness on the issue, but to also make accessible a solution to the problem. In many cases, in spite of the community being aware of a problem, the solution remains inaccessible or financially unfeasible. Keeping this in mind, we started offering sanitary napkins at a subsidized rate of Rs.2 per napkin, while also educating women on the need for it.

By 2010, voluntary activities had increased to the extent that a decision was made to set up a new building for clinic and outreach programme outside the monastery. This was done to ensure that a maximum degree of professionalism was maintained in the philanthropic activities, with the monastery focusing on offering spiritual support to patients and villagers. We believe in a hybrid model of hierarchy where everyone’s voice is heard and everyone is given the room to negotiate according to the best interests of the people. We have strived to mix the friendly nature of a spiritual institution with the dynamic nature of a big company to cater to the needs of the people as much as possible. In India, our working partner is Shechen Clinic, a unit of Shechen Rabjam Public Charitable Trust (SRPC Trust).
Greetings from Karuna Shechen India!

As we look back at the year 2017, we find ourselves more sincere in our efforts to build a better life for thousands of underserved people through our activities. With a lot of hard work and dedication, we have been strongly working with our goal to change lives in the selected areas of Jharkhand and Bihar through our humanitarian services.

Primary health care has been one of our major concerns, and we are committed to providing both curative and preventive care. Our physiotherapy and acupuncture treatments have been working wonders for people. We have been consistently creating awareness in rural communities and schools, especially for women and girls regarding their health, hygiene and menstrual management. To provide care and aid for animals, we have been organizing a mobile veterinary clinic in Bihar.

With a goal to provide and improve basic education standards, we have been setting up Non-Formal Education centres in rural villages for adult women, Babua schools for dropouts and non enrolled children, and Early Childhood Development (ECD) program in Anganwadi centers for 3-5 years old kids. In the year 2017, we have extended our ECD program to 100 centres in Bihar and Jharkhand.

Our rainwater-harvesting program generates awareness on water conservation and the use of water in domestic applications. To move towards a clean and a green environment, we have been providing jute bags to people, encouraging them to reduce the use of plastic bags and have been putting sincere efforts into tree plantation to mobilize afforestation.

To provide a better livelihood we have been helping women with soft skill training classes for stitching, paper packets, soft toy making, bamboo basket making etc. We strongly support and encourage women empowerment by giving them a better platform to earn their own livelihood. We have been making them self-reliant, and have given them a source of income to support their family through the E-rickshaw driving programme. To address the issue of malnutrition and to promote a healthy and nutritious life, we have been promoting and guiding the rural communities to follow the kitchen garden program, wherein we have been providing them seeds of seasonal vegetables and fruit plants. Through the small money, BIG CHANGE programme, we have been solving need based problems of communities while also involving them in the entire process and increasing their sense of ownership.

We intend to serve 200 more villages in addition to the existing villages in Bihar. We are hopeful to have our own clinic and office building at Jharkhand complete within the end of the year. We aspire to extend our ECD project to 200 more anganwadi centers in Bihar and Jharkhand. We would like to extend our kitchen garden to 20,000 households with 20,000 fruit plants by 2018.

my heartfelt gratitude to our founder, co-founder, board members, working partner - SRPC Trust, volunteers, all branches of Karuna-Shechen and benefactors for their love and compassion without which it would have been impossible for us to achieve the successes outlined in this report.

Let’s hope that together we can make a BIG CHANGE through our small efforts.

Shamsul Akhtar
A Brief History of Karuna Shechen

Karuna Shechen began its work in the mid-1980s when Matthieu Ricard (its founder) and Rabjam Rinpoche (co-founder) initiated a number of small programs to improve the living conditions of the Himalayan people. The programs were designed to address the inequalities and suffering they observed in the region. They were a natural progression of the founders’ dedication to these communities and an expression of altruism in action. It took perseverance to complete the first projects in Tibet due to the general lack of resources and the political situation. However, in 2000, our first school and clinic in Eastern Tibet were built. In the same year, we built the Shechen Medical Clinic in Nepal on land that belongs to the Shechen Monastery.

In India, Karuna Shechen opened a small medical dispensary in the city of Bodhgaya and started a mobile clinic to serve surrounding villages. We have established an effective collaborative team of trained workers from the local population and qualified foreign volunteers to work at the grass-root level. We also work with local NGOs and their clinics in India and Nepal now serve as hubs for our projects. Karuna Shechen’s activities concentrate on four sectors of intervention: Health, Education, Community Development and Environment.

Our Vision

Over the years, the vision of Karuna Shechen has remained unchanged. It is based on community engagement and empowerment, grassroots cooperation and respect for unique cultural identities.

Our Mission

We strive to create projects that are sustainable models so that they can be duplicated and continued in the future.

Our work continues to expand in all these sectors.
Year in review 2012

- 34,540 Patients OPD and Mobile Clinics
- 2,167 Patients Dalit/poor/needy/monks Camp
- 87 No. of Health GRO Health Education Program
- 534 No. of members Health Education Program
- 6 No. of Villages NFE
- 185 No. of Women Enrolled NFE
- 350 No. of Houses Installation Completed Solar Electricity
- 722 No. of Patients Pathology Lab
- 5 No. of Women Trained Solar Electricity
- 81% % of women sent for immunisation Mother and Child health
- 58.50% % of women having institutional delivery Mother and Child health
- 84.49% % of children below 2 yrs immunised Mother and Child health

Year in review 2013

- 45,085 Patients OPD and Mobile Clinics
- 3,147 Patients Dalit/poor/needy/monks Camp
- 3 Women Trained Solar Electricity
- 1,000 No. of Households Kitchen Garden
- 4 No. of Schools Kitchen Garden
- 447 No. of Women Enrolled NFE
- 4 No. of Schools Rainwater Harvesting
- 32 No. of Households Rainwater Harvesting
- 16 No. of Villages NFE
- 447 No. of Women Enrolled NFE
- 4 No. of Villages Small Money Big Change
- 36 No. of Students Trained Computer Training
- 6,679 No. of Sanitary Napkins Distributed Menstrual Health & Hygiene
- 61.34% % of women having institutional delivery Mother and Child health

965 No. of Students Trained Computer Training
Year in review 2014

- 80,701 Patients OPD and Mobile Clinics
- 6,912 No. of Patients Pathology Lab
- 112 No. of Houses Installation Completed Solar Electricity
- 10,421 No. of Sanitary Napkins Distributed Mensural Health & Hygiene
- 3,818 No. of Households Kitchen Garden
- 135 No. of Children Benefitted Babua School
- 5 No. of Schools Rainwater Harvesting
- 113 No. of Households Rainwater Harvesting
- 10 No. Villages Role Of Play In Life Of Child
- 400 No. Children Role Of Play In Life Of Child
- 176 No. of Trees Planted Tree Plantation
- 5,530 No. of bags Distributed Jute Bag Distribution
- 5 No. of Women Training E-Rickshaw Training
- 4 No. of Villages Community Toilet Construction

Year in review 2015

- 1,02,959 Patients OPD and Mobile Clinics
- 11,246 No. of Patients Pathology Lab
- 220 No. of Houses Installation Completed Solar Electricity
- 1 No. of Women Training E-Rickshaw Training
- 1 No. of New Schools Babua School
- 5 No. of Schools Rainwater Harvesting
- 13 No. of Villages Bindi Making Training
- 264 No. of Participants Bindi Making Training
- 4,381 No. of bags Distributed Jute Bag Distribution
- 2 No. of Medical Camps Free Dental Checkups
- 10 No. of Villages Role Of Play In Life Of Child
- 13 No. of Villages Bindi Making Training
- 176 No. of Trees Planted Tree Plantation
- 5 No. of Women Training E-Rickshaw Training
- 4 No. of Villages Community Toilet Construction
Year in review 2016

Health

- 99,443 Patients treated
- 65,150 Sanitary napkin distributed
- 6,414 Girls and women received knowledge on women health & hygiene
- 165 Persons received acupuncture
- 8,049 Pathological test done
- 585 Domestic animals treated

Education

- 2400+ students in 61 ECD centres
- 292 students in 3 Babua Schools
- 906 children in 15 Yoga Centres
- 2014 women literate in 64 NFE centres

Environment

- 209 Rain water harvesting system installed at household level
- 5,321 fruit plants distributed
- 1,529 trees planted
- 2,527 Jute bag distributed
- 12,267 Kitchen Gardens

Community Development

- 34 smBC project
- 3,739 direct beneficiaries
- 64 girls and women trained on soft skills
- 5 women trained on auto driving
Year in review 2017

Health

- 93,041 Patients treated
- 1,11,043 Sanitary napkin distributed
- 7,533 Girls and women received knowledge on women health & hygiene
- 783 Persons received acupuncture
- 1,459 Persons received physiotherapy
- 11,160 Pathological Test done free of cost
- 23 TB Patients
- 4,609 Domestic animals treated

Environment

- 204 Rain water harvesting system installed at household level
- 10,080 fruit plants distributed
- 1,872 trees planted
- 33,981 Jute bag distributed
- 20,161 Kitchen gardens
- 34 smBC project
- 3,739 direct beneficiaries

Education

- 3500+ students in 101 ECD centres
- 311 students in 3 Babua Schools
- 972 children in 19 Yoga Centres
- 2014 women literate in 64 NFE centres

Community Development

- 87 smBC project
- 8,075 beneficiaries including 77 Toilets
- 405 girls and women trained on soft skills
- 3 women trained on auto driving
- 3 women trained on auto driving
- 120 Computer students
Education
Early Childhood Development - ECD

Early Childhood Development (ECD) plays an extremely important role in ensuring good physical, emotional, cognitive and social growth in a child. Keeping this in mind, Karuna Shechen has expanded its ECD programs across the states of Bihar and Jharkhand. Through this program, Karuna Shechen organizes training sessions for childcare workers in under-served villages. The training program involves teaching new and innovative methods to preschool children. Karuna Shechen also designs and donates games, toys and craft supplies to the centers, and organizes ‘free play’ sessions for the children. These programs are conducted through the government’s Early-Childhood Education Program and the Anganwadi Centers.

Akash Anand, Coordinator
There are a total of 41 Anganwadi centers spread across Bihar that Karuna Shechen works with. Akash Anand is the coordinator in chief for the Anganwadi in Mohanpur.

Babita Devi, Sevika
The Anganwadi in Mohanpur, Gaya has a total of 40 students enrolled in it. The children who come here are between 3 and 6 years of age. Babita Devi is the Sevika in charge of this Anganwadi. She lives in Mohanpur with her husband, mother-in-law and daughter and has been working at the Anganwadi since 2015.

Devanti Devi, Sahayika
Devanta Devi helps out Babita Devi and has been working in Mohanpur for the past two years.

I remember a time when very few children used to come here, though that has changed since we equipped the Anganwadi with toys and other games. I am primarily responsible for training the Anganwadi workers and to make sure that the kids are holistically engaged.

Since a lot of these parents are working, they prefer not to send their children, especially during the harvesting season. When Karuna Shechen started working with us, they provided us with a lot of toys and other playing and study material. This has definitely increased the interest among kids to attend the Anganwadi regularly. Previously the kids would only come to eat and leave immediately after. Now though, the kids come on their own to play with the toys. We have scheduled 2 days each for outdoor games, indoor games and drawing classes.

I open the Anganwadi at 9 a.m. and then clean it, fill water and invite the kids from their home to come to the Anganwadi. I then cook food, give the children some water to drink and clean up, and then feed them. The children look forward to coming here because they get to play with colorful toys.

Karuna Shechen has intervened in 1 centres
Bihar (51)
Jharkhand (50)

AVERAGE STUDENTS IN EACH ANGANWADI
30 on avg in Jharkhand
40 on avg in Bihar

STUDENTS ACROSS CENTRES
1,500 in Jharkhand
2,040 in Bihar
ECD, Jagannathpur, Jharkhand

Hira Devi, Sevika
The Anganwadi in Jagannathpur, Jharkhand has a total of 40 children enrolled. The children who come here are between the age of 3 and 5 years, though there are a few older children with learning disabilities as well. Hira Devi is the sevika in charge of the Anganwadi. She stays in Jagannathpur.

Rani Devi, Parent
Rani Devi’s 4 and a half year old daughter has been attending the Anganwadi since she was one year old. She is extremely happy with the progress that her daughter has made and loves the paintings her daughter makes.

Binko Das, Sahayika
Binko Das helps out Hira Devi in the Anganwadi. She has been helping out at the Anganwadi since 2002 and recalls how different the Anganwadi was before the toys and games from Karuna Shechen brightened it up.

With the lowest literacy level among all states in India, Bihar’s education system requires additional inputs that can strengthen it. The state has the highest teacher to student ratio and is constantly pulled behind owing to a lack of adequate infrastructure. The Babua School is an important project for Karuna Shechen in the field of education. It aims to provide free, basic, primary education to children who have been denied a basic right due to various circumstances, ranging from a lack of infrastructure or teachers, to the closest school being very far away. With the parents of most of these children working, they are more often than not left unattended and spend their time playing. We send workers to these kids’ homes to convince their parents to send them to school where they are not only given a basic education, but are also encouraged to impart this knowledge to their parents. They are called ‘Babua’ schools as a reference to the loving nickname given to children in this part of the country. “I remember a time when very few children used to come here, though that has changed since we equipped the Anganwadi with toys and other games. I am primarily responsible for training the Anganwadi workers and to make sure that the kids are holistically engaged.”

Over 300 children spread across in 3 different schools
Babua School, Dema

The Babua school in Dema has a total of 137 students studying between lower kindergarten and 3rd grade. All children are provided with free uniforms. Initially there were around 80 students attending the school, but as word spread around, parents from nearby tolas too started sending their children here. Younger siblings of students, who are under the age of 4 also visit the school occasionally as it gives them an opportunity to play with the variety of toys in the school. Children who pass the 3rd grade are shifted to the middle school to ensure smooth progression of their studies.

I love coming to the Babua school here in Dema. Even before I became a teacher in middle school I used to come here to help out with teaching the children. Though I’m not a permanent faculty member, I make it a point to come here at least 4 days a week. Karuna Shechen has been doing amazing work here and I am glad to be able to help out. They also helped in refurbishing the toilets in this school, which is a great initiative for the entire community. These days, the parents have also started to show signs of interest in their kids’ development and try to actively assist us too. This change in their attitude is a great achievement and hopefully things will only get much better.

Preeti Kumari, Teacher

Preeti Kumari has been working at the Babua school in Dema since 2013. She is a teacher at the nearby government middle school, but also regularly visits the Babua school in her village.

Strengthening Basic Education

Karuna Shechen understands that there is more to strengthening basic education than just building more classrooms. Most schools in these regions suffer from a lack of focused direction and materials, poorly envisioned programs and high teacher student ratios. To counter this, Karuna Shechen recruits additional teachers, provides more learning material and helps create achievable goals. As a part of this program, Karuna Shechen also trains young adolescents in yoga and offers them an opportunity to conduct their own classes in schools.

I have found yoga to be a very calming and soothing activity. It helps me relax my mind and has also improved my body flexibility and strength. I am currently in the 10th standard and would one day like to join the Indian army. I have a younger brother in 2nd standard, who I have also instructed in the art of yoga. I take classes every day after school for one hour, except on Sundays. Initially my parents were hesitant to let me do it, but now even they can see the effect it has on one’s body and mind.

Prince Kumar, Yoga Trainer

Towards A Healthy Society

The program is spread across 15 centers and 11 villages with a total of 972 students attending the classes.
Non Formal Education (NFE)

At Karuna Shechen, education is greatly valued. We understand the need to educate minds and to open them to the infinite possibilities that the world holds. Over the years, we have come to understand the importance of educating all segments of society. For truly wholesome growth, the ideas we share must reflect upon all beneficiaries. The NFE centers run by Karuna Shechen are aimed at educating women in villages. The program has been met with great enthusiasm and success. The beneficiary women are overwhelmed that they are finally realizing their dream of education and literacy.

19 centres in Bihar
46 centres in Jharkhand
1,100 Total beneficiaries across these centres

Computer Training

Most rural students have had very little exposure towards computers and technological advances. The computer training course offered by Karuna is designed with the intention of ensuring that students are aware of technology and can integrate it to build their own businesses. The classes are held in Hindi to ensure that language does not become a barrier to learning. Many students have started their own business after attending this training course. They continue to come down to the center for guidance whenever the need arises. Most of the students who come here are from Below Poverty Line families, and the certificate they receive here also helps them kick start their professional life. There are a total of 4 batches of 10 students each who undergo two different courses. A nominal fee of Rs.375 is collected from the students for the training books and a certificate of proficiency, which is facilitated by our technical partner.

46 centres in Jharkhand

1,100 Total beneficiaries across these centres

90 Diploma in Computer Application (DCA)
30 Desktop Publishing (DTP)
120 Total beneficiaries

2 Courses
Towards A Smarter World

Dinesh Kumar, Trainer
Dinesh Kumar has been with the Karuna Shechen team since 2013. He imparts computer education and training to community members, and is currently teaching his 9th batch of students.

There are two batches every year, one beginning in March and the other in September, and two courses are offered, a Diploma in Computer Application (DCA) and a Desktop Publishing (DTP) course. The DCA course students are given training in MS-Office and the fundamentals of computer applications. The DTP course students are taught Photoshop, poster making and card making. The courses run for 6 months and we have a total of 40 students, 30 in DCA and 10 in DTP. An exam is conducted before the beginning of every batch and we choose the 40 students based on the results of this exam. The classes are held thrice a week for an hour and a half long, of which half an hour is reserved for theory and the remaining hour for practical application.

Kuddusa Zuffar, Student
Kuddusa Zuffar is currently enrolled in the DCA course at the Gaya training center.

I did my master’s in Political Science from Mother’s University and am currently enrolled in the DCA course here. I have always been interested in computers but never had the opportunity or the resources to pursue this interest. I heard about this training center from my friends who recently finished their course here and immediately signed up to write the exam. The course is also free of cost and we need to only pay for the resource material and certificate. I am extremely happy that I enrolled in this course and hope to successfully complete the DTP course in the future as well.

At Karuna Shechen, we understand that the communities come first and that they are best equipped to identify and solve the problems they face. We understand the need to ensure community participation in all aspects of intervention - need identification, planning, decision making and implementation. The ‘Small money, Big change’ program runs on the above mentioned philosophy. Projects are chosen based on the felt needs of the communities. This is assessed by participatory appraisals and interactions (community meetings) that involve as many people in the village as possible. The project is led by the villagers themselves with Karuna Shechen merely guiding and facilitating. Participation of villagers ensures the sustainability of the project. The villagers and Karuna Shechen team members form a project committee and a joint bank account which is created with funds by two villagers and a coordinator from our team. This is intended to foster a sense of ownership, responsibility and belonging. Often the problems involve scarcity of water for drinking and irrigation, electricity, absence of quality education services and the need for infrastructural development (need to level land surfaces, etc). The successful completion of these projects in various places has seen us refurbish a well, a dam and build bathrooms, while work is being undertaken to set up solar powered sets in places where electricity is still ages away.

SMBC projects in 2017

<table>
<thead>
<tr>
<th>Wells Renovated</th>
<th>Toilets Built</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>77</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>New Wells Built</th>
<th>Ponds Constructed</th>
<th>Canal Laid</th>
<th>New School Building Built</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>
Water for all

Mahendra Prasad, Farmer
Mahendra Prasad is a farmer based in Mandva, near Bodh Gaya. He owns close to 3 acres of land and majorly cultivates wheat and rice. He sells the produce that is left over after home consumption.

All the members of the village contributed money based on the amount of land they owned. Apart from that, I also took an active interest in monitoring the operations of the construction of the pond and also helped out with manual labour wherever necessary. The first meeting that Karuna Shechen hosted was attended by over 100 people, both men and women. At the end of the meeting, based on general consensus, we agreed on building a pond. In the meetings that followed, a final committee of 11 people was set up, consisting of 6 women and 5 men. Everyone in the village played an active part in the construction and supervision.

Community participation
for a better future

Mathura Prasad, Mandva
Mathura Prasad is a retired school teacher from Mandva who was a part of the 11 member action committee responsible for overseeing the construction of the pond in the village. He lives with his son and daughter in law, both teachers, and has his own farming land where he cultivates crops.

Ever since I retired in 2012, I have been farming here. Every year we are faced with an acute shortage of water for our rice crops and are forced to draw water from a nearby river to irrigate our lands. We need to manually draw this water and the labour involved is a huge expense. A lot of times, in spite of the water drawn from the river, a part of our crop becomes uncultivable because rice requires a lot of water. Further, the land becomes so dry that planting any other crop also becomes extremely difficult. Every year, farmers incur a 25 percent loss in the crops they plant. When Karuna Shechen approached us, we were extremely happy and there was no opposition from the rest of the village as we could all see the benefits we could take from it. They offered to pay 50% of the expenses and asked us to mobilise the remaining funds from within the village. A total of 5 villages pooled in their money, with everyone contributing money based on the size of their land, and we gathered the remaining 50%. We actively participated in the construction by encouraging voluntary labour (shramdaan). the dug up soil was then used for other purposes. Very few farmers here can afford to have private bore wells, and the entire community is extremely grateful to Karuna Shechen for helping us build this pond.
Bihar and Jharkhand rank among the top 2 states with highest number of malnourished children in the country. One of the main causes of malnourishment is the lack of a balanced diet. Improving food nutrition can go a long way towards tackling malnourishment. The kitchen garden program aims to tackle this issue while promoting a model of self sustainability and self awareness. By growing vegetables and fruits with better traditional quality seeds at a lower investment, producers are provided with fresher, healthier vegetables while also saving on the cost and time of purchasing them. We distribute seeds, while also educating people on the nature of the fruit or vegetable and its part in a balanced diet, thus giving them access to certain vegetables that they would normally have no chance of acquiring. What started as a local initiative with a target of 100 kitchens in 2013, has now extended to around 15,000 kitchen gardens in Bihar and close to 4000 in Jharkhand. On an average, each household consists of 6 members therefore the total number of beneficiaries from the initiative is 1,20,960.

15,865 in Bihar
4,296 in Jharkhand
20,161 Total Kitchen Garden
Sustainable Livelihoods
with the future in mind

Suresh Prasad, Farmer
Suresh Prasad is a farmer who has been working in collaboration with Karuna Shechen for close to two years now.

The kitchen garden program is extremely beneficial to us. The kind of seeds introduced by Karuna Shechen has completely changed the way we work now days. They provide us with seeds for the entire year at a nominal cost of rupees 20. There are 23 different types of seeds in this and we are also trained to plant them in different seasons. For 20 rupees worth of seeds, we put in manual labour worth rupees 100, but get a yield output worth rupees 1000. We don’t have to use any pesticides. The quality of seeds we receive from Karuna Shechen is very good. We have also been taught to make vermicompost and follow more environment friendly farming techniques. Initially when I was approached by the organisation, I was a bit reluctant as I thought maybe they were in it to make money. But after working with them for so long, I have seen how transparent they are and that they genuinely care for our well being. I feel extremely indebted to Karuna Shechen for showing me this amazing model and will also help my fellow villagers make this transition.

Satyendra Kumar, Kitchen Garden outreach member
Surendra Kumar, from Nalanda, has been working with the kitchen garden outreach team since October, 2013. He recollects the difficulties the team initially faced while trying to convince the farmers of the benefits of the kitchen garden program and how slowly, but surely, they managed to get everyone’s attention and interest.

I have been with the kitchen garden program right from the beginning, when it started in 2013. One of the first villages that we approached was Gopal Khera in Bihar. The farmers there almost exclusively grew only rice and wheat. They were faced with regular water shortage owing to the nature of these crops, and often found themselves facing losses. In spite of this, most of the villagers were reluctant to listen to us as they felt we might exploit them for money. Initially we started working with a few villagers in Gopalkhersa, and a couple of nearby villages. In the beginning, there were a few plants which did not even grow, or grew but died soon after owing to a lack of proper care. We then started educating the farmers on how to grow different vegetables and the reason behind using different techniques for different plants. For example, beans often get submerged during rainy season which in turn destroys the produce. To counter this, we taught the farmer to dig holes and layer the surface with plastic so as to prevent submersion. Over the 4 years that I have been working here, I have seen a huge shift in the mindset of people around us. They have started seeing that if they properly follow our techniques and take good care of the plants, they will see good returns. They have also started understanding the philosophy behind using local seeds that are better in quality than hybrid seeds that only increase the quantity of produce. Our hope is to see such kitchen gardens spread across these villages and create independent communities that need not rely on external factors.
Vocational Training

Soft toy making, Bodh Gaya

The soft toy making program in Bodh Gaya is relatively new and has been running for close to a year now. A total of 7 women work together to stitch, embroider and make toys. These toys are then donated to Anganwadis in nearby villages and the remaining toys are sold in the market.

Anjali Kumari
Anjali Kumari, who lives with her husband, child and in laws in Gaya has been undergoing training for one month to make soft toys, and is greatly joyful for the experience.

I used to attend computer classes nearby and the instructor there told me about the soft toy making training. I was extremely interested about the program and immediately signed up. I did my graduation in psychology from Magadh university but got married soon after and have been a homemaker since. This is a great opportunity for me to spend time with other people and also earn some money that I save towards the education of my child. Initially we were working for around 3-4 hours thrice a week, but now we work daily as Karuna Shechen regularly buys these stuffed toys from us for their Anganwadi program. I also help in creating sanitation awareness among students who come to the Anganwadi.

Chandni
Chandni, recently married to her husband who has a private job in the city, has been with the center since July.

I love making these toys. They are beautiful and help light up the lives of little children which fills me with great joy. I knew how to stitch and embroider before, but have now learnt to make toys as well. My husband works at a private company in the city but is not paid enough to support the family. This gives me an extra source of income which I find very useful. I also take private orders from families for tailoring and stitching and that too helps support my family.
Skill Development Program
Vocational Training, Hata

Anita Sahu, Craft Trainer
Anita Sahu is a trainer at the vocational training center. Everyone spoke fondly of her. She trains the people in a number of different vocations.

I joined this center only a couple of months ago but have already made a lot of friends among my students. I am delighted with the progress they are making and hope to have them equipped with enough skills to be independent and start a small business of their own. When I learnt about the vocational training center, I was very happy as it gave me a chance to help people and also impart the skills I know. I train them to make soft toys, candles, jewellery, fabric, cushion designing and also stitching. Women who are currently enrolled are from different socio-economic backgrounds and age groups. By learning these skills they can get employed at some company or privately start their own venture.

Asthya and Yashoda Gour
The Gour sisters have been attending the training center for the last one and a half years. This training has helped them get their family on its feet. The elder sister, Astha, had to drop out of school in 8th standard following her mother’s death, while the younger sister is now in 10th standard. They come to the training center every Friday and Saturday for 3 hours and have equipped themselves with a variety of skills. They travel around 4 kilometers to the training center but are still extremely passionate and interested about their training. They hope to one day open their own shop so as to become independent.

E-rickshaw training center, Gaya

At Karuna Shechen, we believe in the need for a more harmonious development of communities. Our aim is not to replace one evil with another, but to empower while also eradicating existing evils in society. Keeping this mind, Karuna Shechen implemented its women electric auto rickshaw training program. It enables women to earn a livelihood and promotes environmental consciousness at the same time.

Shobha Devi, driver
Shobha Devi was one of the first women to undergo training under the E-rickshaw program, and has been commandeering her own rickshaw for the last two and a half years. She joined the program with two other women in the beginning and has not looked back since.

My husband is a farmer, but he fell sick a few years ago and has not been able to work the same way since then. After he became sick, I started working as a daily labourer but it was hardly enough to meet daily expenses, let alone my husband’s medical bill. It was at this time that Karuna Shechen workers offered to teach me to drive the rickshaw. The training was free of cost, and they also bought the vehicle. We only had to pay back half the rate of the vehicle, and that too over a period of 2-3 years. Initially I was a bit scared as there weren’t other women drivers, and the local police too tell us to sit home. Now though, I have grown confident, and believe I am as good as the male rickshaw drivers too. I earn around 9000 rupees a month and both my kids go to school as well.
Manju devi, Driver

I have been driving my own rickshaw for close to a year now. I saw a few women drivers in Gaya and was extremely curious about it. When I talked to a few of them, I got to know about Karuna’s training program and immediately approached them. The first few months were a bit difficult and I was a bit scared of driving in crowded areas like the market, but now I am used to it. The money I make is extremely helpful and helps me ensure a better future for my children.

Gearing up for brighter future

Driving Training Center, Sundarnagar

Jagat Todo is the newest trainee at the driving training center in Sundarnagar.

Jagat Todo

I have been undergoing training for the last 10 days. The instructors here are very good and in such a short time they have already taught me the basics of driving. I am simultaneously pursuing a diploma course in a nearby college and this will surely help me in earning money for my monthly pocket expenses. As soon as the training ends I intend to start driving and work regularly.

11 male drivers trained in motor driving.
Environment
One With Nature

Rain Water Harvesting

At Karuna Shechen, we are committed to living harmoniously with our environment and respecting the beautiful planet we live on. Our environment projects are guided by this philosophy. We help in setting up rainwater harvesting systems in a bid to meet growing water requirements. These systems are built in schools and villages as they are low cost but highly efficient and have multiple benefits for health and the environment.

204 rain water harvesting systems in schools and villages across Bihar.

Jute Bag Distribution

Karuna Shechen wholeheartedly promotes the anti-plastic movement. We distribute jute bags at our outpatient departments, mobile clinics and at schools and other rallies. These bags are biodegradable and do not harm the environment in any way. Total of 33,000+ jute bags distributed in 2017.

29,126
in Bihar

4,855
in Jharkhand
Health
Karuna Shechen works in a number of remote regions in Bihar and Jharkhand. We are committed to providing health services and education to these people in need of service. We offer these services through two clinics with Outpatient Departments (OPD) and regular mobile clinic visits to remote villages. We have also initiated acupuncture and physiotherapy wings with trained and specialized doctors.

79,000+ Patients in Bihar
90,000+ Patients in Bihar and Jharkhand
13,000+ Patients in Jharkhand

Shechen Medical Center in Bodhgaya offers general consultations through an OPD, a pharmacy, pathology lab as well as a Tuberculosis Centre that provides diagnosis, and treatment according to the WHO-recommended DOTS (direct observation therapy) program. Building on the success of the Shechen Medical Center, in 2014 Karuna Shechen expanded their medical services to the neighboring state of Jharkhand, where we have inaugurated a small clinic Hata, 30 kms from Jamshedpur city.

Sanju Devi, Patient
Sanju Devi brings her 21 year old daughter, Khusboo Devi, to the OPD in Bodh Gaya from their village which is 9 kilometers away. She mentioned that her in laws would not send her to a doctor as there were no good hospitals nearby. She also has a one year old daughter who needs taking care of.

The OPD in Bodh Gaya offers almost free treatment and the doctors here are also competent and kind.
Kanti Devi, 42
Kanti Devi and all her family members have only been going to the OPD clinic in Bodh Gaya since their first visit. After hearing about it from family members in Mastipur, she has relied only on the clinic for medical purposes.

Ravindra Das, Farmer, labourer
Ravindra Das has tuberculosis which he got treated by a local doctor earlier in the year. His condition relapsed in July this year and he has been visiting the OPD in Bodh Gaya ever since. The treatment and medicines are also free of cost and therefore greatly reduces the financial burden of treating T.B.

Kamla Devi, 50
I come from very far away. It takes 50 rupees and 3 autos to come here. When I came here for my first check up, I was feeling constantly tired and weak. The test revealed that I had sugar and hypertension. The treatment here is pretty good and on top of which it is free of cost. I come from a family of farmers and do not even have our own land. We work as construction laborers. My entire family comes here for treatment.

The Out Patient Department (OPD) in Hata works from Monday to Saturday, between 9am and 4pm. There is always a doctor ready to see visiting patients in this time. The hospital has a higher ratio of female patients than male patients. Generally you can see a large number of patients suffering from bone and skin related diseases owing to the nature of their jobs. The number of patients who come in remains constant except in the months of April and May, which is the harvesting season. The patients who come in are also given a free jute bag and are educated on the ill-effects of using too much plastic.
Making Healthcare Accessible

Physiotherapy, Bodh Gaya

S M Tabish, Physiotherapist
Tabish has been the doctor on call at the centre since December 2016. Most of the patients here are poor and belong to rural areas. He mentioned that a patient named Virendra, consulted the senior most physiotherapists in Gaya, saw no improvement, but has been getting better here within 3-4 days of treatment.

Dr. Swati Sonal, Physiotherapist
Dr. Swati Sonal is a physiotherapist, with 11 years experience in the field, who has been with the team at Bodh Gaya since December 2016. The patients who generally come here suffer from partial paralysis, joint pain and back pain. People are slowly starting to understand the value of physiotherapy. The added benefit is that the treatment is done free of cost and patients need only register themselves initially. We get around 20 patients everyday, of which there are more male patients than females.

Zubeda, Patient, 45
Zubeda, who lives with her son and daughter, suffers from severe pain in both her legs. She was unable to use both her feet and was visiting a clinic in her hometown where she had to pay 500 rupees per visit. With the treatment having no effect, she came to the physiotherapy centre in Bodh Gaya upon her daughter’s insistence. I am now able to get up and move with help from others, which is a huge improvement to when I was back home, and couldn’t even get up. The treatment here has been extremely helpful and I intend going home after I am treated.

Meena Devi, Patient
Meena Devi, who hails from Katarwa, suffers from severe body pain and has been undergoing treatment at the Bodh Gaya clinic for one week.

Virendra Singh, Paralysis
Virendra Singh had always suffered from joint pain and would occasionally go to a hospital in Gaya for treatment. Though he got temporary relief, the problems persisted. One day, he had a serious seizure after which he became paralysed. His neighbors took him to a doctor in Patna, who diagnosed him with paralysis and set a daily treatment cost of 200 rupees. Unable to front the cost, he was shifted to the centre in Gaya where he has been undergoing treatment for the past 20 days. He has also regained slight movement in his hands and the doctors are very hopeful of seeing more improvement in his condition.

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Meena Devi, Patient
Meena Devi, who hails from Katarwa, suffers from severe body pain and has been undergoing treatment at the Bodh Gaya clinic for one week.

Gangiya Yadav, Paralytic Patient
Sunil Yadav’s mother, Gangiya Yadav, suffers from complete paralysis in the right side of her body ever since a vein in her head popped. She hails from Dhandhwa, where she lives with her husband and 3 sons.

Smita Singh, homemaker
Smita Singh is a homemaker from Gaya who has been visiting the physiotherapy clinic for the past 3 months. With Rheumatism in both her hands, she visited a number of doctors in nearby regions but was informed by senior orthopedics that her condition could only be partially treated. But after 3 months here, she has seen significant improvement in her condition and is extremely thankful to the clinic for their treatment and therapy.

I live with my husband and two sons, and their families in Katarwa. I have been suffering from this pain for over two years and my legs would not straighten. I have visited 2-3 clinics and doctors in my hometown, but the medicines they give only temporarily relieve pain. I heard about this physiotherapy clinic from neighbors and decided to give this a try. I undertook a series of exercises and no medicines are given. But I am nevertheless feeling much better now, and intend leaving after I am treated completely.

Her illness started on the 16th of October, the day after Diwali, and left us extremely worried. She could not talk or move and we rushed her to a hospital in Gaya where they referred us to a doctor in Patna. The treatment there was too expensive and the doctor could not even give us a general idea of whether my mother would get better or not. For the past 2 weeks she has been undergoing treatment and can now speak slowly. We still get medicines from Patna occasionally, but it is the physiotherapy that has had a great effect on her.

I live with my husband and two sons, and their families in Katarwa. I have been suffering from this pain for over two years and my legs would not straighten. I have visited 2-3 clinics and doctors in my hometown, but the medicines they give only temporarily relieve pain. I heard about this physiotherapy clinic from neighbors and decided to give this a try. I undertook a series of exercises and no medicines are given. But I am nevertheless feeling much better now, and intend leaving after I am treated completely.

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Walking Hand in Hand

Acupuncture, Hata

Karuna Shechen is committed to improving the health status of people in the remotest parts of Bihar and Jharkhand. As a part of our initiative to promote alternative therapy we offer acupuncture and physiotherapy with trained and specialised doctors. Every 6 months, Dr Daniel and Dr Balakrishan come to India to capacitate our medical staff.

Dr. Jayamitra, Acupuncture Doctor

A large number of the patients who come to our clinics suffer from bone and joint related diseases. The Acupuncture program was started with the intention of reducing the dependency on allopathic medicines and pain killers that have a number of side effects on the patients. Doctor Dr. Jaya Moltra is an honorary physician with Karuna Shechen. She has been a part of the Mobile Health Clinics and OPD since 2014. She now operates at the OPD and practices Acupuncture therapy on patients.

Acupuncture is a traditional Chinese medicinal practice that involves inserting thin needles into the body at strategic points to help alleviate pain. It is cheaper than prescribing painkillers and there are no additional side effects that one needs to be worried about. The patients who I have treated so far are also extremely happy with the treatment. We even have patients coming in from as far away as Odisha. Generally patients need to undergo the therapy only once or, in certain extreme cases, twice a month. It is used to treat a wide array of pain related diseases ranging from knee pain to back pain and even joint pains.

Namita Gupta, Patient

Namita Gupta has been suffering from chronic back pain for as long as she can remember. She has visited a number of orthopedics, but to no avail. Upon hearing the effectiveness of the acupuncture treatment from one of her neighbors, she decided to give it a try.

I have had this back pain for an extremely long time. A few doctors in Jamshedpur told me that the only way to rectify the issue was through an expensive surgical procedure. My husband is retired and we cannot afford to have a surgery done. I was forced to take painkillers on a regular basis that reduced the pain temporarily but made me nauseous and extremely tired very often. During this period, one of my friends told me about the acupuncture treatment and I decided to give it a shot. The treatment is extremely beneficial and I have gotten a great deal of relief from pain. Further, I have also reduced taking painkillers to only once or twice a week when the pain is absolutely unbearable. My overall body condition feels much better and I believe I might just be able to get rid of my illness completely.

874 patients have received acupuncture treatment across Bihar and Jharkhand at 2 clinics.
Aabha, Lab Technician

Aabha has been working with Karuna Shechen for almost 10 years now. The DOTS center in the Bodh Gaya block was opened in 2011 and has ever since been committed to giving treatment to patients with tuberculosis. Earlier it was only a microscope and pathology facility, but has had an OPD since 2011.

When I started working here in 2006, we were mainly responsible for conducting tests and referring patients to respective centers for treatment. The problem was that the previous OPD was very far away and people would often come back to us because of transport issues. Owing to this, an OPD was also opened here in the year 2011. The DOT center here was also started in 2011 with the aim of treating TB patients and making India TB free. Patients who are diagnosed with TB are run through a series of tests and then treated according to the severity of the disease. Antibiotics are provided, usually for a time period of 3-4 months, after which they are requested to come for a follow up X-ray which reveals whether the tuberculosis has been treated or not. Depending on the X-ray results, the doctor advises patients upon further treatment. Generally the number of TB patients coming in during winter and monsoon are higher.

Dr. Rakesh Kumar Chandel

Dr. Rakesh Kumar Chandel is the chief doctor at the mobile camp in Dema. He has been working with Karuna Shechen since 2010. Prior to joining Karuna, he was working at an OPD in Uttar Pradesh.

The mobile camp sees a lot of patients coming in with as many 100-120 patients coming in at a time.

The biggest motivation for me is my duty towards patients as a doctor and to help them get better. A lot of the patients who come in here are from very financially backward segments of society. To be able to pay money according to the whims of private hospitals is beyond their reach. They have seen the work we have done, and come to us with a great deal of faith in us. To be able to ease their worries and make them feel happier is a great achievement in itself. We also play an important role in educating the people who come to us. Most of the government primary health centers are grossly unequipped and left unattended to. We also educate the patients on maintaining hygienic habits. Another problem these patients face is a lack of resources. We can educate them on the benefits of toilets but we cannot expect them all to build toilets because that would not be economically feasible. The projects that Karuna Shechen led to build toilets in these villages go hand in hand with our awareness creation. Patients are also required to only pay a nominal fee of 20 rupees for registering themselves, which is almost nothing compared to what most other clinics expect them to pay.
Building Toilets - Towards an Open Defecation free India

Rakesh Kumar
Rakesh Kumar is the coordinator in charge of the toilet building program here in Dema. It took us around 5 months to get the entire construction work done. Now, around 6-7 members of a family share a toilet. There are a number of risks associated with open defecation apart from the hygiene point of view. Women were forced to answer their calls of nature before sunrise as there would be men around as well, leaving them susceptible to insect and snake bites. This is especially problematic during the monsoon when most nearby areas are water logged.

Sudamiya Devi
Sudamiya Devi hails from Dema, a village where there were no toilets a few years ago. All the women in her village would openly defecate. It was both a humiliating experience for them and they were concerned that their daughters would have to undergo the same discomfort and humiliation. Motivated to build toilets in her village, she approached Karuna Shechen to help her. She managed to collect half of the required funds and also mobilized voluntary labour (shramdaan) to build the toilets free of cost. Today, her neighbors also use the toilet and are indebted to her. The remaining villagers have also been motivated by her resourcefulness and more toilets are set to be constructed in their village.
Karuna Shechen India Annual Report 2018

Karuna-Shechen
Humanitarian Projects in the Himalayan Region
www.karuna-shechen.org

The Way Forward

India has witnessed an incredible journey since its launch more than a decade ago. Our objective of serving some of the most underserved communities in India could not have been realized without the hard-work and dedication of our staff, and the interest shown by our beneficiaries. We are extremely happy with the progress that we have made as an organization and are confident of becoming still better. At Karuna Shechen India, we understand the need to reflect on the work we do. Doing so allows us to further enhance the benefits we provide to society.

At our hearts, we are committed to making this world a better place and believe that same principle holds good for our own organization. To best help the people around us, we must be equipped to do so. Our projects have now spread across Bihar and Jharkhand with great success and we are confident about building on this success and spreading even farther.

Karuna Shechen India is a people-powered organization, and at its heart lays innovation and innovators who seek more inclusivity and change. Innovations have, and will add value to the already established ethos of our work, only to set benchmarks for each succeeding year. Karuna Shechen and its army of visionaries in empowerment look forward to taking bigger leaps at transforming communities through igniting young minds and revolutionizing engagement. 2017 has been a crucial year for us, as an organization which prompted us to take a few steps back to analyze, explore and introspect about our vision for tomorrow. This year we reached out to close to half a million people in India alone through our interventions. We are hopeful that the year 2018 shall help us increase the effectiveness and efficiency of our programs.
The founder, Matthieu Ricard, is a French national and a molecular biologist. He completed his PhD in 1972, from the world famous Pasteur Institute in France. Mathew is a person of genuine and impeccable quality, who left a career in cellular genetics to study and follow Buddhism. He shifted to Tibet, became a monk, and is now a translator and French interpreter to his holiness, Dalai Lama. He started working in the social sector along with his teacher soon after shifting. His work in the sector initially involved helping people on an individual, informal manner through charity received from the monastery. Gradually though, more community driven projects like building bridges and setting up clinics were initiated. While the monastery was being built in Bodh Gaya, they organized a weekly, two hour medical camp for the workers involved in the project. Soon after though, they also insisted on the doctor visiting a nearby village for a couple of hours every week, which in turn sowed the seeds for what is now Karuna Shechen.
**Karuna-Shechen India**

**Local Income & Beneficiaries Contribution (in INR) 2011 - 2017**

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<td>186,881</td>
<td>222,412</td>
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<td>Bonus Against New Vehicle Purchase</td>
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<td>Amount Received From Scrap Goods Sale</td>
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<td><strong>Total</strong></td>
<td>78,680</td>
<td>37,864</td>
<td>146,659</td>
<td>191,881</td>
<td>222,412</td>
<td>352,452</td>
<td>246,846</td>
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<td>Beneficiaries contribution from E-Rickshaw</td>
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<td>12,450</td>
<td>137,090</td>
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<td>Beneficiaries Contribution for Box for Sweets &amp; Snacks Vending</td>
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<td>Beneficiaries Contribution From Solar Light System</td>
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<td>Big Solar Installation Charge</td>
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<td>Equipment for Menstruation Health &amp; Hygiene Management</td>
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<td>Beneficiaries contribution for Rain Water Harvesting at Village</td>
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<td>447,000</td>
<td>644,900</td>
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<td><strong>Medical &amp; Mobile Camp</strong></td>
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<td>Ms. Abha Kumari (Amount Received From RNTCP Gaya)</td>
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<td>Amount Received From RNTCP Gaya for Dot Provider</td>
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<td>Investigation Fee in Pathology</td>
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<td>Patient Registration Fee OPD &amp; Mobile Camp</td>
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<td>Sanitary Napkin Charge</td>
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<td>120,332</td>
<td>195,996</td>
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<td><strong>Total</strong></td>
<td>-</td>
<td>28,987</td>
<td>56,667</td>
<td>105,632</td>
<td>120,332</td>
<td>195,996</td>
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<td><strong>Women Empower/ Vocational Training Program</strong></td>
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<td>Bindi Making Women Group</td>
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<td>Candle Making Women Group</td>
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<td>Handicraft Items Sale</td>
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<td>Soft Toys Making Training Registration Fee</td>
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<td>Income Vocational Training, Jharkhand</td>
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<td><strong>Total</strong></td>
<td>-</td>
<td>14,499</td>
<td>16,957</td>
<td>12,291</td>
<td>3,200</td>
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**Expenses - 2017: KS India**

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<th>Descriptions</th>
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<td>Environment Program</td>
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<td>Women Empowerment and Community Development</td>
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<tr>
<td>Program Support</td>
<td>1,488,757</td>
<td>24,813</td>
</tr>
<tr>
<td>Administration, Accounts and Functioning</td>
<td>3,163,597</td>
<td>52,727</td>
</tr>
<tr>
<td>Fixed Assets and Equipment</td>
<td>4,368,704</td>
<td>72,812</td>
</tr>
<tr>
<td>Contingencies</td>
<td>261,630</td>
<td>4,361</td>
</tr>
<tr>
<td><strong>Total Program Expenses</strong></td>
<td>40,340,796</td>
<td>672,346</td>
</tr>
<tr>
<td>Construction Jharkhand Office Building</td>
<td>1,817,930</td>
<td>30,299</td>
</tr>
<tr>
<td><strong>Grand Total</strong></td>
<td>42,158,690</td>
<td>702,645</td>
</tr>
</tbody>
</table>

**% Expenses - 2017: KS India**

- Health Program: 12.73%
- Education: 7.93%
- Environment Program: 8.09%
- Women empowerment and Community Development: 17.83%
- Capacity Building: 3.69%
- Administration, Accounts and Functioning: 7.54%
- Fixed Assets and Equipment: 10.83%
- Contingencies: 0.65%
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