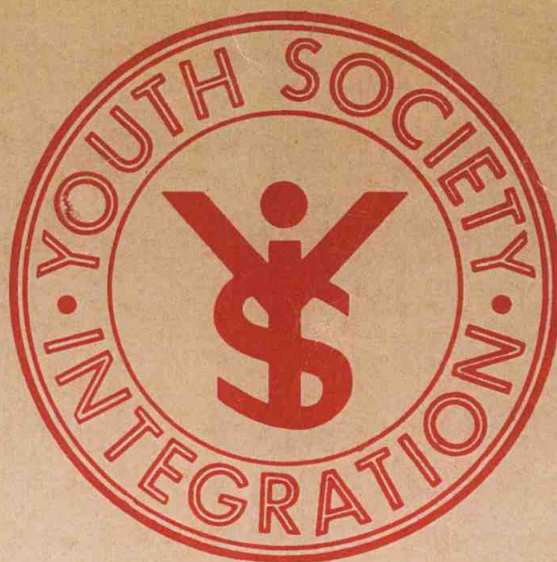


FRIENDS SOCIETY

21 Years Of Service



INVOLVE - 21

A special issue to commemorate the second reunion of past and present members

FS . 1969 - 1991

FROM THE EDITOR'S DESK

The fact that Friend Society has entered its adulthood with the completion of 21 years is highly commendable. The successful continuation of a voluntary youth organisation for 2 decades is a cause of celebration: "The 21st FRIENDS DAY".

On this occasion of "REUNION-21", we heartily greet all the old and new friends of F.S. for their continued support till now and expect the same in the future.

Opinions may vary, but the progress during these years has been significant. Right from the conception of the 'CHEER UP' group in 1969, there has been tremendous development in F.S. The newer activities took birth as and when the exposure of members highlighted a need for another project. Thus came a gradual inclusion of groups like Blood Donation (1970), Programme for Future Leaders (1971), Programme for University Youth (1973), Public Reading Room and Library (1973), Child Health Care Centre (1979), Youth Club (1978), Sunday School for Handicapped (1979), and Eye Donation (1985). These have now enabled F. S. to serve the various vulnerable sections of society:

1. Handicapped Children.
2. Poor, needy patients.
3. Fatehgunj Community
4. University and School students.

Several members believe that F.S. has been able to inculcate a positive change of attitudes in its volunteers through its informal education and experiences.

No doubt, many achievements have been realized, but many problems have also been faced. Some activities like Adopt A Family Friend and Junior F.S. are no longer on the scene. Some ceased to exist, so as to avoid duplication of services: The Typewriting Institute for the Handicapped, for example.

Keeping a balanced view of accomplishments and failure, we are as determined and optimistic as ever to continue our efforts-inspite of limited resources.

-Editor.

TRIBUTE TO A BLOOD DONOR

No badge of service does he wear

He lives a hero unaware

A man who rolls his sleeve to give

Who gives without return or fee

In simple answer to a plea

That flush of health again may glow

On cheeks of one he'll never know

His blood a new born babe may save

From yawning brink of early grave

That child, so weak & small today

A hero's role may later play

To one a prey to accident

By his blood new strength is lent

His blood may help a surgeon's knife

To bridge the gap from death to life

No, none of these will know his name

Nor see it carved on walks of fame

-Courtsey Readers Digest

1st REUNIONMARCH 1980

"Future will be bright, if concentration is given on self development, rather than service."

- Dadhyanch B. Patel (Ahmedabad)

2nd REUNIONMARCH 1991

"FS has survived all the changes and the spirit is still there."

-Jayendra K. Patel (U S A)

Messages From Our Well Wishers.

Amina Tyabji
Ex-Chair person
(1969 - 1988)
FRIENDS SOCIETY
Baroda.

There is magic in the number 21.

It opens up new horizons for achievements and growth, but let us be careful that in their pursuit we do not betray our aims. We are apt to do that and forget that "Small is beautiful". We tend to idolise the institution and forget its aim; we glorify our country and forget its people. Let us never forget that Friends Society is a voluntary University students organisation, and its aim is 'self development through service'. Those who have passed out of it can continually refresh their spirit with memories of work done under its aegis.

And all past and present friends alike can find continuing inspiration in this little quotation which so well represents the spirit which has made F.S. what it is to-day'.

Some people see things as they are and ask why.

I dream of things that never were and ask why not.

Finally, I wish each and every one of the family of friends a VERY HAPPY 1991, and all the best in the coming years, both in their personal life and their careers.

-Amina Tyabji

RANJIT S. CHAVAN
MAYOR
Baroda Municipal Corporation
Baroda - 390 001.

I congratulate members of Friends society for completion of two decades in the field of welfare activities. Help in cash and kind to help education of poor children, Health assessment and rehabilitation of handicapped children, vocational training for the older children, Youth Club, pre school programs and sewing class for women are some of the noteworthy activities of Friends Society. These activities of Friends Society set an example for other voluntary organisations.

I wish them all the success.

RANJIT S. CHAVAN

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AVERAGE MINDS DISCUSS EVENTS
GREAT MINDS DISCUSS IDEAS"

-ANONYMOUS.

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Prof V. C. Shah
Vice - Chancellor
The M. S. University of Baroda
Vadodara - 390 002.

AMITA VERMA
PROJECT DIRECTOR (MSUB)
Illinois-Baroda Faculty Exchange Project
M. S. University of Baroda.
Baroda - 390 002.

I am happy to know that the Friend society has completed 21 years of services in this city. As we know the plight of the present young generation is not as we desire. There is all around the feeling of frustration which leads them to defiance of authorities and to destructive means. There is an urgent need to channelise and mobilise the energy of youth for constructive purposes and by involving them in nation building projects. They need affection of parents and guidance of teachers. There is also a need to acquaint them with the best of cultural traditions and high moral values of our country. In this context, I am very happy that your society is doing an honourous job. I sincerely hope that your organisation will continue to guide the youth in the right direction for the bright future of the country.

With best wishes.

- V. C. Shah

Over the past few decades the entire concept of 'Social Welfare' has drastically changed. Friends Society has kept pace with these change and their approach is therefore not one which views people as 'beneficiaries' of schemes but as participants in the development process.

The youth involved in the activities of Friends Society are exposed to experiences which lead to their own development. Many youth involved in Friends Society activities during their student days have demonstrated a rare sensitivity to the problems and concerns of human beings and this is manifested in their own work situations when they enter a career or a profession of their choice in adulthood.

Friends Society is an organisation which is totally secular and has no political affiliations. The citizens of Baroda are proud of having such an organization run by dedicated people.

- Amita Verma

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Dr. Dinesh N. Shah
Medical Superintendent
S.S.G. Hospital, Baroda.

I am pleased to know that Friends society is bringing out a special issue of INVOLVE on the occasion of REUNION - 21 incorporating the 21st Friends Day.

Right from its inception in 1969, I have witnessed the genesis and growth of Friends Society over last 21 years, initially as a teacher in the Medical College, Baroda and now as Medical Superintendent of S.S.G. Hospital. Through several of its projects, Friends Society has rendered yeoman service to needy and suffering patients of S.S.G. Hospital in particular and people of Baroda city in general. Not only has Friends Society arranged more than a couple of hundred of voluntary blood donation camps and contributed more than 12,000 units of blood to be used by this hospital, the members have responded to our calls for blood in emergency situations, noteworthy amongst them are during Navnirman movement of 1974 and riots of April and August - 1990. Through the Sheth Khushalchand Charitable Medical Centre, over past 17 years, lakhs of poor patients of this hospital have bought cheaper and essential medicines. In the past thousands of patients have taken advantage of X-ray plate project and hospital services group of Friends Society.

As a Professor of Community Medicine, I am happy to note that through need based projects like 'Mother and Child Health Care Centre, Friends Society is taking the much needed health care services to the door step of those who

need them most. Various other services for handicapped children, School children and University youth by Friends Society will go a long way in the life of many.

I wish you all the success.

- D. N. Shah

Dr. V. V. Modi
President
SOCIETY FOR CLEAN ENVIRONMENT
(SOCLEEN)
Baroda.

A social worker is one who speaks for those who can not speak for themselves and endeavours to solve some of their problems. In our country one has not to go far in search of such problems which can be of sanitation, hygiene, health care, illiteracy, environment, handicapped children and downtrodden people.

During the last two decades, "Friends Society" has not only done yeoman's service in Baroda but also continuously has created a group of likeminded youth who are concerned about unfortunate fellow citizens.

My best wishes to Friends Society.

- V. V. Modi

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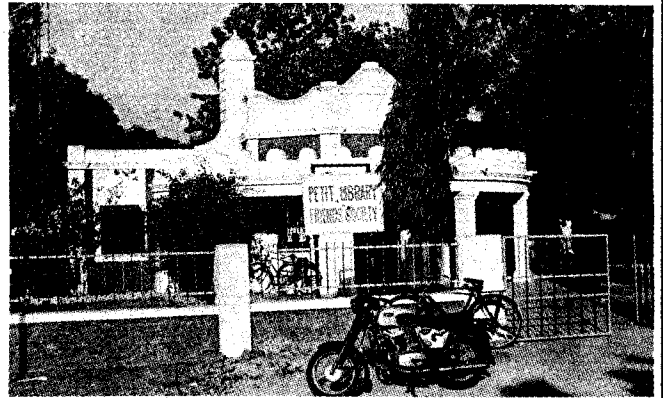
Looking Back On 21 Years Of Growth

Friends Society is at the threshold of maturity. The 21st birthday is an important milestone that FS has reached, and it is a miracle since FS is an organisation which has a floating membership and high turnover.

The first 10 years of FS were marked by rapid growth and expansion. All the enthusiasm and effervescence of the child were reflected in its activities. Then came the brief period of consolidation : bigger dreams, hopes of growing larger than it could cope : the typical pre-adolescent phase. And as in every individual comes the time of turbulence, FS went through times of despair and an anxious search for its identity. An identity away from its creators; an identity in spite of its creators. Like an adolescent in search of self, FS sought to find itself and sure enough, now it stands independent in its own image. True, FS is what its creator, its members and projects make it. But FS is that and more.

Quantitatively FS has grown in terms of number of projects, members, beneficiaries and finance. What began as a 3 member organisation working out of university room with 2 projects and Rs. 6/- in hand FS now has 375 members (including active, life and associate), 14 projects with a wide range of beneficiaries, and an annual budget of rupees two lacs.

What is always more difficult to evaluate is the qualitative growth of an organisation. From a relatively unknown small student organisation FS has achieved national and international acclaim. Growth of FS cannot be separated from growth of its members. FS has been a source of so much inspiration to the young - a place where young people find their ideals and goals. Students have 'discovered' themselves when they found in them unknown talents. This is no small task for an organisation. The enormous faith that is reposed in young people has paid off in the growth of the organisation to the further benefit of society at large.



Friends Society * Petit Library *FS IS UNIQUE*

FS is not an organisation where a group of people, "who know best", tell its members what to do and what not to do. At FS, at an annual program planning camp, all the members sit in their respective project groups and brainstorm on the different activities of their projects. As the year progresses some activities are conducted some are not, but it is the members who organise them. Guidance and support of course has always been available in the form of senior members. It is this manner of functioning which has kept FS going year after year, as fresh initiatives are brought in and every year a whole set of new members discover the thrill of FS and build the self confidence to forge ahead in life on its bigger projects and responsibilities. When youth of society burns with anger and frustration, FS extends hope, a way of positive thinking and an affirmative attitude.

As FS enters into another phase of its development, it can be proud of its achievements and can dare to dream of tomorrow because FS is here to stay, thanks to all who have made FS what it is - its members, patrons, well-wishers and beneficiaries. Its motto remains, "Once a friend always a friend".

What Beneficiaries Say

વિકલાંગો માટેનું સ્વર્ગ

આ દુનિયામાં વળી સ્વર્ગ ક્યાં હશે? આ દુનિયામાં સ્વર્ગ છે, અને તે ભારત દેશના વડોદરા શહેરમાં ફેન્ડઝ સોસાયટીમાં આવેલું છે. આ ફેન્ડઝ સોસાયટીના સ્વયંસેવકો (સામાજિક સેવક) આ સ્વર્ગમાં પરી તરીકેની ભૂમિકા ભજવે છે.

ફેન્ડઝ સોસાયટી માં આવનાર દરેક સામાજિક સેવક દરેક વિકલાંગ ભાઈ-બહેનની પોતાના દિલથી નિસ્વાર્થ ભાવે સેવા કરે છે. પ્રવાસમાં લઈ જાય છે, બહારની દુનિયા બતાવે છે. ફેન્ડઝ સોસાયટીના સામાજિક સેવકોના આયોજનથી વિકલાંગો દરિયાના પાણીમાં પણ જઈ આવ્યા છે માટે તેઓ ફેન્ડઝ સોસાયટીને વિકલાંગો માટેનું સ્વર્ગ કહે છે.

જે વિકલાંગને તબીબી સારવારની જરૂર હોય, તેના વાલીને જાણ કરાય છે. સોસાયટી દ્વારા તેને સારવાર અપાય છે. વિકલાંગોની દુખ - દર્દની પીડા મટાડી તેને નવી જીંદગી આપે છે, માટે ફેન્ડઝ સોસાયટીને વિકલાંગો માટેનું સ્વર્ગ કહેવાય છે.

ફેન્ડઝ સોસાયટીમાં દરેક વિકલાંગ ભાઈ-બહેનોને શિક્ષણ, ચિત્રકામ અને સંગીતની તાલીમ અપાય છે. ડ્રોઈંગ માં વિકલાંગોને રાષ્ટ્રીય પુરસ્કાર પણ મળેલા છે. ડ્રોઈંગ કરેલા કેટલાક ચિત્રોનું ગ્રિટીંગ કાર્ડ બનાવી ફેન્ડઝ સોસાયટીના સામાજિક સેવકો, તેનું વેચાણ કરી ફંડ ઉભું કરે છે, જે ફંડ વિકલાંગોના વિકાસ કાર્યમાં મદદરૂપ થાય છે.

સલીમ વોરા (સન્ડે સ્કૂલનો વિદ્યાર્થી)

પ્રતિભાવ - એક સેવા લાભાર્થીનો (BENEFICIARY)

હું જ્યારે અપંગ બાળ ગૃહમાં રહેતો હતો ત્યારે અર્થાત ફેન્ડઝ સોસાયટીની સ્થાપના થઈ ત્યારથી હું ફેન્ડઝ સોસાયટીના સંપર્કમાં છું અપંગ બાળ ગૃહમાં રજાના દિવસોએ ફેન્ડઝ સોસાયટીના સભ્યો આવતા, અમારી જોડે રમતા વાતો કરતા અને જ્ઞાન સાથે ગમ્મત પીરસતા. અમને ફનફેરમાં લઈ જતા, પીકનીકમાં લઈ જતા, 'ફેન્ડઝ ડે' કાર્યક્રમમાં બોલાવતા, આથી બહારની દુનિયા વિષે અમને ઘણું ઘણું જાણવાનું મળતુ. આવી રીતે અમારું જીવન જે શુષ્ક હતુ તેને ગતિ મળી. અને અમારી સુષુપ્ત શક્તિ જાગૃત થઈ. જીવનમાં કંઈક કરવાની તમન્ના જાગી. અપંગ વ્યક્તિમાં જે લઘુતાગ્રંથી હોય છે તે ફેન્ડઝ સોસાયટીના સંસર્ગથી દૂર થઈ, અને પરાધિન જીવન જીવવાને બદલે પગભર વ્યક્તિ પણ સશક્ત વ્યક્તિ કરતા કંઈ કમ નથી હોતી, એવો આત્મવિશ્વાસ જાગ્યો. "Will has way too" જો માણસમાં ધગસ હોય તો રસ્તાઓ ઘણા છે. એ સૂત્રને જીવનમંત્ર બનાવી હું B.Com. થયો, અને સાથે સાથે ફેન્ડઝ સોસાયટી સંચાલીત ટાઈપીંગ ક્લાસમાં અંગ્રેજી ટાઈપીંગ પણ શિખ્યો. તેમજ ફેન્ડઝ સોસાયટીના ચીયર-અપ ગ્રુપ અને સન્ડે ક્લબ ફોર ફિઝીકલી હેન્ડીકેપ્ડ ગ્રુપમાં સક્રિય સભ્ય તરીકે કાર્ય કર્યું. "અપંગ, સમાજને ભારરૂપ નથી પરંતુ સમાજને ઉપયોગી પણ છે." તેની પ્રતિતી થઈ ફેન્ડઝ સોસાયટીમાંથી મળેલ જ્ઞાન અનુભવ અને મદદના કારણે અત્યારે એક અગ્રગણ્ય કંપનીમાં સારી જગ્યા પર છું. ટૂંકમાં મારી પ્રગતિમાં ફેન્ડઝ સોસાયટીનો ફાળો ઘણોજ મહત્વનો છે.

મોહન આર. પટેલ ફર્ટીલાઈઝર નગર

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Memories Of Friends Society

Writing about experiences at Friends Society? Memories crowd into consciousness and the question arises... can one remember anything one has never forgotten? can one forget something that is so much a part of oneself? Friends Society is a part of me, of my growing up as much as I feel I am a part of it's growth. It was and will always be a two way street between FS and me.

As in any place it is the people who give it meaning. At FS also, we had our understandings and misunderstandings, but one thing was sure - we rarely let interpersonal dynamics get in the way of work because what we all cared for was Friends Society.

If asked, the single most memorable day I cherish - I would say that the one closest to my heart was the 11th Friends day. It was a bright and starry night of March. An entire year of planning, work and sloggng seemed to be culminating in this grand event we had planned so diligently. I was also compering the show with Rahul. I had the largest butterflies of the world in my stomach that day. As if just compering was not enough, we had decided to do the whole show in Hindi. How I went through it, I still don't know. To top an already exciting evening, to my utmost surprise, I was given the "Friend of the Year Award". Its no wonder that its that one evening that brings out the fondest memories for me.

And now if asked about the project closest to my heart - Mother Health Care Centre (MHCC) and the Balwadi. MHCC had problems right from the initial stages. We could not get doctors on a regular basis. Then of course it was tough getting women to come for regular check ups. Women in India have been conditioned for generations now to believe that they are in themselves the least important beings. To them coming to the clinic was pampering themselves, making a fuss. I remember doing hours of follow up

in the community talking to women. It gave me a rare insight into women, their conditions and life.

Then ofcourse how can one not recall the camps we had. Programme Planning camps at Samiala and the Executive Committee members camp at Bharuch. I recall all those workshops and sessions we used to have on 'group work' and 'leadership training'. The camps also provided us with a chance to know other members, plan activities for the year. But the most enjoyable part was in the evenings when we would sing songs or play games.

Friends Society was a place of one's discovery. Was I impatient? Was I a good organizer? Did I have public speaking skills? Was I an easy person to get along with? What were my strengths and weaknesses (at least some of them)? Discover and develop myself has been Friends Society's greatest gift to me alongwith of course a lot of friends who became a part of me and my family as they came, visited and stayed in my house and heart.

Finally let me end by saying that this entire saga may seem sentimental and I know it does, but that's how I get when I think of Friends society. I have become cynical about a lot of things in my life but Friends Society hopefully will never be one of them. Shall I end by quoting that song we always sang with such feeling "Chalte Chalte, mere ye geet yaad rakhna, Kabhi alvida na kahena, Kabhi alvida na kahena".

-Radha Mishra*

* Radha has been an active and motivated member of Friends Society for more than a decade. She is at present working as a producer in Jain Studio, New Delhi.

Activities of FS Major Milestones

* FOR POOR AND NEEDY PATIENTS. *

* BLOOD DONATION

"Today you may not be dying to give blood but some day you might be dying for it".

The river of life which flows within all our veins and which does not have a substitute binds all mankind together in oneness. Grateful indeed is the person who in need of blood and so close to death survives because of a humanitarian act of an unknown brother. Voluntary blood donation is therefore, the highest donation which no amount can match. For these reasons only, FS launched the voluntary blood donation programme in 1970.

The purpose of this programme is to mobilise young persons, especially university students, for voluntary blood donation and to disseminate scientific knowledge about blood donation and transfusion.

With the active support of 'Nagrik Rakta Dan Samiti and Blood Bank of S.S.G. Hospital, Baroda' in last 20 years FS has organised 273 blood tapping sessions and collected 14,073 units of blood.

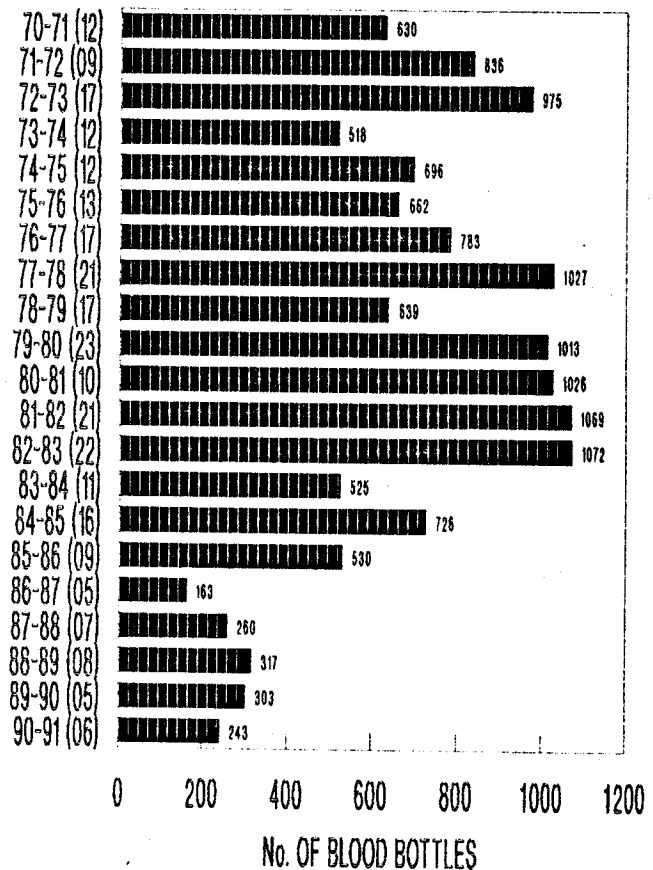
The blood bank of SSG Hospital, Baroda needs approximately 7000 units of blood every year. Half of this is obtained through blood donation camps. The contribution of students community is about 25% of the total bottles collected in camps.

The growth of our blood donation programme was remarkable from 1971 to 1984. We were able to collect above 600 bottles every year. In recent years, we have not been able to arrange many camps due to disturbances in the city and some organizational problems. Yet every year our contribution of blood bottles to S.S.G. Hospital is appreciable and we can provide blood in emergency situations also.

The year 1989 saw the revival of the "CARDEX SYSTEM". This involved preparation of files of addresses and blood groups of all our doners since the past 21 years. Thus, we maintain an updated record of all our donors.

TRENDS IN BLOOD DONATION

YEARS



■ No. OF BLOOD BOTTLES

() - No. OF BLOOD DONATION CAMPS

* SHETH KHUSHALCHAND CHARITABLE MEDICAL CENTRE

For an economically handicapped person who barely manages two square meals a day, an illness in the family can be a traumatic experience physically, emotionally and financially. Most of the 1200 indoor and 200 outdoor patients (daily average) in the Shree Sayaji General Hospital of Baroda cannot afford to spend much on purchase of expensive medicines. For them, the Sheth Khushalchand Charitable Medical Centre run by Friends Society is like a silver lining in the cloud, since it provides medicines and other essentials at concessional prices



The busy counter at SKCMC

Origin. In early seventies, Khushalchand Charity Trust (KCT) wanted to donate medicines worth Rs. 10,000- every year to poor patients and Friends Society was identified as a disbursing organisation. Friend Society suggested a better option: to sell medicines on a no-profit-no-loss basis through a medical store and to use Rs. 10,000 /- annually towards recurring expenditure. Thus after considerable spade work by FS volunteers and Rs. 80,000/- as seed money from KCT, the Sheth Khushalchand Charitable Medical Centre (SKCMC) was established on 13th May 1974 opposite the out patient department of the S.S.G. Hospital. The SKCMC is managed by an autonomous managing committee with the active support of paid staff and Friends Society volunteers.

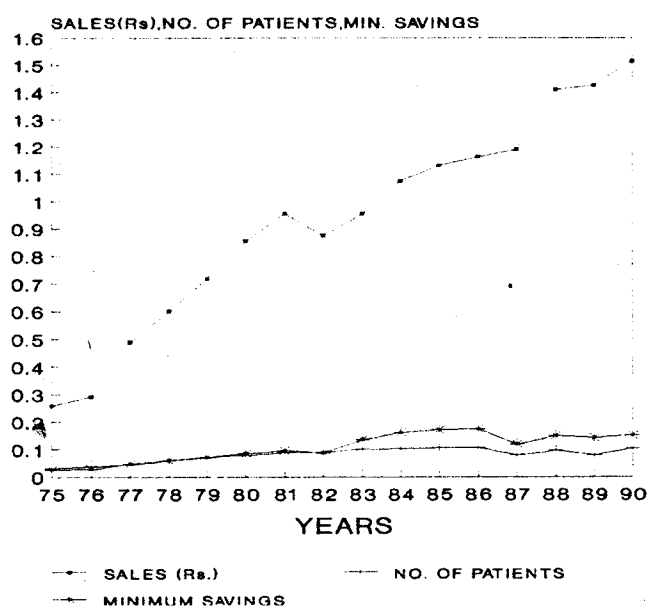
The important objectives of SKCMC are :

1. To sell medicines, provisions and other items at cheaper rates to patients of SSG Hospital in particular and public in general.
2. To promote the concept of rational drug therapy amongst the medical professionals and to promote continuing medical

education. The accompanying table speaks for the achievements of SKCMC over the years. By selling medicines worth Rs. 15 lakhs annually (from a beginning of just 2.5 lakhs), SKCMC benefits almost 80,000 patients and helps them save overall almost 1.5 lakh rupees by providing medicines at cheaper rates. Besides, the store also supplies anticancer and schedule X drugs not easily available else where and life saving medicines. It provides generic drugs (without brand names) which cost less. It keeps essential provisions which patients can conveniently buy. Above all, being close, patients of S.S.G. Hospital have easy access to all these medicines without loss of time, or money on travel. Other services include provision of cold drinking water to patients and reading room facilities.

The future plans of SKCMC include provision of essential drugs based on criteria established by the World Health Organisation. At the same time it discourages use of non-essential, expensive drugs and aims to create an ' educational cell ' for sensitizing undergraduate students of medical college Baroda towards ' people oriented rational therapy'.

PERFORMANCE OF SKCMC OVER THE YEAR



A NEW 3 LETTER WORD IS ABOUT TO ENTER THE ENGLISH LANGUAGE

IBM	HMT	ITC	SKF
BBC	MGM	MRF	KLM
BMW	GEC	ACC	LIC
PVC	CBI	POW	IOU
CIA	NOC	SOS	DNA
GNP	FSI	RTO	QED

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We are poised to take a quantum J MP

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A NEW NAME. A NEW THRUST.

*** EYE DONATION**

"Lead me from darkness to light O'lord.... a prayer"

There are about 9 million blind people in India, one of the commonest reason of blindness being corneal opacity. If this opaque cornea can be replaced by a transparent one a blind person's vision can be restored.

We can give the gift of eyesight to a blind person by donating our eyes after death. The "Eye Donation Program" of FS gives us a chance to do so.

Started in August 1986, the Eye Donation Group co-ordinates its activities with the Eye Bank of S.S.G. Hospital. Our volunteers try to increase the awareness of the general public regarding Eye Donation and to motivate people to donate their eyes. A pledge card has to be filled by a prospective donor with relatives as witnesses. These pledge cards and other necessary materials required for propagating eye donation are provided by the Times Eye Research Foundation, New Delhi.

The group has identified potential beneficiaries in institutions such as the following:

- The blind school
- ABHILASH (Jyoti hospital for handicapped)
- Blind men Association of Vadodara

We plan to hold camps in the above institutions with the help of the doctors of Ophthalmology Department of S.S.G. Hospital who will screen them as potential beneficiaries.

Other future plans include making of audio visual aids, obtaining current data on eye donation.

ON the 4th of September 1990, when Baroda city was hit by one of the worst communal flare-ups ever, it was once again FS volunteers to the rescue for the Shree Sayaji General Hospital Blood Bank, which had hardly any blood in stock at that time. As late as 10.00 p.m. in the night, one of our volunteers, a medical student realized the urgent need for about 40 bottles of blood for the riot hit victims continually being admitted in the S.S.G. Hospital. In what can be termed as one of the most significant blood donation camps ever, between 11.00 p.m. to 2.00 a.m. in the midnight, F.S. volunteers went around the M. S. University boys hostels, collected the requisite donors and took them to the Blood Bank.

Prompt action coupled with excellent team work saw the Blood Bank through the crises and the riot victims out of danger.

*** CHEER UP**

When children of the Blind School were once asked, "what do you want?" their message came out clearly, 'We want you, your time. We want to have fun with you; share our thoughts and feelings'. 'Cheer-up' thus was the first activity of Friends Society when a few enthusiastic students decided to spend some of their leisure time talking, playing and singing with the lonely children staying in institutions for orphans, physically handicapped or blind children.

Since the last 21 years, the Cheer up group visits the handicapped and blind children twice a week bringing love and warmth into their lives. Besides this, the group members organise entertainment as well as educational programs: puppet shows, magic shows, outdoor trips and contests in handwriting and painting. Educational programmes include coaching classes in English and other subjects before the exams. FS members always look forward to celebration of festivals like Rakshabandhan, Garba, Diwali and Holi with these children. On National holidays like January 26th and August 15th, cultural programs and sports meets are held. Thanks to these programmes the children have lost their inhibitions and can face any crowd with confidence.



"Isn't this fun?" A picnic near Mahi river.

Children take part in debates and essay competitions. The beneficiaries are also explained the importance of health and personal hygiene. A massive drive was successfully organised by members in early 1970s to eradicate scabies from these institutions. Last year (1989-90) a sports meet for the blind and handicapped was held at Bal Bhavan grounds on 16th Sept. '90. Almost all active F. S. members enthusiastically helped in organising this meet. 24 Blind children and 60 physically handicapped children took

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part in this competition bagging many prizes. Children enjoyed participating in musical chairs, tricycle race, cricket ball throw and other races.

*SUNDAY SCHOOL FOR NON- -INSTITUTIONALISED HANDICAPPED CHILDREN

This is a school with a difference - it is open when other schools are closed; it is for children who are handicapped and staying with families in Baroda city and above all, it is a school where learning is fun.

In August 1983, the Sunday School, evolving from an earlier project: the Mobile Recreation and Medical Aid project for handicapped children, came into being with UNICEF assistance. The Sunday School aims for supplementary education, medical rehabilitation, mobility acceleration and social integration of its little beneficiaries. Every Sunday from 9 a.m. to 12 noon, about 50 children (total enrolment 125) brought by a bus from different parts of the city, gather at FS and spend three exciting hours engaged in creative art, educational activities and sports. Educational activities include exposure of children to animals and birds; informal sessions on topics like Yoga for children; reading books and magazines. Creative activities include drawing, painting, clay modelling, making dolls, paper flowers and many others. Children improve their fine motor coordination and gain confidence when they create something on their own. The art therapist who comes from Ahmedabad on Sundays believes that creative art has a tremendous therapeutic value; it is a medium of expression through which the introvert handicapped children - why even a normal child - can reach out to the environment around him. During the sports session children enjoy playing indoor and outdoor games.

Medical rehabilitation of the children is an important facet of Sunday School: physiotherapy; check up by orthopedic surgeons and pediatricians; corrective surgery. Equally important are



"We too can perform on stage. Handicapped children of Sunday School singing a song and enacting the Ramayana."

counselling sessions for family members of the children who perhaps are more nervous and disturbed about the handicap than the children themselves. Through regular parent meets, parents and siblings are guided in correct handling and child rearing practices for these special children so that no further harm is done and children can develop their inner potential.

The school has faced several problems like city disturbance and curfew upsetting the program; availability of vehicle and volunteers and so on. But it has faced these and found its way out. For example, since a year, the older handicapped boys and girls, about fifteen years of age who have been regular attenders, have become volunteers for the Sunday School.

The potential for development of this project is endless and we are sure it will continue to meet its challenges in the future.

मेरे फ्रेंड्स सोसायटीमें अनुभव

मेरे हर अनुभव तो नहीं लिख सकती मगर मुझे जितना याद है, उतना लिखती हूँ! जब मैं छोटी थी, तब मैं पाँचवी कक्षा में पढ़ती थी, तबसे मैं फ्रेंड्स सोसायटी में जाती हूँ! हम हर रविवार को पाकीट कार्ड्स, वॉलपीस और ट्वीगले बनाते थे, और मेदीकी डिजाइन बनाने का कोर्स चलता था हम कभी कभी खेलते थे और पढ़ाई भी करते थे! यहाँसे हमें सबकुछ नया नया सीखने को मिला है, यहींसे हमें कई जगह में पिकनीक ले गए—जैसे कि ओखा, नरेश्वर, अहमदाबाद, आजवा-नीमेटा, जाडेधर, वडताल, कायावरण - ऐसी जगह पर ले गए हमें बहुत मजा आया. यहाँ हर तरह की खुशीयाँ मिलती हैं और यहाँ हमें सब लोग बहुत प्यार करते हैं.

शोभा सोनवळे (सन्डे स्कूल की विद्यार्थिनी)

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*** INTEGRATED BALWADI**

'Help me, do not pity me'-is the silent cry of a handicapped child. The integrated Balwadi of Friends Society does just that. It helps foster self confidence and nurtures the existing potential of handicapped children in a unique way - by providing them common experiences with normal children such as creative activities, educational trips to interesting places and indoor-outdoor play.

This unique Balwadi was started in July 1982 catering to under privileged needy children in the age group of 3 to 6 years living in the slums. This programme is unique as it provides for the integration of experiences of handicapped and normal children. Funded by Action Aid, a U. K. based organisation, it caters to 87 children out of which 36 are handicapped (physically or mentally).

This Balwadi runs from Monday to Friday with Thursday as a day for field trips. It runs with the help of two paid teachers, two ayahs and one physiotherapist. Medical camps are held through out the year. While children who need regular medical help are taken for treatment by our social worker. Saturdays are reserved for activity involving parents in the development and rehabilitation, process of their children. They attend discussions, meetings and mothers are taken as helpers in the Balwadi.

*** EDUCATIONAL SPONSORSHIP**

Since ancient times, the Indian culture has considered the gift of knowledge as a highly valued donation. Since 1981, the educational sponsorship program of FS, in a tangible way, helps poor yet deserving children to pursue their formal school education for minimum 7 years. At present, 59 children are beneficiaries. Financially supported by Action Aid, a U.K. based organisation with India head-quarter at Bangalore, the programme locates 'sponsors' from various regions (including Baroda). Each sponsor adopts a 'child' and helps him get educated through support by way of school fees, expenses for uniforms, books etc. An equally challenging task is to locate needy and deserving children (7 to 15 years) from nearby slums; to maintain a link between sponsor and a child by way of letters, cards and photographs.

Other activities include parents meetings and social events; follow up by trained social workers, medical checkups, educational trips and so on. This 10 year old programme has also offered vocational guidance to the outgoing children; as well as technical training to 8 children (TV/ Radio repair; motor repairing and driving; typing, sewing etc.)

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* INCOME GENERATION PROGRAMMES FOR WOMEN

'Be a woman before being a wife or a mother.'

And what better way to attempt emancipation of women than training them to become self-employed and skilled in some income generating activity or the other. With this broad aim Friends Society has been running income generating, skill training programmes for women from near-by slums, specifically to enable women/adolescent girls to earn extra income for their families and to promote their educational and social development.

Since June 1983, by giving a token fee of Rs.5.00 per month about 350 women have benefited from this programme by mastering any of these skills - sewing and embroidery, bead work, fancy cooking, fabric painting etc. Both skilled and unskilled (but literate) women are taught by trained teachers and ultimately many stitch uniforms for children of a sister programme of FS - the sponsorship programme.

Health and social awareness activities like discussions on health, hygiene, nutrition and family planning, short mehndi/hair styling courses, education on managing the home and children are also organised for beneficiaries.

In a life full of care and worries, picnics and outings come like a breath of fresh air for the women. Some highlights of the past few years include trips to Pavagadh, Ajwa Nimeta, Kabirwad and Kamati baug. Plus a medical camp on family planning, film shows on nutrition, gynaecological problems, cooking and vegetable preservation classes (13 new recipes taught) and provision of loans / sewing machines to help women get self employed were other activities .

In the near future, a new vocational course on fabric painting is going to be introduced.

* PUBLIC READING ROOM, PETIT LIBRARY AND STUDY CENTRE

"Books are your best friends" and many such friends can be found in Petit Library which is meant to promote healthy reading habits amongst the Fatehgunj public. The public reading room began in October 1971, the Petit Library in March 1973 and the study centre in January 1978.

The Petit Library operates three days a week while the public reading room provides news papers and magazines everyday for people around Fatehgunj. The nominal annual membership fees of Rs. 15(plus Rs.30 deposit), enables more people to use the library. The study centre houses books, periodicals and journals on thought provoking subjects.

At the moment they are around 300 members, and the total number of books exceeds 7000, in three languages - Gujarati, Hindi and English. The library also has 1400 books in the children's section. Some of these books and magazines are received as donations.

It is indeed a matter of pride that even with decreasing trends in reading habits and the increasing TV - Video mania, this library is actively used by a large number of people.

WE WILL NOT FORGET

On a memorable day in 1976 , an old retired school teacher came all the way from Ajwa road to Friends Society, and handed over rupee one to a member and said : "I came to know about your activities through news papers . I am sorry I can not afford to give more , but this is my small donation to an organisation which I admire . " We will never forget his gesture for the humblest of donations is dear to us.

OPTIC PALACE
OPHTHALMIC OPTICIANS
RADPURA
NEAR LIMBDA POLE,
BARODA - 390 001.

CHILD HEALTH CARE CENTRE

Pandit Nehru once said, 'a nation marches forward on the tiny feet of its children'. Yet in India, thousands of economically deprived children do not live to see their fifth birthday. Thus, to ensure that our children have a healthy childhood, the Child Health Care Centre (CHCC) appeared on the FS scene in 1978 with the aim of reducing childhood morbidity and mortality and improving nutritional status of children under five years of age.



So whats my weight ?

To an average of 25 children every Saturday (2-4p.m.), CHCC provides:
 * Immunization against the 6 killer diseases.

- * growth monitoring (taking weight and height), using 'road - to - health' cards,
- * treatment for minor ailments by doctors,
- * health and nutrition education to mothers.

FS volunteers and health auxiliaries manage all the activities of the centre like registration, height and weight taking of children, guiding mothers. Medical college students vaccinate the children. Students of the Foods and Nutrition (FN) department of Home Science Faculty provide nutrition education to mothers. Post graduate students of the Pediatrics department of Medical College conduct the medical check ups and treat minor ailments.

A social worker maintains records and does the follow up home visits.



"Aren't we cute ?" Winners of Healthy Baby Contest.

The biggest achievement of CHCC, for a voluntary organization like FS, is the fact that it has unfailingly remained open every Saturday since 12 years - despite going through a bad period when volunteers were not available - and continues to attract mothers with their tiny tots. Mother regularly get their children's health monitored, especially during the crucial first year of life, some coming from far off places in the city. So far, above 900 children have been registered and about 500 have been immunized. The road-to-health card has helped monitor the growth of children. During 1989, when FS volunteers (who are also students of the FN department) studied the growth profile of CHCC beneficiaries since 1978, they were encouraged to note that majority of children were consistently gaining weight, a sign of good health. Volunteers have also tried to spread health awareness and knowledge of child feeding practices amongst poor mothers and families. Three healthy baby contests and health exhibitions have been held so far,

The CHCC group plans to introduce a family health card, for it believes that a healthy family alone can bring up a healthy child.

** One of the nicest things about conscience is - its on your side. It never bothers you until you had your fun*

** Once there were three men travelling in an aeroplane.*

Unfortunately, one fell out.

Fortunately, there was a haystack below him.

Unfortunately, there was a pitchfork in the haystack.

Fortunately, he missed a pitchfork.

Unfortunately, he missed a haystack.

* MOTHER HEALTH CARE CENTRE

The Foundation of a healthy child is laid not when he is born but when he is conceived, right through the period of nine months when he is in the mother's womb. During the nine months of pregnancy, the mother-to-be also requires care for her own health. It is not surprising therefore that the Mother Health Care Centre(MHCC) is a sister activity of CHCC and also runs every Saturday afternoons for pregnant women. Started in 1978-79, the program faced many difficulties and lay dormant for several years before being revived again in September, 1990.

The program aims to provide regular ante-natal and post-natal(pre and postpregnancy) care to women, medical check up by a gynecologist, laboratory examination of blood and urine, treatment for anemia and other disorders, health education, monitoring of weight gain, facilitating delivery at SSG Hospital, care after delivery and family planning advice.

MHCC has enrolled 19 women and it plans to encourage more women to register, besides consolidating its activities.

* THE YOUTH CLUB

Youth is a period full of energy, dynamism and vigour. What is needed is channelisation of this energy for constructive purposes and the Youth Club tries to fulfil this need.

Initiated in 1978, the Youth Club provides a supportive atmosphere, and helps to reduce delinquent tendencies amongst the adolescent boys and girls of Fatehgunj, Kamatipura area, who usually are school drop outs. These children are provided the facilities for games, non-formal education, coaching classes and out-station leadership and nature appreciation camps. Some of the needy children who are good at studies or skills are given financial or material support. Youth Club members are medically checked up periodically and also are given elementary training in arts, crafts and performing arts. An average of 50-60 boys and girls are beneficiaries of this group every year.

The students of the Faculty of Social Work have been associated with this programme through their field work placement.

In recent years, the youth club beneficiaries have enjoyed out door trips, picnics, visit to circus, celebration of festivals like Raksha bandhan and Navratri and cultural programmes. They are being trained in 'Karate', participate in creative activities(dance, drama, drawing) and in general develop themselves.

The Greet Help Cards

If you feel defective enunciation or a shambling gait lessen the worth of our children... HOLD ON ! they can work miracles.

The Greet Help Cards made by physically and mentally handicapped children prove their worth. Paintings made during the activity called "The Sunday School" are printed as the Greet Help Cards.

Thus, these cards are printed to raise the much needed funds for the 14 need based activities run by F.S. Last year the cards could not be printed prior to Diwali due to disturbances in the city. In spite of this delay, retail selling in F.S premises and door to door selling by volunteers in and outside Baroda have helped considerably.

Hope the subsequent years brings in success in achieving a substantial sale of cards through co-ordination of friends in various cities of India. We plan to approach industries and institutions for an order in advance, circulate a product catalogue and distribute as per orders.

F.S has proved a point by this successful endeavour that individuals with disabilities need not be plagued by economic insecurity, personal frustration and dependence on others.

*** FOR SCHOOL CHILDREN ***

*** PROGRAMME FOR FUTURE LEADERS**

Today's children are tomorrow's leaders. However leadership development requires preparation, opportunities and training.

Leadership qualities cannot be taught from books. Thus Program for Future Leaders was started in 1971. The objective was to bring school children of various schools together and involve them in non-formal leadership training and outward bound adventurous camps, thus enriching their personality and group living experiences. Nature camps and general knowledge quiz contests were held. A yearly feature included both outdoor activities and class room sessions for personality development. Since three years, the Inter School Talent Contest has become a regular feature of PFL group. School students from several schools take part in events like folk dance, fancy dress, elocution, debates and quiz contests. This is what a member has written of the contest.



Adventurous school children at the Outward Bound Program at Deolali.

***Talent Contest: A Super Success**

To do what others find difficult is talent

To do what others find impossible is genius

And it was in search of this talent that 'Friends Society' held 'The Inter School Talent contest - 1990' for the thousands of

school students in Baroda on 16th Feb.1990.

The objective of this competition was to give every child a chance to discover his or her talent. For F.S. believes that every individual is born talented. One only has to have the opportunity to discover it.

The competition gave children of 51 different schools of the Hindi, Gujarati, Marathi and of course English medium a chance to compete against each other. The students of the handicapped and blind school in Nizampura too participated and proved to one and all that they were no less talented than the others. The students had a number of categories for competition, such as dance, drama, monoacting, singing, quiz and elocution. No doubt the babies stole everyone's heart on the 18th February when they all jumped, tripped and ran or slowly walked on to the stage in their fancy dresses. Everything was organised so well and beautifully that it would be an insult if I said that it was a success. In fact it was a super success.

- A member.

A man selling vacuum cleaners knocked on the door of a remote farmhouse. When the farmer's wife opened it, the salesman said, "Madam, I want to show you something you'll never forget". Before she could answer, he threw a bag of dirt on to her clean floor. "Now", he went on, "I want to make a bargain with you. If this latest model of vacuum cleaner does not pick up every bit of that dust, I will eat it". "Here is a spoon," the farmer's wife said, "we haven't got electricity."

* FOR UNIVERSITY YOUTH *

* PROGRAMME FOR THE UNIVERSITY YOUTH

Friends Society is primarily a university youth organisation. The Programme for University Youth (PUY) came into existence in January 1970 to provide university students (many of whom become FS members), specially tailored exercises and exposures which would bring about individual and organisational development. These are described below:

* THE INTERVIEW CLINIC

For a young man or woman seeking a job, performing successfully in an interview is half the battle won. To equip final year students to confidently face an interview panel, a 'mock interview clinic' is organised by the PUY group every year for volunteers who are final year students.

The day long sessions include filling up of application form, participating in group discussions on provocative topics and facing an interview panel comprising eminent officials from industries and university faculties. The panelists then give a feedback to each participant on the merits and demerits of their performance.

* TRIP AROUND THE TOWN

There is a thing called home sickness and no one knows that better than a fresher new to M. S. University. In order to familiarize the new students to the M. S. University campus as well as to the city of Baroda, every year Friends Society holds a "Trip Around The Town" (TATT). This day long bus trip also enables students to get acquainted with Friends Society and to make new friends.

Started in January 70, this program introduces the freshers to various faculties of the M. S. University, famous historical places as well as the comparatively recent and modern sites of Baroda city.

On an average 70 freshers every year participate in TATT.

* SELF DEVELOPMENT TALKS

This is another activity of Program for University Youth which makes visible the motto of FS 'Self Development through Service'. Intangibly, FS is itself a platform for self development. In addition, the self-development talks by eminent personalities expose members in a tangible way to concepts of self, personality, dynamic living and other issues close to one's life and heart. Over the past years, many experienced people have spoken on topics such as religion and personality, time management, communication skills wild life conservation.



A group discussion in progress.

Further, members themselves have spoken on their academic disciplines. Thus, subjects like Geology, Nutrition, Medicine, Surgery and Engineering have become subjects of lively discussion. Through this activity, members gain the confidence of speaking to a group : of active participating in group discussion. Last but not the least, they get a glimpse of what life is all about.

* PROGRAM PLANNING CAMPS AND CAMPS FOR EXECUTIVE COMMITTEE MEMBERS

These annual camps not only aim for chalking out the years activities in Friends Society, they also provide exposure to members in program planning skills and team work. Executive Committee members are trained to become effective group leaders.



What team work is all about -Executive Committee camp at Bharuch.

* INVOLVE is a quarterly bulletin of FS which not only records FS activities and keeps old and new members in touch; it is also an effective tool for developing appropriate documenting and writing skills in members.

FRIEND OF THE YEAR AWARDS

* WHO IS A FRIEND OF THE YEAR ?

He or she is the best volunteer of that year who is selected by members through a well defined and systematic process for team spirit, initiative, open - mindedness, and consistently responsible contribution to the activities of the society.

1969-70	Yashree Sambekar
1970-71	Yusuf Bora and Villo Palia
1971-72	Sagun Desai
1972-73	Nisheet Desai
1973-74	Durgadas Chelani
1974-75	Munindra Kharod
1975-76	Ashwin Dhabalia
1976-77	Shripal Shah
1977-78	Jaikishan Ginchandani and Shirish Shah
1978-79	Shubhada Kanani and Rahul Sharma
1979-80	Radha Mishra
1980-81	Rizwana Merchant
1981-82	Haider Ali Saiyed and Pravin Bhasin
1982-83	Hitendra Bhatt
1988-89	Jaisukh Sanchania
1989-90	Anupama Joshi

We are proud of you !

Chacha

A link between past and present.



Every morning on weekdays, a small, slight figure clad in white dhoti, kurta and the familiar Gandhi cap, shuffles towards the FS office; a big bunch of keys in his hand. Peering at each key he selects the right one and opens the doors of the office rooms and library; cleans up the place and in general keeps an eye on people going in and out. You have guessed it: he is none other than dear old chacha who is a familiar figure on the FS campus and perhaps a link between what FS was; is and will be. Members come and go- but Chacha is there.

The very fact that he is always there may make us take him for granted BUT Chacha's role is no less important than any of the senior or junior FS members. He opens and closes the building on scheduled hours; passes on messages, maintains the premises and ensures that there is no misuse of any property on campus. Like a father scolding an errant son, he will admonish students who violate office rules or show unbecoming behaviour.

"Do you like it here ?" I asked him. "Yes, very much." His face lighted up when I said we will write about him for Involve. "Any message for students Chacha ?" "Yes; they should show a greater sense of responsibility. Why don't they write down in register after making phone calls ? They should show more respect for property of FS; for its programmes."

Okay Chacha, we hope to see you around for many more years.

INTERNAL ORGANIZATION

* The Executive Committee

All the programs and their related issues are discussed and managed by the Executive Committee which meets usually once in two months. The committee receives group reports, evaluates the functioning of various groups and gives its suggestions. The day-to-day project work is managed by the respective group-in-charges who are EC members. These group in-charges have the operational freedom to plan and implement their group activities with their groupmembers to the best of their own ability, with guidelines from the Executive Committee. The outgoing Executive Committee at the end of the year selects the next EC. We do not believe in elections. As far as possible 50% of members selected are those who are likely to remain in the M. S. University for the next two or three years. This policy has paid dividends since no vacuum is created when senior volunteers leave FS.

* Sources of Finance

FS believes that fund raising is a public relation program and valuable experience for members. Money is more judiciously used if member's own efforts are involved in collecting part of the fund, better more members raising small amounts rather than few raising large amounts. With 14 projects and Rs.2,00,000 budget, fund raising is literally the life line of FS. Comparing the sources of funds, then (at first FS reunion : 1980) and now (second reunion : 1991), the breakup is :

	MEMBERSHIP FEES	DONATIONS	FUND RAISING
Then (1980)	15%	50%	35%
Now (1991)	20%	25%	55%

Thus, fund raising by members assumes added importance in the present context . Some recent fund raising programmes have been charity film show, cultural programs, Greet Help cards and calenders, charity gift scheme etc.

Intangible benefits: Members who actively participate in fund raising drives find that they improve their communication skills ; discover ways of convincing skeptical people; can write better official letters and think of cost-benefit ratios : efforts put in for returns gained.



"Who will be the lucky winner ?".



FS receives recognition and awards.

* Unwritten Conventions of FS

The conventions mentioned below will not be found in any of our files, nevertheless they are followed.

*** Publicity :** We do not shun publicity, yet we believe that it should be in proportion to our achievements. No individual publicity and hence it would be noticed that in any literature of FS no names are mentioned.

Finance : No donation to our society is too small to escape our acknowledgement and thanks. Each donation, whether a large amount of a small one, is equally important to us.

Membership : Three members; if they are really involved, can do the job of thirty members. Therefore we do not go in for vigorous membership campaigns.

The atmosphere of FS is semi-formal-informal enough to be participative, friendly and flexible, yet formal as far as accountability is concerned.

From the FS diary 1969-1991

1969: University campus tense due to riots and disturbance in city. FS volunteers went around the hostels, easing the tension and keeping the campus free from trouble.

1971-72: First ever survey of the physically handicapped in Baroda city initiated by a motivated FS member, along with National Service Scheme (NSS). The appalling state of the physically and mentally handicapped persons led to concentrated efforts to rehabilitate them through FS. Gradually, these efforts culminated in a full fledged sister organization of FS, specially geared for rehabilitation of the handicapped: the V-One Society.

1972: Biggest ever Blood Donation camp in Gujarat (at that time) held in September at the Faculty of Commerce: a record collection of 234 bottles, with many students returning disappointed due to shortage of storage space for bottles.

1974: The Navnirman movement, FS took up the challenge of collecting 59 bottles of blood for riot victims.

History repeated itself in August 1990 when once again FS members knocked doors of hostel rooms at midnight to collect donors for riot victims.

1975: Epidemic of scabies overtook the social welfare institutions for handicapped and orphan children. Doctors and other volunteers undertook the herculean task of clearing up this epidemic, with personalised care.

1977: A survey of Beggers Home revealed the terrible state of the land around the institution. Promptly a "Shram-daan" was organised wherein inmates and FS volunteers levelled the land and transformed it into a vegetable garden. The inmates.

1979: A health check up programme organised for children in Fatehgunj slums, in which 30 specialists of 8 disciplines rendered their services. Of the 174 children examined, 159 were followed up subsequently for further investigations or treatment.

1980: FS bagged the Asha Parekh Trophy for the third time for collecting the highest number of donated blood bottles in a year in Gujarat.

On March 9, the first reunion of past and present members took place.

1982: A film actress at FS?

Mrs. Kamini Kaushal inaugurated the FS Balwadi in July. She was invited because of her lesser known but equally important talent at creating 'Poupee' toys and doll houses for children.

1990: The first issue of the Bulletin of the Rational Therapy Cell of SKCMC brought out on 'Rational use of hematinics (iron containing tablets) in Anemia as part of educating the general public on rational use of drugs.

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